



THE IMPACT OF ONE FAMILY

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A Message from Joe Carella

“The Scandinavian Cultural Center enables neighbors throughout New England to share in the best of Nordic culture.”



I AM ALWAYS ASKED (tongue-in-cheek) how I, an Italian, benefit the Scandinavian community.

This question continually puts a smile on my face. My only response...I offer humor and great cooking! The truth is, the Scandinavian Charitable Society has taught me about common-sense living and the importance of community. We may call it community-centered living, but this outlook is the greatest gift our Scandinavian friends have given us. A philosophy that brings all ages together at the Center.

It has always been a pleasure to be part of the many groups that utilize our place as a gathering opportunity or their headquarters. I now welcome a new organization to our building, Embrace Homecare, Inc. Residents, their families and the entire community benefit by having this additional health care support available when the need arises.

The Scandinavian Cultural Center enables neighbors throughout New England to share in the best of Nordic culture. September's Viking festival is still being discussed and celebrated. Your support of the Scandinavian Cultural Center is important and welcomed. A recent donation is allowing us to install lighting in the Nordic Hall to enhance our viewing experience of the art work. Recently we were featured on Chronicle, a local news program on WCVB. If you

missed it, you can find the link on our website www.slcenter.org. All our good work has brought us recognition. We have received visitors locally and from outside New England. All are eager to learn more about our Scandinavian philosophies. The impact of your continued support has led to broad appreciation of our work and an enthusiasm to expand on what we have accomplished. In the end, it is my hope that Scandinavian common-sense living will impact cities and towns across the nation. It is a movement that we began right here in Newton, Massachusetts.

Thank you for allowing us to share our news. Have a safe and happy holiday season.

A handwritten signature in black ink that reads "Joe Carella". The signature is fluid and cursive.

Joe Carella
Executive Director

The Impact of One Family



President of the Board, David Wilson, recently received a very special honor. On October 2, David's family

placed a plaque bearing his name beside the door of the Scandinavian Living Center's resident library. This act has a distinctive meaning. Signe Wirsén, David's grandmother, was both an

enthusiastic reader and a resident of the Swedish Home, a forerunner of the SLC, for nine years (1987-1996).

The Wilson family's thoughtfulness has helped us transform the resident library into a multipurpose room. The library now offers an opportunity to watch films in an intimate theatre; socialize in a comfortable setting; access a shared computer; and borrow books, tapes, and CDs.

In addition to supporting these enhancements, the Wilsons' gift allowed us to install a hearing loop system that aids moviegoers who have difficulty hearing. Their gift will enable us to install special lighting in the Nordic Hall that illuminates the displayed artwork. We are grateful to the Wilsons for their steadfast connection to the Scandinavian Charitable Society of Greater Boston and for their generosity. For many years, the Wilsons have helped us transition from a committed past to an exciting future.

Around the Neighborhood

WE ENJOYED EVERY MINUTE of our summer and early fall with day trips to Plymouth, MA, and Castle Island, a lovely lunch at Edamame, and an architectural tour with the Charles Riverboat Company. In June, we celebrated community connections with our annual Ice Cream Social. And we continued our afternoon art sessions with a focus on watercolor painting.



AFTERNOON of Watercolor



DAY TRIP to Plymouth, MA



ARCHITECTURAL TOUR with the Charles Riverboat Company



CASTLE ISLAND Trip



ICE CREAM Social



LUNCH at Edamame

Happenings at the Cultural Center

We kicked off our **FALL SEASON** early this year with a screening of **The Human Shelter**. The film, sponsored by IKEA, examined how people around the world make unconventional or extreme places their home. The **Norwegian playgroup** began its regularly scheduled season on the first Saturday of the month. The group allows families to speak and play while practicing Norwegian. Another addition to the family programming was **Mamma & Bebis**, a **new mother's group** Kathryn LeafWallace brought to the SCC. The group ran six-weeks and explored all of those topics that new moms have questions about—all with a Scandi feel and FIKA (of course).

