

AUTUMN 2017

NEWS+EVENTS

SCANDINAVIAN LIVING CENTER ■ SCANDINAVIAN CULTURAL CENTER

*what's
inside...*



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Interfaith Chaplain

slcenter.org

CELEBRATING 100 YEARS IN NEWTON



What a night we had celebrating 100 years at the Centennial Gala in October! We were thrilled to honor Elissa Sherman, President of LeadingAge Massachusetts for her outstanding leadership in the non-profit elder services community.

*Look inside for more
about this incredible night!*

*To help kick off
the next 100 years,
a generous donor is
matching dollar for dollar,
all donations made
through
December 31st.*

*Please be generous!
Thank you!*



CONTINUES ON PAGE 3



EXECUTIVE DIRECTOR Joseph Carella

This past year we prepared for and celebrated 100 years at the Gala fundraising event held on Saturday, October 21. During this same time, I completed and launched my second book, "Creating Unlimited Options for Aging: A Path Forward." Interestingly, there was a common connection between both events. Both involved the celebration of our philosophy of community centered living and the many human connections that are

Thank you
for being a part
of our community
and thank you
for helping us
embrace our
dreams.

important in our own journeys. Looking back was wonderful; we achieved much during the past 100 years. Now, we are ready to build a new foundation for the next 100 years.

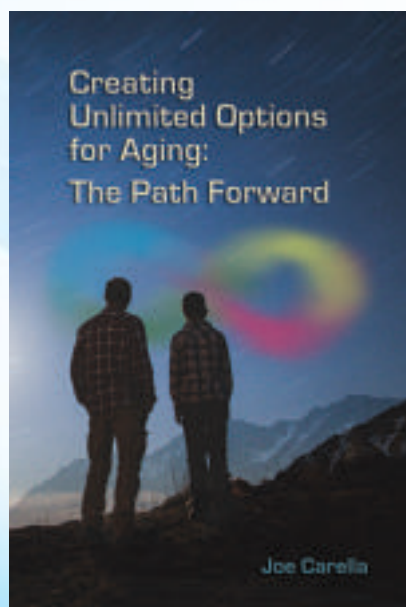
As I stated at the Gala, as a nonprofit organization our fundraising goals and dreams are never put on the backs of the people we care for, but rather, our success is always based on the community embracing, supporting, and believing in our goals and dreams. It can be unlimited when we all work together.

As we move into the new year, I would like to ask each of you to consider supporting important initiatives at the Center. Your support of the Cultural Center over the years has increased the number of programs and events and thousands of people are being exposed to and benefiting from these Nordic experiences. Just as important, I ask you to continue to support the Frederick Resident Friendship Fund which is restricted to increasing resident programs and resident quality of life.

In addition, I would like to personally ask you to help us develop and expand our chaplaincy program for the benefit of the residents and "their" community. Every Sunday and on special holidays, we provide religious services and everyone is invited. In the past, we received foundation support to cover the necessary stipends, but that funding has ended. For us to maintain our Sunday services along with the expanded Chaplaincy service to comfort those in need, I ask that you consider being part of supporting this intangible gift for the residents and their caregivers.



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December 31st.



After a harrowing experience as a teenager when he was mistakenly placed in a geriatric hospital ward author Joe Carella began his passionate search for a better way to care for all of us as we age. He traveled to Scandinavia looking for alternatives for caring for our aging population, and discovered commonsense principles that he shared in the first edition of Unlimited Options of Aging. Now, twenty years – after successful implementation of his research – he revisits the principles in this new book, Creating Unlimited Option for Aging, and shares the discovery of what is the most important ingredient: community-centered living. With eye-opening stories and heartfelt examples, Joe once again proves why unlimited options for aging must be embraced by all of us. This is a must-read for everyone concerned about limitations facing all of us as we age.



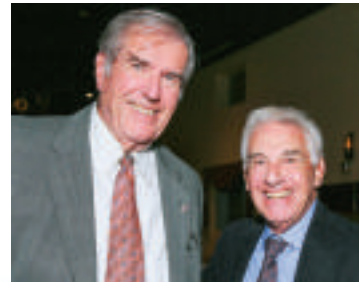
For your own copy of the book, please visit [Amazon.com](https://www.amazon.com).

