

## ACCOLADES FROM COMMUNITY LEADERS

Pages 2 + 9



“The Scandinavian Living Center instituted its community-centered living model in 2001.

**From what I have seen, this type of mindset shift will benefit cities and towns across the country . . .** Inspired in part by the Scandinavian Living Center, we are

shifting Newton’s Senior Center to the model of Newton Center for Active Living. We can all learn so much from one another, and keeping our elders a vital and vocal part of our community makes Newton more diverse and vibrant.”

—Ruth Fuller, Mayor, City of Newton

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## A Message from Joe Carella

**“Gathering people naturally means that you need to constantly improve the welcoming environment for the entire community.”**



OVER THE PAST YEAR I've been invited to speak at educational conferences and have been interviewed several times concerning community-centered living. During one of my interviews, I was asked how I would measure the success of community-centered living. "How many elders need to participate/connect during a program at the Center to make it a successful program?" Interestingly, my response was easy. If one person connects, that's a success. However, I

added, the real answer is if one person is isolated, that is our failure.

Gathering people together naturally means that you need to constantly improve the welcoming environment for the entire community. The goal continues to be maintaining normal living for everyone and challenging all aspects of institutional structure. One example is the May 15th launch of all-day (anytime) dining for our residents and their guests. We are excited about the possibilities to improve service, increase flexibility, and create different ways to interact. Over the next few months we will continue to evaluate and improve upon the process. This is a communal effort and all ideas and suggestions are always welcomed.

With over forty organizations/clubs utilizing the Center as their gathering place, we are now able to offer a large diversity of programs and opportunities to gather. The Scandinavian Cultural Center continues to bring international, national, and local quality programs to the Center and the Saturday Café experience is growing. As a young

mother stated, "it's a cool place" to gather in the City of Newton. In addition, the Scandinavian Living Center is expanding community programs for everyone because the residents are asking us to invite the neighbors to their programs.

I believe that the wisdom behind community-centered living is the incredible impact it has on how we care for others and reside in the City of Newton and in cities and towns across the country. The SLC is a shining example that is changing the thinking and perception of elder care, leading to positive results that we can all support. "There is no power for change greater than a community discovering what it cares about" Margaret J. Wheatley.

Looking forward to connecting with all of you,

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

Joe Carella  
Executive Director

**“. . . This beautiful program of community-centered living used to enhance both the lives of the SLC residents and community in general has been in place since 2001 and has truly taken off. While initially residents may have viewed nonrelated visitors as ‘outsiders,’ they now see them as neighbors, and the neighbors now view the residents as neighbors.**

**What more can you ask for in the way of ‘community!’”**

**—Susan M. Paley, President, Rotary Club of Newton**



## Around the Neighborhood

We have had a great time this late winter and early spring. We enjoyed a lovely Valentine's Day celebration and we rooted for the Red Sox on opening day. In April, we were visited by the Massachusetts Audubon Society with their Birds of Prey. And we celebrated Easter and Passover with friends and family. Next up, we're looking forward to warmer weather and spending time outdoors now that spring has sprung.



**VALENTINE'S DAY** with hearts and goodies.



**CHEERING ON** the Red Sox on Opening Day!



**VISITING WITH** Mass Audubon's Birds of Prey.



**WE ENJOYED EASTER** Treats and time with friends at our Easter brunch.



**RABBI MATIA ANGELOU** led us through this year's Passover Seder.

## Happenings at the Cultural Center

In **JANUARY** we started off the year with a performance of the duo **Brynnel & Moynihan**. The Swedish accordionist and singer Sunniva Brynnel with American fiddle player Jenna Moynihan gave a beautiful performance on a cold winter afternoon. It seemed very fitting that our next two events of the month explored the wildly popular Danish concept of hygge. Author **Stephanie Pedersen** joined us to talk about her adorable book **American Cozy: Hygge-Inspired Ways to Create Comfort & Happiness**. Stephanie touched on ways to disconnect from the digital world and make more lasting and hygge-like ways of connecting with those most important to you. Later in the month we continued the cozy theme with a screening of **Finding Hygge** a documentary exploring Denmark's secret to happiness. The film was a closer look beyond the trend into the actual history and real-life practice. The end of the month, Finlandia Foundation of Boston held an artist reception for the first exhibit of the year by Finnish artist **Marja Lianko**. Marja's work has been inspired by the nature in her homeland, the vast forests of birches and pine trees, the abundance of color in the short summer and the



**MARJA LIANKO** brings an exhibit inspired by her Finnish upbringing.



**MEATBALL BATTLE:** Friendly banter turns to a battle for bragging rights.

lack of it during the long winter. It was a true pleasure to have her art with us through February.