photographs and videos made on the farm in Värmland, Sweden, that has been in the artist's family since the early 1600s. In a reception for the exhibit, Erika's father, **Bruno Råberg**, performed his piece **Composition for a Space in Between** as an accompaniment to his daughter's artwork. Next, we were thrilled to host two-time Grammy Award winner **Mads Tolling** with **Jacob Fischer** with **A Tribute to Svend Asmussen**. Asmussen, a Danish jazz violinist, was also known as "The Fiddling Viking" famous for being a swing style virtuoso, playing with many jazz greats. Next came our first **Viking Festival—BERSERK!** What an amazing day filled with film, books, crafts, vendors,

Celebrate Pippi as part of our **Nordic Kids** programming. Children had the chance to decorate sugar cookies with braids of red licorice to create their very own Pippi Longstocking cookies. Following that the **Scandinavian Library** screened the film **Becoming Astrid**. The film portrayed the early life events that lead to Lingren's successes.

OCTOBER was chocked full of Scandi goodness! We saw the return of master artist **Linda Miller** for a **two-day workshop** exploring **rosemaling**. Her devoted students worked on house signs this fall. Over the same two days, Al Miller brought his carving skills to the hall



GRAMMY AWARD WINNER Mads Tolling with Jacob Fischer

Our **SEPTEMBER** art exhibit brought a lovely collaboration of a father and daughter. **Photographer Erika Råberg** brought her show **Available Light** to our hall. In it, Råberg presented

sauna and **BATTLES**. Be sure to check out the photo recap! We closed out the month with a day filled with tributes to author **Astrid Lindgren** with not one, but two events. We started the day with

and taught a group the skills for **spoon carving**. Linda and Al will return in the spring! We, and their students, can't wait! Mid-month **Sarah and Paul Walker** of **Chapter House** brought their

extensive knowledge of Norse mythology for **The Saga of Ragnar Loðbrok and other tales**. We were fortunate enough to have seen the Walkers perform last fall as part of **Skylark Ensemble's** performance of **SAGA** in the Nordic Hall. Next, we were lucky enough to be a stop on **Copenhagen Chamber Choir Camerata's** East Coast tour. The group's performance left the audience in awe. It was a true once in a lifetime treat. The end of the month brought author **John B. Simon** to talk about his book **Strangers in a Stranger Land**. In the book Simon explores how Finland's Jews fought an unwinnable war alongside Nazis troops... and survived. Be sure to order his book, it's a story you will want to know.



THE BRUNO RÅBERG TRIO'S "Composition for a space in between" and Art Exhibition by Erika Råberg



CELEBRATING ASTRID LINDGREN'S Pippi Longstocking with cookie decorating and a movie



MAKER SERIES: House Sign Rosemaling

Brothers **Lawrence Wilde** and **Charles Boguinia** brought their program **Voices of Scandinavia** to the hall in **NOVEMBER**. The program brought piano music by Edward Grieg and new compositions for the Swedish nyckelharpa, violin, and piano inspired by Swedish and Norwegian Folk music. Mid-month brought the next in the



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UPCOMING EVENTS

Cradles to Crayons
BOSTON

12.14.19
CRADLES TO CRAYONS
Cradles to Crayons kicks off their move to Newton with a collect and sort in our hall!
10am–12pm



01.25.20
OPERA IS COOL:
BIRGIT NILSSON –
A LIFE WELL SUNG
ON SALE NOW



a **VIKING FESTIVAL** *for all ages*

BERSERK was a great day of interacting with a live Viking encampment, playing lawn games, taking a sauna, and browsing our Nordic vendors! Check out these amazing images of the day.

Photo credit: Noor Shoresh





THANK YOU TO OUR PREMIER SPONSOR



Welcome to Our New Residents



JON MUCCI was born in Boston and lived there with his brother until the age of 10 when the family moved to Waltham. His father was a plumber and his mother was a stay-at-home mom. His fondest childhood memories were of the times spent on the 16-foot motorboat his dad built, especially the time when the engine quit and it took several hours to float back to shore. He loved piloting the boat which was docked in Dorchester.

