

SPRING 2018

NEWS+EVENTS

SCANDINAVIAN LIVING CENTER AND CULTURAL CENTER



Now It's Easier To Find Us!



Our long-awaited sign for both the Scandinavian Living Center and the Scandinavian Cultural Center has finally arrived! We are proud to have it on display right at the front entrance on Waltham Street.

Even though the Cultural Center is one of our most special amenities and a destination for so many in the broader community, the

new sign makes it easier for first time visitors to find us. We hope that people passing by on Waltham Street will now be intrigued as to what the SLC and the SCC have to offer.

While the Living Center is undeniably one of the best choices a family can make in choosing an assisted living community for its loved ones, the Cultural Center is New England's premier destination for experiencing Nordic art and culture. Its events introduce and celebrate contemporary and traditional works of Scandinavian-influenced performances, art, music, and film and allow its members and visitors to expand their cultural horizons.



DAVID WILSON PRESIDENT
Scandinavian Charitable Society of Greater Boston

Our New SCSGB President

DEAR FRIENDS, It is with honor and excitement that I begin my term as President of the Scandinavian Charitable Society of Greater Boston. I come to this position with a long and deep appreciation of our mission and how it has enhanced the lives of the residents and our broader community.

I was introduced to the Scandinavian Living Center in 1987 when my grandmother came to live in what was then called the Swedish Home. With natural reluctance to leave her home of over 40 years in Arlington, she agreed with my mother and uncle to a trial period of living at the Swedish Home. I think it turned out that she moved from her home in Arlington to her home in West Newton where she happily lived until 1996.

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Interfaith Chaplain

slcenter.org



a message from Joseph Carella EXECUTIVE DIRECTOR

Our President of the Board David Wilson and I share an unwavering appreciation for what this wonderful organization has meant to thousands of people. We are family members of former residents cared for by the Center's kind and compassionate staff. We also have a personal investment in the importance of community-centered living; a philosophy that helps develop natural human connections, relationships, and wisdom through observation. An impact that resonates with both young and old.

When we create opportunities to bring people together, we enable life enhancing connections to take place. What differentiates us from most senior residences is that we have built a Center that gathers people of all ages; not a place that houses and isolates one segment of the population.

Institutional settings bury and destroy natural human connections. I thought of this recently as I heard a quotation by the Greek poet Dinos Christianopoulos during a lecture: "They tried to bury us, but they didn't know we were seeds." As "seeds" of change, our Center's supporters are at the forefront of creating the community-centered living that combats isolation and promotes caring relationships. I am confident that we are building a model that will take root and spread.

Our ability to grow and nurture our mission has been strengthened by long-time friend and former resident Al Henick who remembered us in a recent bequest. His generosity and commitment to our philosophy is helping us cultivate and spread the "seed". Like Al and many others before him, I ask you to embrace our community by taking part in the cultural programs and the growth of our organization.

We hope to see you soon as the weather turns warmer!

PRESIDENT, CONTINUED FROM COVER

During this time, I read *Unlimited Options for Aging, Commonsense Answers* from Scandinavia by our Executive Director, Joe Carella and joined the board of directors.

I was inspired by the three fundamental principles of long-term care in Scandinavia that Joe researched in his first book: maintaining one's residential reality, lifestyle, and autonomy. I am thankful my grandmother had the opportunity to maintain each of these in her elder years. I believe these concepts and the underlying values can be appreciated from any worldview and applied in any cultural context.

I am proud to be part of an organization that has been an innovative leader in our industry bringing principles of dignity in elder living to reality. With the Scandinavian Cultural Center (SCC) operating within the SLC a fourth principle is embraced that brings vitality to life at the SLC and the local community. This fourth principle is community-centered living which Joe has articulated in his second book, *Creating Unlimited Options for Aging: the Path Forward*.

Under strong leadership and a dedicated staff, and with many friends, volunteers and donors, we have met several challenges over the years.

