

NEWS + EVENTS

SPRING 2020

STAYING POSITIVE DURING CHALLENGING TIMES

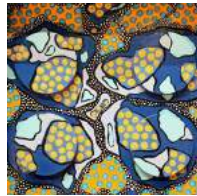
Page 2



IN THIS ISSUE



BEFORE & AFTER COVID-19
How our daily spaces have changed
Page 3



CULTURAL CENTER RECAP
Past exhibits and what comes next
Page 4



OBSERVATIONS FROM BROOKE CABOT
speaking about the Coronavirus
Back Cover

A Message from Joe Carella

“How do we begin to contemplate the impact the pandemic will have on our world, our cities and towns, and on the SLC/SCC as a gathering community?”



“WASH YOUR HANDS, WEAR A MASK AND STAY SIX FEET APART.”

Those were the last words my father shared with me the day before he unexpectedly passed away. Like the residents at the Scandinavian Living Center, he also had been in isolation where he was living during the past two months.

As a family member, I truly understand how difficult it is to be isolated from loved ones, but it is important to do the right thing - to protect our loved ones as well as the frontline workers, our heroes, who put their own lives and those of their families at risk.

How do we begin to contemplate the impact the pandemic will have on our

world, our cities and towns, and on the SLC/SCC as a gathering community? Overnight, our Center, a meeting place for over forty organizations, where over 2,000 visitors pass through our front doors every month, closed its doors to almost everyone. It was total isolation. Our community centered living activities were stopped cold.

In this new isolating world, it seemed everyone, from city and state officials to family and friends, started reaching out to us to see how we were coping with the separation from our community. It was foreign to us. There was no playbook for us to follow. Where would we find the light in this dark pandemic nightmare? Well, the light came as a gifted-opportunity to experience human love and community caring. It came from officials, friends, and families, as they called to see how they could help or just to check on us.

Personal protective equipment (PPE), that at one point was desperately needed, showed up at our front door. Gift cards were sent to the staff, cards of gratitude were written to everyone,

and meals for the staff were delivered with a note of thanks asking our heroes to rest and stay safe. I was not surprised by this community of caring but rather was reminded that human connection and the ability to come together to do good are needed every day. The obstacles (constant washing of the hands, masks, six feet apart) are simply challenges in our lives that force us to adapt, think outside of the box, and become stronger.

In my father's final words, he wanted me to know that we cannot escape hard times: they are a part of life. We must move through them even as they require us to be persistent with self-care and caring for others. I am grateful that my last words to my father were “I love you Dad.”

Stay safe and stay in touch.

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

Joe Carella
Executive Director



IN MEMORY OF
MICHELANGELO “MIKE” CARELLA
January 3, 1920–May 18, 2020



Physically Empty, Full of Spirit

THE SCANDINAVIAN LIVING CENTER was bustling with activity in the weeks leading up to Covid19 when our world changed and everything came to a halt. We are looking forward to getting back together in our common spaces as soon as we are able to. In the meantime, we are maintaining social distancing and taking care of one another.



IN THE NORDIC HALL Celebrating the Chinese New Year in January and during COVID-19 with no visitors



THE KAFFESTUGAN on a lively Saturday morning in early 2020, now closed



ICE CREAM SOCIAL in Spring 2019, now socially distant family visits

We are keeping our residents happy and healthy!



WE'RE HAVING A PIZZA PARTY WITHOUT YOU HAVING TO LEAVE YOUR APARTMENT!
HAND-TOSSED CHEESE OR VEGETABLE PIZZA MADE BY YOUR VERY OWN SLC KITCHEN STAFF!
THE PIZZA WILL BE DELIVERED TO YOUR ROOM DURING SUPPER TIME, ALONG WITH YOUR CHOICE OF BEVERAGE: WINE, WATER, OR A SOFT DRINK.



IN MAY we threw an at-home pizza party!

Happenings at the Cultural Center

Our **2020** at the Scandinavian Cultural Center started out as many of our past years have; a full calendar promising a multitude of entertaining events—and we did start off with some amazing events.

Our first event in **JANUARY** was a charming screening of **Tongue Cutters**. The movie followed the story of two young Norwegian children that spend time working in a factory cutting the tongues out of fish. The movie was provided by **Norwegian Honorary Consul of Boston, Tonje C. Gulbrandsen**. In the Nordic Hall hung an exhibit brought to us by **Dr. Kisha Tracy** called **Cultural Heritage through Image**. The travelling exhibit examined contrasting images of iconic places from each contributor's heritage to a more commonplace image of their everyday life. Our favorite opera lecturer, **Erika Reitshamer**, brought another carefully curated lecture



SWEDISH SOPRANO Birgit Nilsson

especially for us. This time **Opera is Cool** featured Swedish soprano **Birgit Nilsson**. We closed out the month with a first! We hosted a LIVE podcast recording of **Saga Thing**. The hosts,

John and Andy, helped sort out the story of the Vikings in the New World and clear up some of those commonly known myths about Vikings in Boston. It was a blast! We hope to be able to have them back again in the future.