Kindle - <http://bit.ly/CreatingUnlimitedOptionsEBook>

Paperback - <http://bit.ly/CreatingUnlimitedOptionsPaperback>

CELEBRATING 100 YEARS IN NEWTON

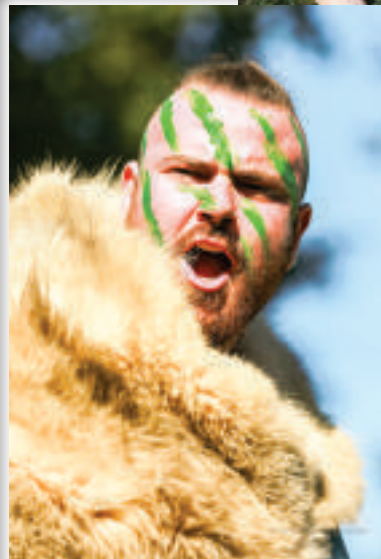
SATURDAY OCTOBER 21, 2017



A SPECIAL THANK YOU
TO OUR GENEROUS SPONSORS:



PHOTOS BY ANNELIE CONNOLLY





PHOTOS BY ANNELIE CONNOLLY

Takk, tak, kiltos, tack, and thanks
to our sponsors:













HELPFUL HEALTHY TIPS

Tim Dreher Physical Therapy & Chiropractic

KEEPING YOUR HEART STRONG & HEALTHY



The American Heart Association has come up with new recommendations for keeping your heart strong and healthy. They now recommend 150 minutes per week of moderate exercise that raises your heart rate.

The formula for determining your target heart rate while exercising is $(220 - \text{age}) \times .7$. This means an 80 year-old person would want to aim for a target heart rate of around 100. To check your heart rate, place two fingers on the outside of your wrist under the thumb or to the side of your throat. Time it for 15 seconds and multiply by four.

EXAMPLES OF ACTIVITIES THAT CAN RAISE YOUR HEART RATE ARE:

Brisk walking, bicycling, swimming, rowing, elliptical, dancing, or aerobic classes.

WALKING: Getting outside is great as you can also get sunlight from vitamin D which helps with depression and osteoporosis. Make sure to wear good walking shoes that give shock absorption as well as providing support to the arch of your foot. To prevent falls in the wintertime, consider using walking poles similar to a ski pole. And if it's very icy, use Yaktrax, which are steel cleats you slip onto the bottom of your shoe, to prevent slipping.

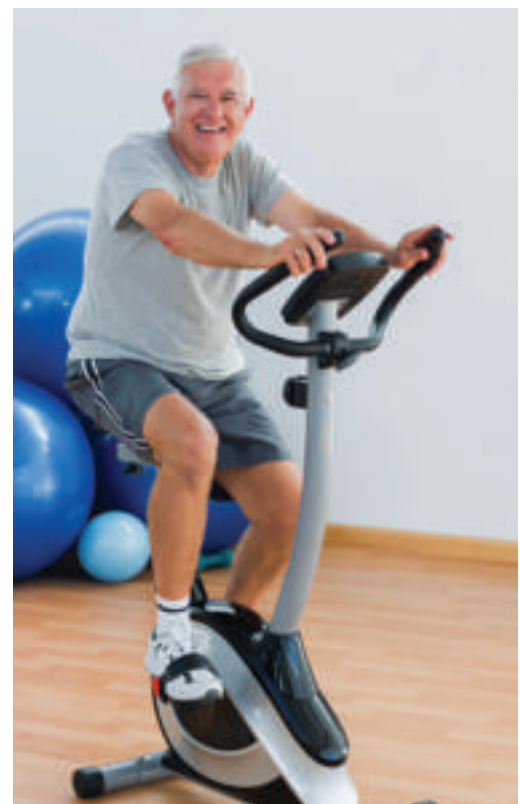
BICYCLING: Not only does this help with your heart but new research has shown that if you bicycle for 40 minutes three times per week, the benefits for mild to moderate knee arthritis are just as good as having arthroscopic surgery!