Thanks to this support, today we are in a strong position to continue to meet our mission. We provide elders with the assistance they need to lead fulfilling, connected, and culturally rich lives, including the opportunity to come together with the broader community to share important elements of Scandinavian culture. Community-centered living creates opportunities for human connection and encourages people of all ages to interact with each other in the ways they choose. I look forward to the chance to connect with you.

Best wishes,
DAVID WILSON, President, *Scandinavian Charitable Society of Greater Boston*



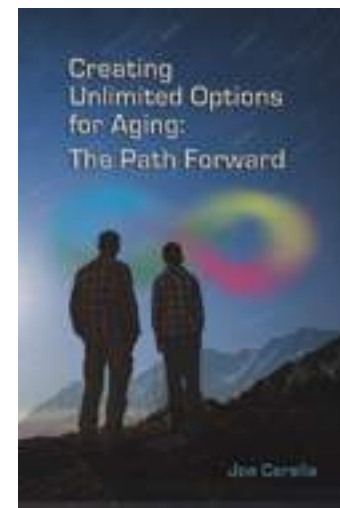
AL HENICK

Generous Bequest From The Estate of Former Resident, Al Henick

The Scandinavian Living Center is pleased to announce a generous bequest from the estate of our former resident, Al Henick, who lived here from 2005 to 2015.

Al had a quiet sense of humor and loved to work with his hands. Before coming to live with us, he began a non-profit workshop in the basement of the old Swedish Home back in 1993 known as the Small Appliance Repair Group. He loved to fix lamps and toasters and chat with the people who brought them in. The deciding factor in his moving to the SLC was because, as he explained, "my toolbox is here."

His love of gardening led him to become a longtime friend of Wellesley College Botanic Gardens and a volunteer docent. He also volunteered at the Arnold Arboretum of Harvard University. He was once featured in the Newton Tab for his 12-foot sunflower that he grew from seed in a raised bed here in our courtyard. We have never seen the likes of one since! He also grew vegetables and gave them to residents to enjoy. He was a wonderful addition to our community, knew much about everything, and was a friend to many. The Society is grateful for his generosity.



Purchase your copy of the book for \$10 at the SLC. All proceeds go to community programming.

DONOR HONOR ROLL 2017

Thanks to all of our generous donors
for their ongoing support. David Wilson, President

TOTAL GIVING GOLDEN CIRCLE

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Priceless, Ageless Volunteers



MAUREEN GRANNAN
Executive Director

Several years ago I was approached by a 104 year old resident of the Scandinavian Living Center to see if there were any volunteer positions that she might be able to perform. After spending some time with this delightful woman, I realized that she had a heart of gold and was both a good listener and talker. Most importantly she had a passion to help others and to be needed.

We evaluated our needs in the organization and determined that she could best be utilized as a volunteer who would make friendly telephone calls. This is a volunteer activity that we use with Newton at Home members who are socially isolated due to physical or emotional disabilities and who would benefit from social interaction. For two years this volunteer came to our office every week and made countless calls to members that we had identified. Some of the calls were short and some were very long as many of the members felt very comfortable speaking with this wonderful woman with the slight Irish brogue who had a great sense of humor and told funny jokes. She made an enormous impact on our members, many of whom still speak so fondly of her and her phone calls. She was a wonderful example of helping others while maintaining her own purpose.



Tim Dreher Physical Therapy & Chiropractic

WE ARE A COMMUNITY

Tim Dreher Physical Therapy has been providing care to the residents of SLC and the greater Newton community for over 10 years. We have treated patients as young as eight years old and all the way up to 105 years old.

I remember a mother bringing her 12-year-old son down for physical therapy for his first visit and she exclaimed "why didn't you tell me this was a senior home? It's filled with old people! This isn't an appropriate place for a young boy!" And then she took her son by the hand and marched him out of the building. What an unfortunate and missed opportunity for a young person to interact and get to know people of different ages and backgrounds.

I have learned so much by working with the older population. How incredible it is to learn from the true life lessons that only someone who has walked the earth for many decades can share. I remember an 85-year-old woman talking about her marriage of 60 years, saying, "make sure you find someone that is a friend first. Oh, the romance might be great in the beginning but you want someone with shared values." It may be awkward to hear an older woman talking about romance but it's good advice. She then went on to say "even if I didn't marry my husband, I would want to be his friend. I respect who he is with his family, his community, our Temple, and our neighborhood. He is such a great person that I'm fortunate to have known for so many years." Such great advice that I have remembered for many years.