Jon enjoyed political science and sports in high school and played Center position on the football team. He attended Newton Junior College and graduated from Boston University with a B.S. in Business Administration. He was employed as an underwriter of property and casualty insurance for several insurance companies and was able to see a good part of the United States travelling for work as a risk manager. He especially liked New Mexico and California. He also had the opportunity for personal travel to London and Mexico.

He raised his family (two daughters) in Duxbury and now has three grandsons. His favorite hobbies are photography and refinishing furniture. What he likes best about the Scandinavian Living Center is the friendliness as well as the delicious food.



GERALDINE O'DOWD was born in Newton and has lived here her whole life except for spending some time in Mississippi when her husband was stationed in the Air Force. She grew up with 5 sisters and one brother. Her fondest memories of childhood are of Christmas. She also remembers what fun it was to have such a busy home constantly filled with visitors, remarking that “everyone always landed in our house.” In school, she loved sports more than anything and was on the basketball and track teams in high school.

She was a secretary in a downtown Boston office and volunteered at the Newton Wellesley Hospital working with patients. She especially enjoyed giving her attention to those who were lonely and wanted someone to talk to.

She proudly describes her three sons as “her life and such good company.” She now has six grandchildren who keep her busy and finds that walking and music are her favorite things to do. You can often find her outside the Scandinavian Living Center basking in the sun. She describes herself as “a people person” and that the residents are what she likes best about living here. She also loves the food and does not have a favorite meal since everything is delicious.



SUNG BAE PARK can often be found gardening at the Scandinavian Living Center where he loves to weed and keep everything looking beautiful. He was born the youngest of 7 in Posung, South Korea, a small village surrounded by lush mountains where he loved to run around and play with everyone. Although his plan was to become a doctor, he changed course after 5 years of medical school and got his master’s degree in Philosophy. He was hired as an assistant professor at Buddhist University where he taught the philosophy of Enlightenment.

He moved to Dallas, Texas in 1969 with his wife and 2 children where he received a Master of Theology at Southern Methodist University. He then obtained his Ph.D. at the University of California, Berkeley where he stayed for 6 years until accepting a teaching position in Buddhism and Korean Studies at the State University of New York at Stony Brook. In his first year, there were 12 students in his class. After 3 years, 1700 were registered in a very large lecture hall. He taught there for 40 years. He spent time in Hawaii, Korea and California before moving to Arlington, MA in 2017 to live with his daughter after his wife died. Besides gardening, he enjoys studying Buddhism, reading, meditating and walking as well as vacationing in New Hampshire. He hopes to share his knowledge of Buddhism with staff members and residents.

Getting to Know Jessica Nadolny

Jess Nadolny has been part of the Food Service staff at the Scandinavian Living Center for 10 years, which is not surprising since her mother, Kim Nadolny, has been the Food Service Director for the past 18 years. Jess always has a smile on her face and is loved by residents and staff alike for her kindness and patience.

RAISED IN NEWTON, she currently lives in Waltham. She enjoys working at the SLC because “the residents are like the grandparents I never had.”

Jess grew up with a love of camping, and her favorite hobby now is fishing which she tries to do every day. Along with her brother James, who recently served three years in the Army, and her boyfriend Ryan, they fish in different lakes and ponds around the area. She keeps her fishing poles and tacklebox in her car, and whatever they catch goes right back into the water. Occasionally they go deep sea fishing in the ocean. She calls it “fishing on a budget.”

Her “Happy Place” is the beach (anything having to do with water), especially White Horse Beach in Plymouth. Another important part of her life is football, with Tom Brady being her favorite player.

When she talks about her dog, Briley, her face lights up with the biggest smile. The 7 year-old Rhodesian Ridgeback seems to be the love of her life, although when asked who her hero is, the answer is very simple: her mother, Kim.

Jess wants people to remember her for her honesty, fairness and kindness which are traits everyone who knows her can agree on.



