



SPRING 2017

NEWS+EVENTS

SCSGB ■ SCANDINAVIAN LIVING CENTER ■ SCANDINAVIAN CULTURAL CENTER

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slcenter.org

About our recently refreshed branding

We created a new, contemporary logo. The logo icon is of a stylized Viking prow. It symbolizes the passage of time, traditions, and our continuing journey through the stages of life.

We feel this representation reinforces the concepts demonstrated by our Scandinavian Living and Cultural Centers.



Celebrating 100 Years in Newton!



1917

Society purchases home from George W. Johnston, located at 206 Waltham Street in West Newton.

First resident, Mrs. Christina Wahl moves in.



1920

Society successfully raises money to burn the mortgage!



1926

Over 15,000 people welcome Crown Princess of Sweden Louise Josephine Eugenie. Massachusetts Governor Alvan T. Fuller, Mayor of Boston Malcolm E Nichols, and Edwin O. Childs, Mayor of Newton are in attendance.

100 years **TIMELINE CONTINUES INSIDE...**



Joseph Carella EXECUTIVE DIRECTOR



Over the years, we have celebrated many milestones and achievements.

Our success has been built on a consistent level of excellence and dedication. Our move to Newton in 1917 and the development of the Scandinavian Living and Cultural Center are testaments to our commitment to the community.

To celebrate our one-hundred-year anniversary in the City of Newton, we are having a Gala fundraising event at the Balera Ballroom in Newton on Saturday, October 21. More information will follow and all of you will be invited to participate in this exciting celebration.

In keeping with the theme of longevity, it is important to thank and remember the many residents, families, volunteers and staff that have come through our doors during the past century. From the first administrator, Mrs. A. Moore, the very first resident, Mrs. Christina Wahl, to the latest members of this special Center, it has been exciting to be part of this history and an honor to serve our community.

Remember to join us for our **Annual Ice Cream Social Friday, June 23** and follow us on Facebook as we share the many events that take place at the Center.



The past 100 years were not built by one person, but by a community of people working together. Join us as we continue to move into the future. [Enjoy the warm weather!](#)

Celebrating 100 years in Newton!



1928

New stucco wing added to the building.



1962

Golden Age Room, now the dining room, is constructed.



1976

His Majesty, Carl XVI Gusaf of Sweden visits the Home and plants a tree.



1993-95

Research trip to Scandinavia to study elder care. Sponsored by a Charles Farnsworth Trust research grant.



Scandinavian Living Center *100th Anniversary Celebration*

October 21, 2017
Balera Ballroom

105 Rumford Avenue, Newton, MA 02466

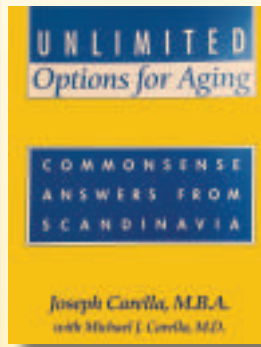
For more information, visit our website at slcenter.org.

We are pleased to announce that we will honor Elissa Sherman, President of LeadingAge Massachusetts at our Centennial Gala. Elissa will receive our first Community Connections Award for her outstanding leadership in the non-profit elder service community. We hope you will join us.



1994

Scandinavian Library established in cottage of old Swedish Home.



1995

Research findings lead to publication of "Unlimited Options for Aging," principles behind design and development of the Scandinavian Living Center..



1997

Design and development of the Scandinavian Living Center.



1999

Norwegian Charitable Association and Swedish Charitable Society come together to form Scandinavian Charitable Society of Greater Boston.





HELPFUL HEALTHY TIPS

Tim Dreher Physical Therapy & Chiropractic

PAIN MANAGEMENT... HEAT OR COLD APPLICATION Which is best?

There are many pain management techniques, such as massage, traction, stretching, TNS/electricity, exercise and others that can be explored with the direction of a physical therapist. At home, however, the most common way to decrease pain without drugs is either heat or cold. Even though using heat or cold is a common practice, many people question which to use and how.

Cold, in the form of a cold pack or ice massage, is usually the preferred method of pain management for most ailments, especially in the first 72 hours of an injury. Cold decreases swelling, numbs the pain, and decreases muscle spasms.