Forget reading all those self-help books. Speak with someone who has had many experiences in life to get the true answers to happiness.

But one of my favorite interactions which is luckily very common, is when two different patients are in the waiting room and they look over and recognize each other. "Don't you live on the street over from me? I think our kids went to the same school many years ago?" And thus begins a reunion of old friends that haven't seen each other in decades.

The ability of the human spirit to still find the positive in light of what life has thrown at them is amazing. And if we as physical therapists, nurses, housekeeping and kitchen staff, administration, and volunteers can help ease the burden of others, that is truly what we are put on this earth to do.



I also remember having a patient with a stroke being scheduled after I saw a patient who had an amputation. The next time I saw the woman with the stroke she said "I may not have use of one side of my body but at least I have all my limbs." And when I saw the person with the amputation, she said "I may not have all my limbs but at least what I have works."

The ability of the human spirit to still find the positive in light of what life has thrown at them is amazing. And if we as physical therapists, nurses, housekeeping and kitchen staff, administration, and volunteers can help ease the burden of others, that is truly what we are put on this earth to do.

Tim Dreher, PT
www.TimDreherPT.com



To kick off the upcoming summer, please join us at our annual ice cream social on Friday, June 22, 2PM. We love this gathering when we celebrate our community!

Annual Ice Cream Social
Friday, June 22
2PM

FREE!

CELEBRATING THE MEMORY OF OUR FRIENDS

PAUL FOLEY
HELEN MURPHY
PEG HANNIGAN
FORMER RESIDENT

Welcome to Our New Residents!



Jay

Jay Drapkin Jay is a local, having grown up in both Brookline and Newton Massachusetts. He attended Beaver Country Day School in Chestnut Hill and played on the tennis team. He graduated from Boston College, earning a degree in liberal arts with a concentration in business. He also studied abroad on the Semester at Sea program, a 100-day voyage around the world. He later became Alumni President and won an award for outstanding volunteer work. He worked in real estate and was involved in publishing a bi-weekly event calendar for the Boston area. In addition to traveling and tennis, Jay has enjoyed golf and skiing. His hobbies include a good game of Scrabble, Rummikub, Cribbage, and going to the movies.



Connie

Connie Danielson Connie was born in Boston and graduated from Brighton High School. She attended the School of Practical Art on Newbury Street and the Conservatory of Music in Boston, where she studied voice. She was a soloist in her church choirs. Once she married, she moved to Waltham where she raised three children and was active in the Lutheran church and the Music Club of Waltham. She and her husband loved to travel and had a summer cottage in Maine where they and their family enjoyed the ocean. She loves flowers and animals, especially cats. Connie has two grandchildren and one great-grandchild.



Christiane

Christiane Chessler Christiane (Chris) was born in Nancy, France. After secondary school (lycée), she studied accounting and English and spent two years in Geneva, Switzerland. Her adventurous nature brought her to New York City where she was an au pair. She graduated from Hunter College with degrees in French literature and education. She married and moved to Maryland, obtaining a Masters' degree in French and Comparative Literature from the University of Maryland. Christiane worked as a language trainer in French at the World Bank in Washington D.C., raised her two children in Bethesda, MD, and taught French in Silver Springs, MD. She became an American citizen in the 1980's. In 2011, she moved to Boston to be closer to her son and daughter. She has 6 grandchildren. Christiane loves the arts, especially music, paintings, and classic movies. She also enjoys swimming, Scrabble, and Quiddler.