SWIMMING: This is a great exercise because it can be a good option for those with arthritic joints as it is non-impact. Be sure to do other strokes in addition to freestyle/crawl as this can cause rounding of the back and shoulders. I recommend doing backstroke and breast stroke as well.

ROWING/ERG: Great for posture, as this exercise trains the upper back muscles.

ELLIPTICAL: This is another good, lower-impact activity that is a good option for those who are looking for an indoor alternative to walking in the winter.

If you have any questions or would like to schedule an appointment with a physical therapist to develop an exercise program, just call Tim Dreher Physical Therapy at [617-527-9267](tel:617-527-9267). We are in the fitness center of the Scandinavian Living Center.



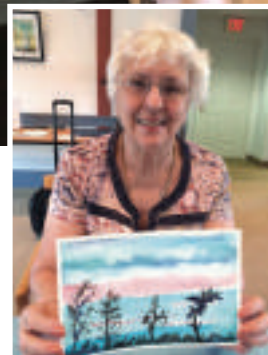
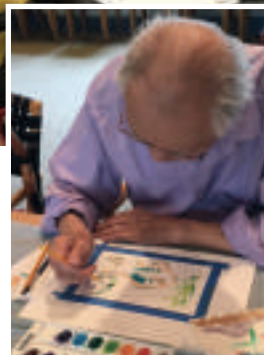
Barn Babies Traveling Petting Zoo



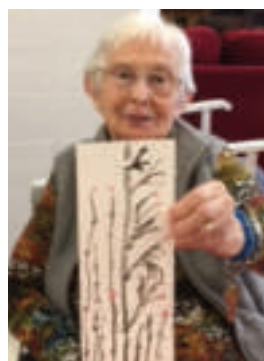
Around The Neighborhood

Art with Linda

Castle Island, Boston

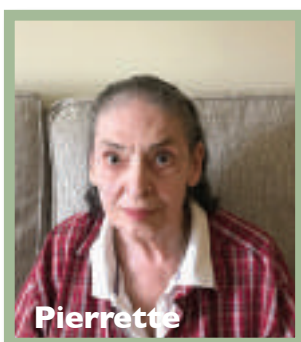


Antiques in Essex





A Welcoming Place for Everyone



Pierrette

Pierrette Baribeau Kohler is from Sorel in the Province of Quebec. She came to America in the early 60's to obtain a Master's Degree in Nursing Science (MScN) at Boston University. Once back in Canada, she was an Assistant Professor of Nursing for 7 years at the University of Montreal. She returned to Boston in the early 70's to further her education and met and married her husband, Christopher Jordan Kohler, in 1975. They settled in Newton where she helped raise his three children, and her life became centered around family. She has three grandchildren.



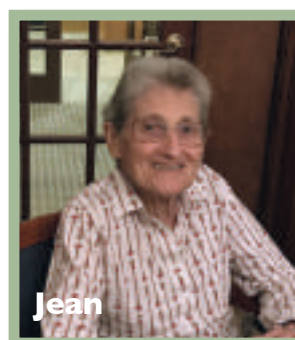
Joel

Joel Camp, from Western Massachusetts, is with us for a respite stay during the month of November. Born in Oil City, Pennsylvania, he has five children and 3 grandchildren. He received his B.A. degree in Philosophy from the Seminary in Baltimore, Maryland and has spent 42 years in the nursing home profession. Currently, Joel is the Administrator and Admissions Director at Renaissance Manor on Cabot in Holyoke, Massachusetts.



Clayton

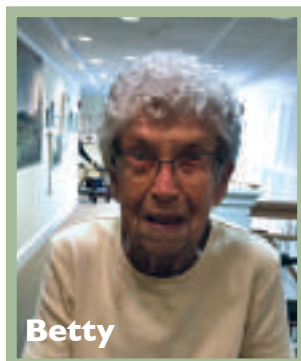
Clayton Friis has been a respite guest with us twice, returning to his home in Martha's Vineyard each summer. We are pleased that he has become a permanent resident as of this November. Clayton was born in Brockton and received his Ph.D. in Education from Boston University. He ran summer camps in Eastern Mass., taught in Newton and was a principal in Williamstown before moving to New York where he was a superintendent of several school systems. He enjoys music, travelling, and sailing. He was formerly a naval officer and transatlantic sailor. Clayton has four children and four grandchildren.