OCTOBER MUSINGS, A POEM BY MARJORIE BERG

Clear autumn morning
 Light breezes rustle the poplars'
 golden leaves.
 Tree shadows at the fields edge.
 Warren and his English Setter
 Roy walk.
 Past the bleached cornstalks and dried
 tomato vines
 Through honey colored field grass
 Toward the woodcock run by the Great
 Maple.
 They disappear by the poplars along
 the brook,

Faint ring of Roy's bell
 Woodpecker in Apple Tree
 Two bluejays fly to cornstalks
 Coppel Crown Mountain to west is
 a muted orange brown
 Warren calls to Roy.
 Three shrill blast of whistle
 Breeze stronger. Soft howl of wind
 Between barn and house
 Flock of starlings land in garden
 As one flies up and over barn
 Some scatter leaves falling
 Earth preparing for its winter rest.



Suzanne Horgan, Fitness Specialist

“TO ME 101 IS NATURAL. IT DOESN'T SCARE ME. I AWAKE WITH THE SUN AND THINK OF ALL MY MANY FRIENDS AND THAT MAKES ME READY TO KNOW THAT YOU NEVER PUT ANYTHING OFF FOR TOMORROW BECAUSE TOMORROW NEVER COMES.”

~TAO PORCHON LYNCH, THE WORLD'S OLDEST YOGA TEACHER



alive. Even though I know I'm aging like everyone else, I want to take advantage of the fact that my limbs work and I want to keep them functioning.”

—Cora Pucci, SLC Resident

“I just visited my doctor and I have lost 10 pounds. I come to the fitness center on average three mornings a week and complete 40 minutes of cardiovascular exercise. My blood pressure has decreased. I am more focused after my exercise session.”

—Tony Anglewicz, SLC Resident

“You have to fit exercise into your schedule, just like you brush your teeth or anything else. You feel better after you exercise. And it has been proven that it helps you live a longer and more enjoyable life. It's never too late to start!”

—Margaretha Jacobson, SLC Resident

The Fitness Center at SLC is open Mondays, Wednesdays, and Fridays at 8am. We have cardiovascular equipment, muscular conditioning equipment (Kaiser), and loads of exercise modalities including balance boards, resistance bands, and free weights. In addition, I offer 3 weekly classes at 12:40. On

Mondays, all residents are welcome to join our Walking Group. We walk inside at our own pace. It is a terrific way to socialize while exercising! On Wednesdays and Fridays, I hold a Balance & Strengthening Class. This is a primarily seated class in which we incorporate resistance bands, while challenging our balance. This has been a well-attended class. Residents who have regularly attended are showing tremendous improvement in their posture as well as their strength and gait. Kudos! Let's keep the momentum going! Both in the Fitness Center and in the Balance & Strengthening Class, I have introduced Boxing.

Research indicates that boxing can improve Parkinson's disease symptoms, helping people diagnosed with the disease maintain higher levels of function and quality of life than those who engaged in other forms of exercise.

—Senior Living Blog

Boxing has numerous health benefits for everyone. It has been shown to improve:*

- Cardiovascular health
- Total Body Strength
- Eye-hand coordination
- Decreased Stress
- Body Composition

SLC residents have a wonderful Fitness Center to call their own. Stop by. Say hello. And experience the amazing benefits of regular exercise!

* <https://www.moneycrashers.com/health-benefits-boxing-workouts/>

WHY DO WE EXERCISE? There are so many “correct” answers to this question.

- To improve our blood pressure, cholesterol, and other blood count levels.
- To avoid future illness and/or injury.
- To prevent the progression of current illness.
- To control our weight.

Let's combine all the physical, mental, emotional and social benefits into one. Why do we exercise? **TO FEEL GOOD!!**

“I wish I had done more when I was young. I come to the fitness center because, when I exercise, my limbs feel

For your convenience, we continue to upload the latest news on our website at www.slcenter.org/News-All. We also try to include the latest updates in our email blasts and on our Social Media pages!



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Rev. Dr. Fran Bogle, Interfaith Chaplain



AUTUMN ARRIVES WITH COOLER DAYS and blazing colors...Rosh Hashanah, Yom Kippur and Sukkot have come and gone as well as The Day of the Dead and Halloween night. Thanksgiving is around the corner. It is a time of change and some of those are happening in Spiritual Care.