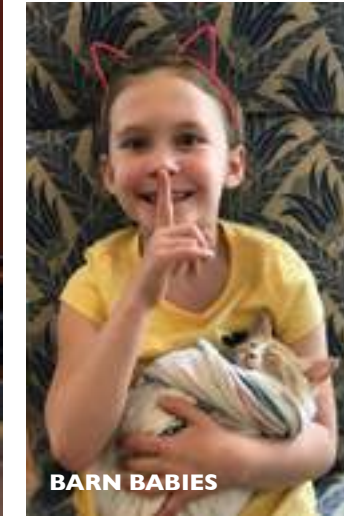


Mary

Mary Head Mary was born in Medford, graduated from Jamaica Plain High School and earned a degree in Accounting from Bentley College. While raising her two sons, she worked part-time as a public accountant at Kenneth Gordon Accounting Firm. She then had full time positions as Business Manager at Graham Junior College in Kenmore Square, Trust Manager at Goulston and Storrs Law Firm for 25 years, and Trust Department Manager at Hemmingway and Barnes. Mary has 4 grandchildren and 3 great-grandchildren. She is the past treasurer and secretary of the Fairbanks Garden Club and enjoys music, restaurants, and children as well as a good game of Michigan Rummy or Whist.



BOSTON HARBOR BOYS



BARN BABIES



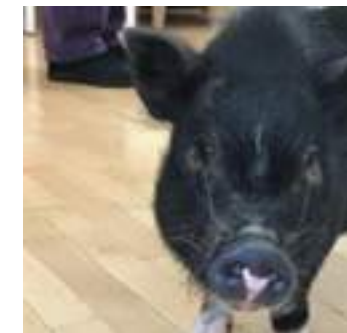
Around The Neighborhood



ITALIAN NIGHT



ITALIAN NIGHT



DAVIS MUSEUM





AN UPDATE FROM The Scandinavian Cultural Center

Kerry Lavin, Director, Scandinavian Cultural Center

We entered into 2018 by welcoming back beloved local opera expert **Erika Reitshamer** to discuss Ingmar Bergman's 1975 film *The Magic Flute* as part of her **Opera is Cool** series. Sharing clips from the 1975 Swedish film, Reitshamer used her vast knowledge to will give an in-depth explanation of the opera to a very full Nordic Hall. We can't wait to see what Erika will bring us next! Next, we screened a touching film **Sami Blood**. The film followed a young Sami girl in 1930s as she was faced with having to choose between new academic opportunities or staying true to her cultural identity. Towards the end of the month we were so excited to add a monthly **Norwegian Playgroup** to the new offerings at the SCC. The group formed from local moms who had been meeting at each other's homes. The group, so popular, needed a bigger space. We were happy to welcome them! All the while through the month our walls were warmed by the photographs in **Bruce Hauck's** exhibit **NATURE from Near and Afar**. The delightful images of animals in their natural habitats brought nature indoors in the cold of January.

FEBRUARY brought with it an amazing exhibit, **Johannes Pääsuke**. **Man with Two Cameras**, shared with us by the **Boston Estonian Society** as part of the celebration of the country's 100 years of independence. Pääsuke was photographer for the Estonian National Museum beginning in 1912. The exhibit drew viewers in to scenes of rural Estonia. It was a true honor to show the exhibit organized by the **Estonian Embassy in Washington, DC, Estonian National Museum**, and **Tartu Art College**.

MARCH we welcomed **STILLNESS** an exhibit by artist **Lois T. Andersen**. Lois' exhibit of Norway's Lofoten Islands brought with it a welcome sense of quietude. **Sound an Echo**



SOUND AN ECHO

NORDIC FIDDLERS BLOC



played a moving set for us early in the month. The melding of folk traditions from Scandinavia, Europe, and America combined with childhood music created a flow of rousing and touching sounds that even moved some to tears. The 24th was the date for our second annual **Våffeldagen** (Waffle Day). This year we were thrilled to have the event sponsored by **Felix Jams**, the leading importer of lingonberry jams in the United States. As an added bonus that day we welcomed guest lecturer **Anne Gass** who shared with us an informative and inspiring story about two Swedish immigrants' journey across the U.S. to help advance women's right to vote in her talk titled, **Road-trip for Suffrage**. We closed out the month as opening night sponsors for the **Wicked Queer Film Festival** at the **Museum of Fine Arts**. The theme of this year's festival was immigrants. The film, **A Moment in the Reeds**, focused on the relationship of a Finn and a Syrian asylum seeker and was followed by a Q&A with director **Mikko Makel**.