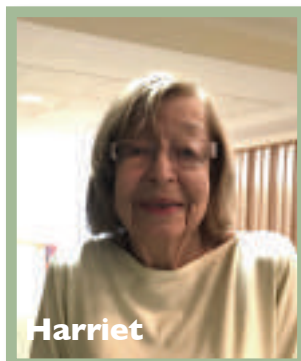
Jean

Jean Guttman was born in New York City and attended kindergarten through high school at Ethical Culture School. She graduated from Cornell University with a B.A. degree in German. She taught in various pre-school programs, and has volunteered in pre-school groups, Visiting Moms (with Jewish Family and Children's Services) and library programs. She moved to Newton 25 years ago and lived in the same home until moving to the SLC. She has 3 children, 7 grandchildren and 7 great-grandchildren. Jean continues to be an active volunteer in the Newton public library, especially as a "book mender." If anyone is looking for a good proofreader, give Jean a call!

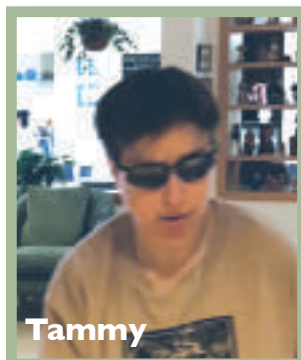
Welcome to our new residents!



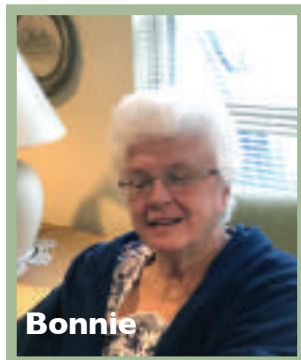
Betty Hill is also with us for a respite stay. She was born in Brighton, Mass. and has 4 children, 7 grandchildren and 5 great-grandchildren. She graduated from Watertown High School and was a cashier at Mass Hardware and Schwartz's Hardware as well as a devoted housewife. Betty has enjoyed traveling, crafts, and card-playing over the years, especially cribbage. She was introduced to the Scandinavian Living Center years ago as a member of Newton's Park and Recreation Department, where she joined the card group that meets twice weekly in the Nordic Hall.



Harriet Laing was born and grew up in Fitchburg, Mass. Schooled in Boston, she never left the area, graduating from Children's Hospital School of Nursing affiliated at the time with Simmons College. She met her husband at church, lived in Brookline and then Newton Centre for over 50 years. After raising two sons, she returned to Northeastern University for credentialing as a Nurse Practitioner and then spent 18 years at Harvard Community Health Urgent Care and 11 more years in a private practice. She is an experienced European traveler, subscriber to the Boston Symphony Orchestra, and currently spends time listening to music on her Bose sound system. She volunteers with the Newton Medical Reserve Corporation and enjoys her granddaughter and step-grandson.



Tammy Salkever grew up in Baltimore, earning her high school diploma at the Maryland School for the Blind. She was a receptionist at the Baltimore Museum of Industry for four years followed by 14 years as the receptionist at the ARC of Baltimore, a non-profit organization that provides services to people with disabilities, before she moved to Watertown, Massachusetts in 2014. She is skilled at the computer, especially the JAWS software program that speaks and enables her to listen to books. She also enjoys sports, singing in the choir every Sunday at the First Unitarian Church in Newton, and going to museums. She has travelled to many places and is becoming an accomplished iPhone user. Tammy is a dog lover and visits her beloved mini-golden doodle Maggie often at her twin sister Katya's house in West Newton.