Cold packs are available in any drug store or made with a 2:1 ratio of rubbing alcohol to water placed

in doubled Ziploc bags. A bag of frozen vegetables may also be used. Cold packs should be applied to the affected region with a wet towel between the skin and cold pack to provide a deeper penetration of the cold. Cold is kept on the area until the skin becomes numb (usually 20 minutes).

Ice massage can be performed at home by rubbing an ice cube or home made "ice water popsicle" over a region not greater than the palm of your hand for approximately five minutes or until the area becomes red and numb. This type of treatment is most often used with bursitis, tendonitis, or over a pinpoint muscle spasm.

Heat, on the other hand, promotes circulation and decreases stiffness. It is good for chronic pain, muscle spasms, tight joints or for use before stretching. Heat packs can be found in any drug store and electric, microwave, or hydroculator types are all acceptable, so long as they allow use of a

HEALTHY TIPS continued on page 5



2001

Dedication of Scandinavian Living Center (SLC), Scandinavian Library moves into new SLC building.



2006

Timothy Dreher and Associates moves into the SLC to provide outpatient physical therapy services.



2010

Newton At Home moves to SLC.



2012

Scandinavian Cultural Center (SCC) is established for the entire community.





HEALTHY TIPS continued from page 4

damp towel to enhance the penetration of the heat. A heating pad is used for 20 to 30 minutes at most to provide a burst of moist heat.

Whether using heat or cold, a one hour break between sessions is recommended and no more than five or six sessions per day, to prevent accommodation. Persons with circulatory or sensation problems should use caution when using either heat or cold, and perform frequent skin checks (5 minute intervals).

Cold decreases swelling, numbs pain, and decreases muscle spasms. Heat promotes circulation and decreases stiffness. It is good for chronic pain, muscle spasms, tight joints or for use before stretching.

If unsure if heat or cold could be problematic for a specific medical condition you have, consult with your doctor or other healthcare professional.

If you have problems with pain, bursitis, tendonitis or any other ailment, schedule an appointment with Tim Dreher PT at 617-527-9267. We are located on the first floor of the SLC and take most insurances.



Resident Ivar Carlsen receives a medal from the Royal Norwegian Embassy

Our resident Ivar Carlsen received a medal from the Royal Norwegian Embassy from the Office of the Defense Attaché' at a ceremony at the Marriot Long Wharf in Boston.

The Commemorative Medal is the award given to Norwegian/Foreign military and civilian personnel in respect for their contribution during World War II.

As Finn Kristoan Hannestad stated in a letter to Ivar, "Without everyone, we are no one". "In my opinion, those words build a wonderful bridge between the past and the present, between those who fought and saw peace during World War II, and those who fight together more than 70 years later."



2013

SCC raises funds to purchase Steinway Grand B piano for Nordic Hall

2017

More than 25 nonprofit organizations utilize the space as their home base.

Over 2,000 visitors connect at the Center each month.



SCANDINAVIAN LIVING CENTER



Presidential Gallery



1929-1931



1932-1936



1937-1939



1949-1951



1952-1956



1957-1960



1974-1977



1977-1982



1982-1986



1996-2000



2000-2004



2004-2011

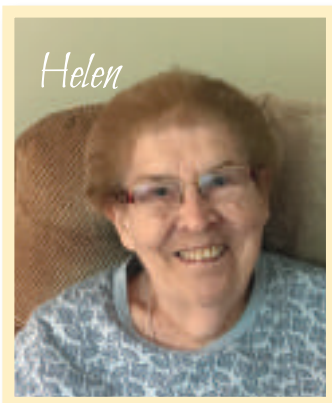


2011-2016



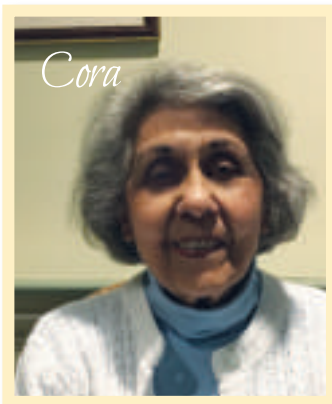
“It’s been an honor to be President of the Scandinavian Charitable Society of Greater Boston this year. I look forward to our Gala celebration on October 21st!” – *Peter Vatne*

A Welcoming Place for Everyone



Helen

Helen Murphy Born and educated in Newton, Helen, and her twin sister, grew up in a family of seven girls and four boys. During her thirty-year career with the Commonwealth of Massachusetts, Helen managed the Newton Corner state unemployment office. Choosing an active retirement, Helen greatly enjoyed volunteering as a DJ for Newton Recreation Department dances. If you take a walk to Albemarle Field and sit down to rest, you may find yourself relaxing on a park bench named in Helen's honor.