APRIL **Boston Design Week** started off our April calendar of events. Our screening of **Big Time** shared an intimate picture of Danish architect **Bjarke Ingels** (one of Time's 100 Most Influential People) as he moves to the States and embarks on a project for the World Trade Center site in NYC. The next day author, artist and activist **Anna Brones** was in the Nordic Hall to talk about her most recent book **Live Lagom: Balanced Living, the Swedish Way**. The Swedish idea of doing just the right amount struck a chord



ROADTRIP FOR SUFFRAGE

with many in the audience as we reflect on our lives which often involve doing too much. After the talk Anna led a **workshop in papercutting**. While the craft itself originated in China it has strong ties to Scandinavian culture. The following weekend we welcomed back Linda Miller, **rosemaling artist**, for her second work-shop brought to us by the **Versterheim Museum** in Decorah, Iowa. Look for new dates with Linda for the fall! A new collaboration came later in the April when the **Belmont World Film Festival** was added to the calendar for this year as we became a community partner in presenting two films. We look forward to working with them more in the years to come. We closed out the month with the return of a favorite locally based musician **Sunniva Brynnel** for our **Fika Sound Series** for a special one-off program of **Swedish Folk Song Meets American Jazz**.

MAY The world renowned **Nordic Fiddlers Bloc** brought a crowd to the Nordic Hall for a midweek concert in May. The trio, made up of members from Norway, Sweden and the Shetland Islands, delighted the audience with the first note. The walls of the Nordic Hall were filled with breathtaking images from photographer **Liz Voll's** collaboration with **Jenn Falk's** yoga book **Lunar Love Flow**. Our opening event for the show started with a yoga class with Jen followed by a morning reception.

As we move into the summer months we welcome the time for slowing down and spending time with our loved ones. While the programming may be slower over the coming months we will be hard at work producing our 5th Annual Nordic Food Festival. Be sure to check the sidebar for more details.

See you there! Kerry



BIG TIME

save the dates!

NORDIC BITES FOOD FESTIVAL

Saturday
SEPT 22

Mark your calendars! The Nordic Bites Food Festival returns on Saturday, September 22.

Be sure to join our email list to be the first to hear when tickets are on-sale.

Interested in sponsorship? Volunteering?

Email kerry@scandicenter.org



MAX HOLM QUARTET

Saturday
SEPT 29

An afternoon of music from young, renowned jazz musicians.



FOLLOW US @SCANDICENTER

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GO TO: www.scandicenter.org



Thoughts

FROM REV. DR. FRAN BOGLE, INTERFAITH CHAPLAIN



Spiritual care here means many things. At its heart, spiritual care is sharing God's hope and love in ways that honor our differences and build a community in which every person feels included and celebrated.

We are doing that through worship services led by clergy in the wider community, a weekly photo meditation program that I lead, and time spent sharing our prayers at a new weekly prayer service. We are also doing this through conversations around the tables in the Kaffe Stuga and in the hall as we walk together.

Spiritual care means spending time with people who are facing life changes as they grow older and supporting staff as they consider new adventures in their lives. It's about visiting in the hospital and walking with families as they mourn loved ones. It is about being together when times are tough and when times are joyous so that no one feels alone.

We are fortunate that we have a community in which

Spiritual care here means many things.
The image shows a vibrant sunset sky with orange, red, and purple hues. Several birds are silhouetted against the sky, flying in various directions.

staff, residents, families, and friends are invited to discover new ways to celebrate our diversity. I'm looking forward to learning more about Muslim holidays and meeting a Buddhist teacher who will help us learn more about that tradition. I'm also looking forward to being part of a team that helps us grow together as a community of people who care deeply about each other and are a vital part of the wider world.

We couldn't do it without all of you and your support for spiritual care! Let's keep walking together into the future.

Peace and Prayers,

Rev. Dr. Fran Bogle, Interfaith Chaplain