Muriel (Bonnie) Sellers was born and raised in Minneapolis. She attended Macalester College in St. Paul for a time and graduated with a degree in education from the University of Minnesota. She taught grades 3-4 in Minneapolis and St. Paul, taking time off to raise a family of 3 boys with her husband Marvin in Roseville MN. Later Bonnie taught primary school art appreciation, Sunday School, Early Release Time Bible education, and worked with children with special needs. The family moved to California in the early 80's for almost 25 years. In 2006 they moved to the Linden Ponds independent living community in Hingham to be close to family and so that Marvin could be treated for cancer at Mass General. Unfortunately, he died shortly afterwards. Bonnie has 3 sons, 7 grandchildren, and 1 great-grandchild. She loves reading, painting, classical music, art, and theatre and used to play the violin.



Celebrating the Memory of Our Friends

*Millie Carella
Helen Carten
Karl Chapsky
Stanley Emberg
Barbara Finkel
Frances Johnson
Robert Morrison
Susan Pappas*



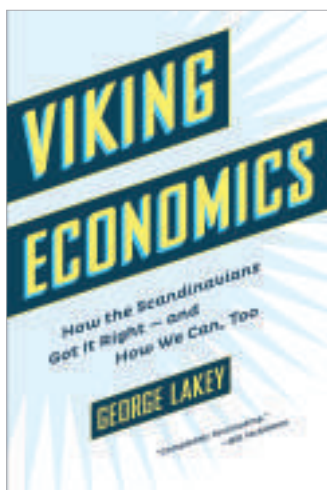
AN UPDATE FROM **The Scandinavian Cultural Center**

Kerry Lavin, *Director, Scandinavian Cultural Center*

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the next 100 years,
a generous donor is
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all donations made
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December 31st.



In September, we entered the fall season of events with a visit from author **George Lakey** to talk about his book **Viking Economics**. George presented a lively discussion highlighting examples of how some Scandinavian countries



have successfully worked to close the wealth gap in their countries. The next two weeks were filled with final prep for our 4th annual food festival, **Nordic Bites**. Thor, the Norse God of weather (amongst other things), was smiling on us as the weather was delightful. See a photo recap of the day on pages 4 and 5. The next week we hosted our first partnership with the **Vesterheim Norwegian-American Museum** in Decorah, Iowa. Followers

of the SCC were as excited as we were with the workshop selling out far in advance. Working closely with their Folk Art Department, we welcomed instructor **Linda Miller** for a two-day rosemary class. We look forward to more partnerships with the Vesterheim in the future! That same weekend in the Kaffestugan we celebrated the iconic Swedish dessert, for Princess Cake day.

October kicked off our third co-presentation with **Boston's Wicked Queer Film Festival** for a fall screening of the Icelandic film **Heartstone** which garnered an audience award in the spring festival. Taking part in these co-presents has been a great addition to our programming and we are already looking forward to the next one this December with the Festival and **Emerson College**. Check our website for details. Midmonth we

were visited by Swedish author **Johanna Kindvall** for a demo and chat about her book **Smörgåsbord: The Art of Swedish Breads and Savory Treats**. Johanna talked about the history of the smorgasbord and gave a treat by preparing the rugbrød (Danish style rye bread) and kycklingsallad (chicken salad) recipes from the book for us all to sample. Delicious! Another film partnership came as the **Scandinavian Library** and the SCC screened the first film a two-part series, **The Emigrants**. The 1972 classic brought in a large crowd that stayed long past the end to talk about the struggles the Swedes faced. We closed the month with a visit from Swedish pianist **Niklas Sivelöv**. Sivelöv presented a program of classical virtuosos including Swedish composer, conductor and pianist, Carl Wilhelm Eugen Stenhammar. The performance concluded in a standing ovation from the crowd. It was a performance we will not soon forget.