**FEBRUARY** brought with it a day of events brought to life by the friendly banter between our Italian executive director, Joe Carella, and our Swedish board president, David Wilson. Their well-documented debate on which country makes the superior meatball, Sweden or Italy, brought us a day of Swedish/Italian fun. We started the second Saturday in February with the return of everyone's favorite opera expert, **Erika Reitshamer**. In this installment of **Opera is Cool**, Erika took a deep dive into **The Masked Ball**, the Italian opera about a Swedish King. Later that night we continued the fun with the **Meatball Battle: Sweden vs Italy**. Two great countries. Two great meatballs. We invited ticket holders to have a taste of a meatball from each country and decide which should win the golden fork award for the best meatball. Meatballs from **Karl's Sausage** and **Fiorella's** filled the hall with a most delicious smell. While the voting was ultimately very

close, Sweden did walk away with the victory! Later in the month the trans-Atlantic collaboration, **Aallotar**, joined us for a performance. Violinist/vocalist **Sara Pajunen**, Finnish-American, and accordionist/vocalist Teija Niku, a Finn, used their common musical heritage as a starting point for original "chamber-folk" performance. We closed out the month with a jazz performance by the **Sunniva Brynnel Group** as a celebration of Sunniva's solo album release.

**MARCH** opened with the return of artist **Lois Tønnessen Andersen** who had an oil painting exhibit with us in 2018. This year Lois returned to the hall with the release of her children's book **Badda's Buddy: Best Friends in Brooklyn**. To celebrate we hosted a book reading and Linzer cookie party. Midmonth we held a very special crime-fiction book event with Icelandic authors **Ragnar Jonasson** and **Yrsa Sigurdardottir** for **Iceland Noir in Boston**. The sold-out night was an engaging conversation moderated by bestselling author and Boston Globe writer **Hallie Ephron**. The group was introduced by former U.S.



Ambassador to Iceland, **Robert Barber**. Late in the month we had a fun family event with Steinway artist, **Jenny Lin**, with her live performance of her book **Melody's Mostly Musical Day**. The families in the audience were delighted with the multimedia performance of a music-filled day of a young girl and her grandmother. Starting on the last day of the month we continued our partnership with Boston's long running LGBTQ film festival **Wicked Queer**. This year we were excited to co-present a few Scandinavian shorts to be shown in Boston. We love having the opportunity to help showcase Scandi films in this genre to Boston area viewers.



**HARRY COHEN** travels from the West Coast for his may show of POP (paintings on paper)

**APRIL** opened with an artist reception for the second exhibit of the month for artist **Laura Tilus-Korhonen** with her exhibit titled Human Form, on display through the end of the month. Norwegian makers **Linda and Al Miller** returned this month for another weekend long workshop series of **rosemaling** and **spoon carving**, bringing the traditions to a whole new generation. If you haven't joined them yet, they'll be back in the fall!

I'm sure you've heard of paint nights? The super popular get-togethers where painters of all levels come together for painting instruction and snacks and leave with a completed canvas. In **MAY** we decided to host one with a Scandi twist! Local artist **Laurel Greenfield** came to the Nordic Hall to teach us how to create an acrylic still life painting of Swedish



**LOIS TØNNESEN ANDERSEN** reads her children's book Badda's Buddy.

pastries provided by **Crown Bakery!** Maybe a Danish one will be in store for the future. We also welcomed a new exhibit by Marin County California artist from Boston, **Harry Cohen**. The 92-year-old abstract expressionist work came to find its way to our Nordic Hall walls from a former SLC volunteer Hanni Myers, who attended art school with Harry.