Rev. Lucy Sanders, our visiting chaplain, is taking some time off to rest and be with her family. She hopes to return to her min-

istry with us in the spring, and says “Hello!” to everyone.

Pastoral Care Visitor, Sara Schiller-Robins, has returned to college and sends her greetings. She will rejoin us in time for Hanukkah and the Christmas and Kwanzaa holidays.

Rev. Rodney Peterson is taking a break from leading Sunday worship. He hopes to return when his travel schedule changes. Rev. Diane Wong led worship on two Sundays on October, and we will be welcoming a new Sunday pastor in late November.

Our special service during the first week in November remembered all of the members of our community who died this year. It was a time to give thanks for their lives and share our sadness and joy as we remembered them.

Whew!! Lots of change! I will continue to

be here most Tuesdays, and will offer the Seeking the Sacred nature slide program every other week. Come and enjoy the beauty of the earth and share stories together.

I look forward to continuing the sharing and caring we do together as we open our hearts to the sacred each day.

Many blessings,
Rev. Dr. Fran Bogle

Celebrating the Memory of our Friends

Betty Hill
Barbara Lundberg
Donald Soorian

WELCOME TO OUR NEW TENANT, HECTOR MONTESINO!



A message from Hector Montesino, Executive Director and Owner of Embrace Home Care and Health Services.

As Executive Director and Owner of Embrace Home Care and Health Services, I am excited to announce that we have established our new office at the Scandinavian Living Center where we can continue to provide care to residents of Newton, Wellesley, Weston, Needham, Waltham and the surrounding

area. Having provided services to thousands of people in Massachusetts for the past 18 years, we welcome the opportunity to become part of this wonderful Scandinavian Living Center community. This is a great fit for us.

I am a member of the Home Care Alliance of Massachusetts, serve on the Governor’s Council for Alzheimer’s Disease and Research, and I’m Co-chair of the Alzheimer’s Impact Movement (AIM). Embrace Home Care offers 24/7 availability and a team of compassionate, caring people. Whether you need assistance with meals, personal care,

transportation, medication management, laundry or light housekeeping, we can develop an individualized care plan that fits your needs. Our home health aides are experienced and trustworthy.

Please check our website at www.homecareembrace.com or call 781-373-3013 or 617-999-5845 (24/7). I look forward to meeting everyone at the Scandinavian Living Center and supporting our neighbors.

Hector Montesino
Executive Director, Embrace

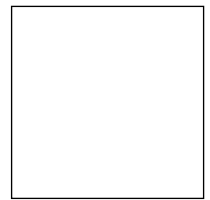


SCANDINAVIAN
LIVING CENTER



CULTURAL CENTER

206 WALTHAM STREET
WEST NEWTON, MA 02465



**OUR FOUNDATION
FOR THE FUTURE
CAMPAIGN IS COMING
IN DECEMBER. PLEASE
SUPPORT OUR MISSION.**

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 instagram.com/ScandiCenter

2019 In Review

In 2019, our Community-Centered Living philosophy was embraced at the local, national and international level.

What could be better than the exposure the Scandinavian Living Center and the Scandinavian Cultural Center received from Erika Tarantal's segment on Channel 5's Chronicle over the summer. Interviews with Executive Director Joe Carella, Cultural Center Director Kerry Lavin, Newton Mayor Ruth Fuller, David Wilson (President of the Board) and residents Win Barnard and Alice Berquist proved how Scandinavian principles of Community Centered Living show the way to better living for our seniors.

Speaking engagements:

Boston Bridge at MIT, Boston, MA, May 15
Pioneer Network National Conference, Louisville, KY, August 6
Global Long-Term Care, Toronto, Canada, September 18

Podcasts and Articles:

"If Every Community Did This One Thing," article in Senior Living Foresight, February 2019
"The Rise of Cool Senior Living" article in Considerable, May 2019
"Aging GrateFULLY with Community Centered Living" podcast, May 2019
"Let's Talk Aging with Joe Carella" podcast with Molly Wisniewski, July 2019



Right: Win Barnard and Alice Berquist, residents of the Scandinavian Living Center, with Erika Tarantal