November brought our second **Chamber Music Exchange** between **Harvard** and **Uppsala Universities** initiated by Paul-André Bempéchat, Artist-In-Residence at Leverett House, Harvard University. The program included the performance of two U.S. premières (Harvard and the SCC) and two beloved quartets by Wolfgang Amadeus Mozart. The



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PAJUNEN/BRYNNEL

musicians included violin, viola, cello) and oboe accompanied by Paul-André Bempéchat on piano. We look forward to a third return in 2018. The following week we were joined by two of our favorite musicians from the past year who have come together to form a new Nordic duo, **Pajunen/Brynnel**. Sara Pajunen had joined us for a **Finlandia Foundation of Boston** presentation as performer of the year and Sunniva Brynnel as part of the dynamic group, **Night Tree**. With deep roots in the Swedish and Finnish folk music traditions, this new duo performs both traditional music from the two countries as well as their own original music. We are so fortunate that the two are based in Boston and are a perfect fit for our audience. Look for other dates for this duo with other groups in 2018.

With heartfelt thanks we end another wonderful year at the SCC. We look forward to sharing Nordic arts and culture with you in the new year.



JOHANNA KINDVALL

BECOME — a — MEMBER

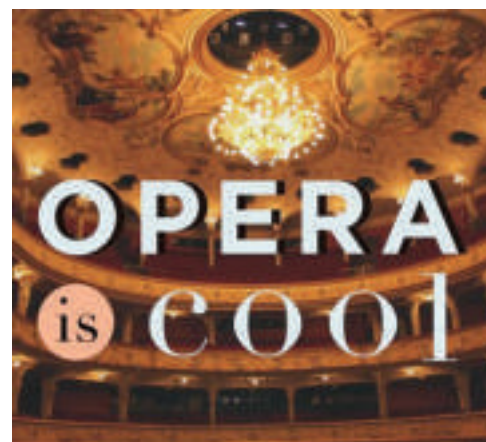
Support our mission of bringing the best in Nordic arts and Culture to the SCC.

With memberships for one, two, or for families, there is a perfect membership for all!

Visit our website to register today and start enjoying the benefits that membership brings.

GO TO: www.scandicenter.org

COMING SOON



OPERA IS COOL:

Ingmar Bergman's 1975 film "The Magic Flute"

90 MINUTES

Saturday, January 13, 2018 – 1:00 pm

Join local opera expert Erika Reitshamer for her next installment of her "Opera is Cool" lecture series. Enjoy a lively discussion of Ingmar Bergman's 1975 film *The Magic Flute* (Swedish: *Trollflöjten*). Using the clips of 1975 Swedish film Reitshamer will give an in-depth explanation of the opera, as well as a peek into the lives Bergman and Mozart as well.

\$15 / \$7 for SCC members

CHAMBER MUSIC EXCHANGE





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Thoughts from Rev. Dr. Fran Bogle, Interfaith Chaplain

This fall, I am happy to report that we are continuing to share an interfaith ministry of love and hope.

We have welcomed over 500 residents to our worship services in the last year, September 2016 to September 2017!

Everyone is welcome at every service. This fall Rabbinic Pastor Matia Angelou led a service for Rosh Hashanah and Yom Kippur to celebrate the Jewish New Year and Day of Atonement. A Catholic Eucharistic minister visits every week and Catholic services are held once a month on Sunday morning. And Protestant services are led by community clergy every Sunday afternoon.

Our weekly Seeking the Sacred group that uses photography to help residents and friends experience the sacred and holy in nature will be visiting national parks and sacred places in Africa, Central America and the Western United States this fall.

I am honored to have the opportunity to visit residents in their apartments to offer pastoral care and support and visit



those who are hospitalized. I'm here for families as well and hope you will be in touch with me.

As always, I welcome your ideas for new programs. Thanks for supporting this program that honors all religious traditions and helps everyone at the Scandinavian Living Center know they are loved.



Special Events

On November 6 we had a special service remembering and celebrating the lives of SLC residents who died in the last year.

On November 19 we had a Sunday worship celebrating Thanksgiving.

DEC 14 – 2:30 pm Hanukkah Singers and I will celebrate the holidays together

DEC 24 – 1:00 pm Christmas Eve worship with special music

JAN 2 – Evening Event celebrating the **Beauty of Creation**

NEWS+EVENTS

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For comments, questions or information, contact us at 617-527-6566 or by email at reception@slcenter.org.
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