**FOLLOW US @SCANDICENTER**

Subscribe to our email list for monthly updates on upcoming events at [www.scandicenter.org](http://www.scandicenter.org)

## UPCOMING EVENTS



**06.08**

**SWEDISH EMBROIDERY | SVENSKA BRODERI**

Discover Sweden's rich heritage of needle craft with Pat Oleski.

**ON SALE NOW**



**07.22-26**

**STEM + HARRY POTTER INSPIRED LEGO® CAMP**  
LEGO® Camp presented by Play-well Teknologies

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A huge THANK YOU to our 2018 Donors. Your generosity makes all of our programs for residents and community members possible. Your continued support for this community is always needed. Please know we are grateful every day.

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**SLC is a beautiful place with very good energy and lovely management staff. Kerry Lavin is absolutely wonderful to work with. Thank you!**  
—Facebook Review

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MAGICIAN JOHN DUKE LOGAN performed at the SLC on April 27, 2019.



## Welcome to Our New Residents



**PETER GUZZI** is a lifelong resident of Newton. His family included an older brother, Dominic, and a younger sister, Gloria. His fondest memories were of going to Revere Beach. Growing up, he loved sports and played high school hockey, scoring a number of goals. Although he never married, he is very close to his family, especially his nephews Rick and Michael and their children. He told them that if ever he were to move to a senior residence, the SLC is the only place he wanted to go. He is a decorated Korean War veteran who saw combat in Korea and received a number of citations and medals from South Korea. He was employed by the city of Newton for over 30 years as a firefighter. He loved travelling, especially on cruises, and he visited much of Europe, eastern Asia and Hawaii. His favorite interest now is watching sports, especially the Bruins. He likes the people here at the SLC because they are very friendly, and he enjoys the food, especially the snacks!



**ELAINE LEBLANC** lived in Waltham her entire life before coming to the SLC. She had two brothers and one sister, all deceased. Her father was the managing editor of Waltham's News Tribune, and her uncle was the sports editor. Her fondest memories of childhood were of going to New Found Lake in New Hampshire each summer on family vacation. She played high school basketball at Mt. Trinity Academy in Belmont. Elaine worked for the Waltham School Department as a special education teacher's aide for 34 years. She has a son, Thomas, who works for the Waltham fire department, a daughter, Elizabeth, and 7 grandchildren ranging in age from age 4 to 17. She has travelled abroad to Ireland, spent time in Texas and enjoys making ceramics. She says that the people at the SLC are all very friendly. She likes the way the residence is set-up and is very impressed with Joe and the staff. Elaine is happy to be learning to play the word game Quiddler with several other residents.



**ANNE SOMMERS** has just the slightest southern drawl as she hails from Louisville, Kentucky. She was the oldest sibling to two other brothers (one unfortunately died in childhood). Her mother was a homemaker and her father an architect and homebuilder. Her fondest memory was of learning to swim at the age of 14 in the neighborhood quarry. Her interests in high school centered around art, especially painting pottery before it was fired in the kiln. She attended Cincinnati Art Academy where she took classes in art history, drawing and painting, followed by a job for a Louisville company painting designs on pieces of pottery. Anne's husband was a civil engineer from Massachusetts, and they moved back to the Bay State before their third child was born, finally settling in Needham. She did volunteer work at the Glover Hospital and at her church while her children were growing up. Her travels have taken her to Colorado, California and Canada. Anne learned about the SLC from a friend who became a resident here, and she loves all the light, the well-tended plants and the delicious food. She says the people are all very nice.

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



**FOLLOW US @SCANDINAVIANLIVINGCENTER**

**NANNETTE DUBE  
PETER DUGUNDJI**



# Spotlight on Rev. Dr. Fran Bogle, Interfaith Chaplain

Rev. Dr. Fran Bogle, has been a part of the SLC family for many years. We are grateful for her wisdom and her care. We've featured her in our Spotlight so that you can get to know and love her as we do.



and Ministry in Cambridge. I was ordained in the United Church of Christ 30 years ago on April Fool's Day.

My partner is also an ordained minister serving a church here in Framingham, where we live with our giant poodle Jeannie. I've always been a chaplain, serving at Spaulding Rehabilitation Hospital in Boston, St. Elizabeth's and Newton Wellesley Hospital. I created and directed the Feminist Field Education Program while at the Episcopal Divinity School and worked there for 29 years. Today that program lives on through the Community Chaplaincy Council. It's why we have so many part-time chaplains and students volunteering here.