Cora

Cora Pucci Cora was born in Brooklyn, New York during the Great Depression. Cora's family moved to Lawrence, Massachusetts when her parents learned there was work to be had in the city's woolen mills weaving cloth for WWII military uniforms. After graduating from Simmons College, Cora moved to Western Mass. where she taught English literature at Northfield School and Mount Hermon Academy. Cora moved back to the Boston area and worked for many years as a mathematics assistant for RCA. An artist with a special interest in ceramics, Cora enjoys creating in her medium and teaching her craft.



Rosann

Rosann Wade Born and raised in California's Bay Area, Rosann became a teacher after graduating from the University of California at Berkley. Rosann raised four children in the Mid-Atlantic states and Massachusetts. She then moved to Maine where she lived for twenty-five years. While in Maine, Rosann volunteered at her local library, was an enthusiastic gardener, and served as a

docent at the Bowdoin College Museum of Art. An accomplished pianist, Rosann enjoys sharing her musical talent with others. Rosann is the loving grandmother of three.

*Suzanne and Albert Frederick
Resident Friendship Fund*

Friendship Fund UPDATE

**By Fran Dragon,
Community Advocate**

As Community Advocate, I'd like to share with you how much our Scandinavian Living Center residents appreciate the Albert and Suzanne Frederick Friendship Fund.

During a series of resident and board member teas, residents enthusiastically offered suggestions for Friendship Fund use. From these suggestions, we are planning to purchase an attractive planter for the Kaffestugan area and place an additional raised garden box in the courtyard. The fund also will support resident focused activities and special events.

The Friendship Fund offers us the opportunity to expand special events and programs for residents throughout the year. We welcome your support and financial assistance to keep this heartfelt Friendship Fund an exciting, and relevant part of our future.





Chamber Concert & Brunch

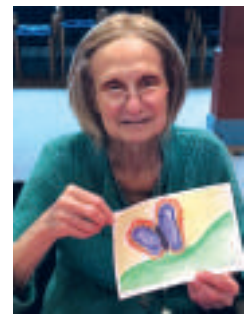


Around The Neighborhood

Wine Social



Art with Linda



Swedish School Visit



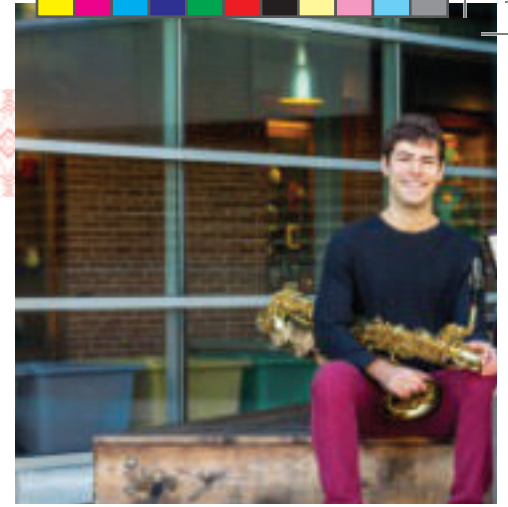
The Fitness Center





AN UPDATE FROM **The Scandinavian Cultural Center**

Kerry Lavin, *Director, Scandinavian Cultural Center*



We kicked off 2017 with something brand new to the Center—Scandinavian opera! Local opera expert, **Erika Reitshamer**, brought the program **Opera is Cool: Famous Scandinavian Opera Singers** to the Nordic Hall. Erica's lecture included thoughtful curation of audio, visual and video clips interjected with charming stories about the singers and also Nordic Opera Halls. No matter the level of opera knowledge, the lecture was truly enjoyable. We look forward to having Erica back again soon! At the end of the month we welcomed **Piatruba** a contemporary jazz and folk trio from Sweden as part of our **Fika Sound Series**. The group played a beautiful mix of traditional pieces and contemporary interpretations. Flugelhorn player and trio leader, Oskar Stenmark, was a delight and bantered playfully with the crowd, enhancing the performance even more.