I like the SLC philosophy of community-centered living because I believe that we are all deeply connected through the presence of the sacred in our hearts and lives. It is in community where we can share our joys and concerns and learn

and love together. Community is where we can celebrate our different religious traditions and affirm God's presence with us every day. I enjoy helping folks stay connected to their original faith communities and finding new community right here.

You've guessed that my favorite hobby is photography and might not know that I'm also an author. I coordinate the Just Peace Players liturgical drama troupe. I love to travel and hope to go to Australia, New Zealand, Central Europe and more places in South America. You never know what creatures may show up in my Seeing the Sacred events.

I hope to be remembered as a woman of courage, love and laughter. I am happy each day to share in ministry with you.

**HI EVERYONE!** I grew up outside Philadelphia, PA. Our house was across the street from Valley Forge National Park, so I know a lot about the American Revolution...or at least where Washington slept for 6 months and Mad Anthony Wayne galloped. I have a great love of learning and have been to college in Florida, graduate schools in NJ and Washington, DC and did my doctoral work in Feminist Liberation Theology

“Isolation deeply affects our elder population, making models like the SLC’s, which bring the community together and provide deep and organize connection, invaluable. **Community-centered living is vital to changing the way we build elder housing** . . . The SLC’s model has already made an impact locally in how we design our community spaces . . . This exemplifies the important shift from restricting living spaces to a single demographic, like youth or seniors, and instead structure spaces in a way that welcomes everyone. Isolation at any age is not acceptable, and the sharing of experience and wisdom between generations can only happen if people are given the chance to connect.”

—Kay Khan, State Representative, 11th Middlesex District

## Suzanne Horgan, Fitness Instructor



### THE DICTIONARY DEFINES

**FITNESS** as an individual's ability to survive in one's own environment. I would like to suggest a slight change to the definition of fitness. Fitness is the ability to **THRIVE** in one's environment!

At Scandinavian Living Center, we have a wonderful Fitness Center available to all residents. As your Fitness Instructor, I am

here to help you thrive. So how do I do this? I focus on you as an individual. Your likes and dislikes. Your strengths. Your goals. We work together to gradually reach those goals.

The Fitness Center offers a treadmill, 2 Nustep machines (think an elliptical machine that allows you to sit!), Keiser machines for strengthening, free weights, resistance bands, balance boards, and more. I instruct everyone. The atmosphere in the Center is both social and supportive.

In addition to the Fitness Center, we have a Balance and Strengthening class every Wednesday and Friday as well as a Walking Group every Monday. Everyone is welcome to participate. The Balance and Strengthening class lasts about one half hour. All participants are encouraged to engage to their **BEST ABILITY**. I am amazed and proud of the progress that I have witnessed!

It is never too late to start an exercise program! Research has proven that regular exercise:

1. Improves health, including lowering bad cholesterol, lowering blood pressure, preventing the progression or start of Type II diabetes, preventing arthritis, preventing cancer, and more.

2. Improves mood. By stimulating the brain, activity has been shown to combat depression and anxiety, to increase relaxation, and to improve self-esteem.

3. Boosts energy by delivering oxygen and nutrients throughout the body, including the heart and lungs

4. Promotes better sleep.

5. Provides a social outlet.

Come visit the Scandinavian Living Center Fitness Center. You have everything to gain, including a more independent and fulfilled life!

Best in health,  
Suzanne Horgan,  
Fitness Instructor

## EVENTS AND HAPPENINGS AROUND THE COMMUNITY

**SCANDINAVIAN LIVING CENTER**  
Frank King presents Great Records and Crooners: Peggy Lee  
May 10th at 2:00 p.m.

The Community Chorus meets through  
May 15th with a concert on  
May 11th at 1:30 p.m.

Michael Goodwin and Pique  
Entertainment presents:  
Marvelous Moms of Musical Theater  
May 22nd at 6:45 p.m.

Dr. Gary Hylander shares a lecture/  
discussion on LBJ and the 1960s  
May 24th at 2:30 p.m.

Classical pianist Jim Perkins  
June 4th at 2:00pm

Annual Ice Cream Social  
Join us June 28th at 2:00 p.m. Ice cream  
provided by Cabot's, celebrating 50 years  
in Newton. Village Bank will serve. Prizes,  
raffles and balloon sculptures. Free and  
open to the public.

**SCANDINAVIAN CULTURAL CENTER**  
The movie Thelma  
May 25th at 1:30 p.m.

Lecture on Swedish Embroidery  
Saturday, June 8th at 1:00 p.m.

Woman at War  
Saturday, June 15th at 1:30 p.m.

STEM + Harry Potter Inspired LEGO Camp  
July 22-26



## Rev. Dr. Fran Bogle, Interfaith Chaplain



program that I lead, and special worship services. It also happens in conversations around the tables in the Kaffestugan and in the hall as we walk together.

Spiritual care happened for me in a new way as I had a two-month sabbatical! I travelled to Tanzania and Florida in January and February. It was a time to rest, play, enjoy amazing animals and scenery, and a time to write and take photos. I look forward to sharing from this adventure with our community this year.

I was grateful to Chaplain Bill Ladd who provided spiritual care while I was away. Rev. Lucy Sanders continues to be a weekly Pastoral Care Visitor, and is a gentle loving presence in our community. Sarah Schiller-Robins our college intern, was also here in January, and looks forward to returning during the summer. We have lots to look forward to as we move into spring and summer.

At the same time, we mourn residents who have died this year. We also miss

the folks who have moved to communities that can offer them more care. It has not been an easy winter. We will have a service celebrating their lives and recognizing the gifts they shared with us in May.

It is good to share in a ministry of love and care with you. We couldn't do it without all of you. Let's keep walking together into the future. Peace and Prayers,  
Rev. Dr. Fran Bogle, Interfaith Chaplain

### Celebrating the Memory of our Friends

Mary Dion  
Harriet Laing  
Gudrun Matejka  
Louis Sooho  
Jack Westman

**SPIRITUAL CARE IS SHARING GOD'S HOPE** and love in ways that honor our differences and help to build a community in which every person feels included and celebrated. We are doing that through worship services led by community clergy, a bi-weekly photo meditation

#### THE NEWTON PARKS & REC DEPT Cribbage

Every Monday 9-3 and Thursday 10-3 in the Nordic Hall, FREE. Newcomers are welcome. Please bring your lunch if you are staying all day. Call Nancy Scammon at 617-796-1506 for further information.

#### Tai Chi for Adults

Every Friday 10-11 a.m., FREE and open to the community.

#### Tai Yo Ba

Mid-May through August on Tuesdays 10-11 a.m. and Thursdays 9-10 a.m.

*To sign up for these programs or the wait list for Tai Chi, please call Newton Recreation Center at 617-796-1660.*

#### NEWTON AT HOME EVENTS AT THE SLC

Newton Senior Center Chamber Orchestra Concert

May 15th from 10:30-11:30 a.m.

Free and open to the public

Newton at Home Presents Meet Our Members: Giovanni Fazio

May 21st from 3:30-5:00 pm

Small Appliance Repair Shop  
Wednesdays from 1-3 p.m.

#### Community Chorus

Wednesdays, 11-11:45 a.m.

#### Spanish Conversation Group

Wednesdays 1-2:30 p.m.

#### Knitting Club

2nd Thursdays of the month at 10:30 a.m.

*For these events, please call Newton At Home at 617-795-2560 for more information.*

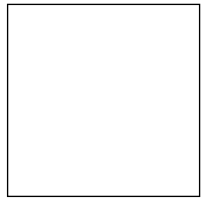


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# Scandinavian Living Center on the Road!

WE'RE EXCITED TO SHARE THAT **Joe Carella** HAS BEEN INVITED TO SPEAK AT MULTIPLE, UPCOMING CONFERENCES.

In May, he'll attend the **Boston Bridge Conference** at the Sloan building at MIT to present on community-centered living.

Next up, he's been invited to speak about community-centered living at the **2019 Pioneering a New Culture of Aging Conference** in Louisville, KY in August.

And in September, he's been asked to speak at the **Biennial Global Aging Conference** in Toronto.