February's first event was a screening of the documentary **NaturePlay**. The film examined nature-based education that is common in Scandinavia. A harsh light was cast on the contrast between the Nordic ways and the typical U.S. school. The film was followed by special guest speaker, educator **Cindi Rapoza**, who runs the nature-based **Little Peeps Montessori-Naturskola** in Rhode Island based on Swedish principles. A great conversation followed between Cindi and audience members about ways others are implementing more nature time for their children and students. Later in the month we partnered with **SWEA** to bring pianist **Roberta Swedien** to the hall. Roberta presented **The Nobel Concert**. Through narration and piano, Roberta transported us to a magical December night with the King and Queen of Sweden at the Nobel Awards Ceremony in Stockholm's elegant Concert Hall. The end of the month closed with the **Finlandia Foundation of Boston's** lecture on the Finnish National Epic, the Kalevala, with **Börje Vähämäki**. The lecture was just the first of many special events marking the celebration of Finland's 100 years of independence.



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Subscribe to our email list for monthly updates on upcoming events at www.scandicenter.org

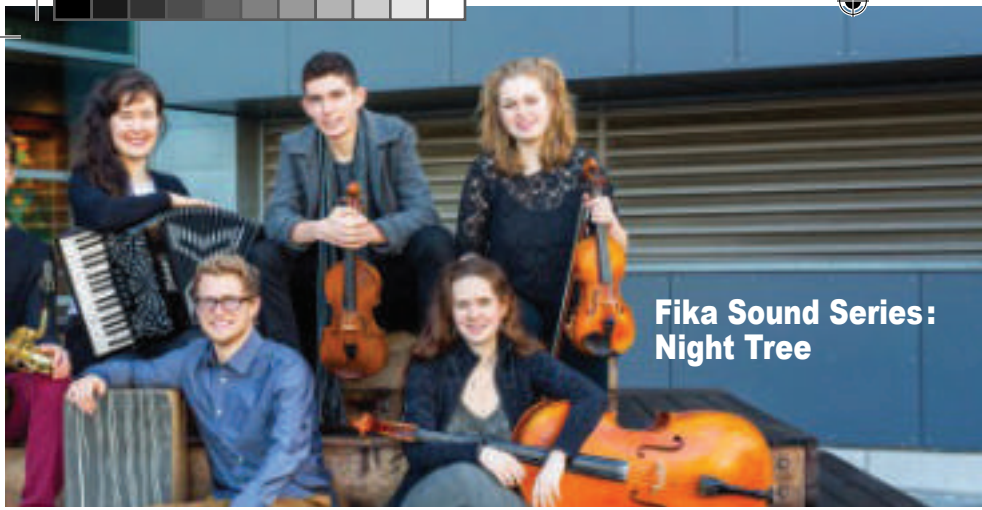
Our **Nordic Kids Series** started off the month of **March** with **Puffins! Puffins! Puffins!** In the **Scandinavian Library**. The kids had the chance to make a variety of crafts celebrating the cutest seabird of all! Next, we took our programming on the road with a **Melodifestivalen Viewing Party** at **Club Café** in the South End. We streamed the event live on the big screen while enjoying snacks and drinks with a great group of fans of the Swedish musical lead-up to Eurovision. The 25th of the month we celebrated **Waffle Day** at the **Kaffestugan**. Crowds arrived early and were steady all day. Our volunteers from **SWEA** served over **80 waffles** over the course of the day! The same day we screened an inspiring documentary, **Nice People**. The film follows what happens in a small Swedish town when 3,000 Somali immigrants settle there. One man thinks the perfect solution is to put them on ice-skates and teach them to play Bandy and form a Somali national team-- of course. With spots of humor interspersed with personal stories of the immigrants the film was a timely piece that left the crowd touched and inspired.



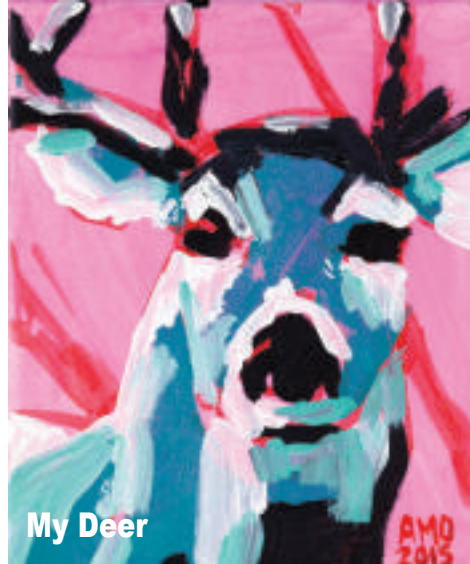
Nice People

In **April**, we were asked by the **Wicked Queer Film Festival** to co-present the Icelandic film **Heartstone (Hjartasteinn)** a coming of age story of two teen boys living in a remote fishing village in Iceland. The visually stunning film portrays a harsh but truthful look at the struggles of the best friends who are experiencing two different sexual awakenings. The film was well received and won a jury prize during the festival.





**Fika Sound Series:
Night Tree**



My Deer



The following Saturday, Swedish accordionist **Sunniva Brynnel**, held a workshop in the Nordic Hall where she invited people to bring their instruments and join her in a tune learning workshop with a focus on **traditional Swedish tunes**. Following the workshop Sunniva was joined by her bandmates in **Night Tree** for a **Fika Sound Series** performance. The crowd was wowed by the sextet's engaging performance. One attendee said that was their favorite concert ever seen! Easter was the theme at the next **Nordic Kids** event where we made **Paskris – Swedish Easter Trees**. Children adorned branches with brightly colored feathers to usher in spring with this traditional Swedish craft. Later in the month we were thrilled to have the opportunity to screen a Finnish major motion picture and award winning movie, **The Happiest Day in the Life of Olli Mäki**. The film, not yet in wide release, had only been screened in New York and Los Angeles—and then Newton! The movie tells the true story of featherweight Finnish boxer Olli Mäki as he trains for the 1962 World Featherweight title while falling in love. We closed out the month with a screening of **Iron Grandpa**, a documentary of a 72-year-old Finn and heavy weightlifter as he approaches his last international title competition. Through the month, the hall walls were adorned with the artwork of Newton artist and **Newton Arts Association** member **Ann-Marie O'Dowd** with her show, **My Deer**.

We look forward to seeing you soon!

SUMMER AT THE SCC



**LEGO® Camps
by Play-Well TEKologies**

Monday, June 26 - Friday, June 30

As summer approaches, we look forward to hosting a week of summer camp again with **LEGO® Camps by Play-Well TEKologies**. Spots are still available with classes for kids K-8 running from June 26th to June 30th. A perfect something for that pesky week before July arrives!

To register, go to: www.scandicenter.org



**NORDIC BITES
4th Annual Nordic Food Festival
Saturday, September 23**

We are currently planning for **NORDIC BITES** our **4th Annual Nordic Food Festival** celebrating the flavors of Norway, Denmark, Sweden, Finland and Iceland.

For updates, go to: www.scandicenter.org

slcenter.org

Thoughts from Rev. Dr. Fran Bogle, Interfaith Chaplain



What a joy to be starting a new year as the Interfaith Chaplain! I can't quite believe I began my ministry here in March of 2016! It has been a wonderful year getting to know you, starting new programs, and sharing hope and love in difficult times.

I am happy to report that we have five ministers from the community joining me in leading worship services on different Sundays! Rev. Diane Wong, an Episcopal priest from Arlington, Rev. Dr. Rodney Petersen, a Presbyterian minister, Chaplain Chris Leigh-Manuell who is Lutheran, and Chaplain Nena Radtke who is United Church of Christ are coming in to share their different perspectives with us. Rev. Philip Kylander, who has retired as the long time chaplain here, also leads Sunday services. Fr. Don Pachuta offers Catholic services once a month on Sunday morning, and Rabbinic Pastor Matia Angelou is on-call for Jewish residents and leads services on the major Jewish holidays.

My goal is to offer programs that honor all religious traditions and help everyone at the Scandinavian Living Center know they are loved. We hope with your help our goals can be achieved. Look out for more information in the near future.