FEBRUARY started off with brothers **Lawrence Wilde** and **Charles Boguinia** with their program **Voices of Scandinavia**. The show featured piano works by Edvard Grieg and new compositions for nyckelharpa and piano composed by Lawrence Wilde. And then everything just stopped.

With the onset of COVID-19 all focus quickly shifted to the safety of the residents at the Scandinavian Living Center. All events for the foreseeable future were cancelled or postponed to protect those most at risk.

LAWRENCE WILDE AND CHARLES BOGUINIA with their program **Voices of Scandinavia**



SMÅ ART Daytona Strong

We searched for ways to connect at a time when social distancing had become the norm. There was one bright spot in the calendar that gave us hope, **SMÅ ART**, our small-works exhibit and fundraiser. So much leg work had been done: marketing, artist acquisition, completed art work. Of



BIRCH by Marty Lehman

course, we couldn't hang a new exhibit in our Nordic Hall, but we could take it online. With that we launched an online art show and fundraiser through **32auctions.com**. Artist pieces arrived from not only our community, but from all corners of the United States: California, Washington state, Florida and more. For two weeks we ran the auction and the bids came in. In



MY GARDEN OF EASTERLY WINDS by Marja Lianko

the end we had \$3,320 in sales! While we have missed seeing all of our visitors in the library, at the kaffestugan and in the audience of our events, there has been great beauty seen in the outpouring of support. We experienced this beauty in an anonymous postcard from a neighbor to say they were thinking of us, in the way the many bids came in during the auction, and in the memberships purchased as a show of support even when there wasn't an event on the schedule.

We thank you from the bottom of our hearts and look forward to gathering together again soon.

Kerry Lavin
Director



SAGA THING hosts John and Andy (above); Podcast cover image (right)



FOLLOW US @SCANDICENTER

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

Thank You to Our Generous Donors

UNRESTRICTED DONATIONS CONTRIBUTORS

Anymous
Walter V. Anderson Foundation
Atlas Foundation
Flansburgh Architects
Arthur and Mary Dion
Bruce and Gardi Hauck
Thomas E. and Margaret B. Rogers

Finn Brudevold
Rosemary Campbell
Pauline M Chen
Amelio Della Chiesa Trust
Sean Foley
Mary J. Flynn
Eeva-Liisa M. Gehring
Richard Goldman
Usun Goldman
Peter F. Gustafson
Jean L Guttman
Joyce Haglund

Lise Lange and Myles Striar
Jan and David Lenihan
Tom and Carolyn Lumenello
Franklin B. Mead III
Mary and Will Molineux
Jeffrey Moy
Sandy Moy
Network for Good
David Newman
Winnie Pang
Lise Paul
Laila Rogers
Niki Sabatini
David & Mary Salkever
Karen Soorian
Kristine Soorian and Bryce Ikeda
Edith Sundquist
Maria Truslow
Mary White
Stanley A. Wilen

Mary Sandra Vaskas
Elani Walden
David and Debbie Yoburn

CULTURAL CENTER SUPPORT BENEFACTORS

Anonymous
Village Bank

CONTRIBUTORS

Suzanne and Albert R. Frederick Jr.
SWEA

SUPPORTERS

Steven J. and Kathleen Borgesen
Ulla E. Bjarngard
Anna Kristina
Claes Peter Johnson

FRIENDS

Adam and Annica Blake
Alice Bergquist
Jamie Bogumil
Joseph Carella
Paul Cutler
Arthur Kalos
J Mickelson Lukach
Helga Steyskal
Maria E. Truslow

FOUNDATION FOR THE FUTURE

GOLDEN CIRCLE
Suzanne and Albert R. Frederick Jr.

PATRONS

Anonymous
Carl and Susan Carlsen
Leonard and Florence L. Wilson
Benefactors
Joe and Carole Carella
Luana Josvold and Gary Johnson
Terje Korsnes
Nordic Group
Peter Vatne

CONTRIBUTORS

Win Barnard
Eva Bergesen
Victoria Danberg
Robert and Margaret Ellertsen
Tonje C. Gulbrandsen
Lynn A. Haugen
Sigurður and Artie Helgason

A message from the Scandinavian Charitable Society

Our Foundation for the Future Campaign urgently needs your help. We were in the midst of a successful campaign, having raised \$215,000 when COVID-19 struck. It created challenges for us that many non-profit organizations are struggling with at this time. However, our future cannot be set aside. We still have more people to help, and our cultural center needs to remain strong in order to continue its vibrant community programs. In order to reach this year's goal of \$400,000, we need to raise \$185,000 by the end of 2020.

In addition, a generous donor has offered to match, dollar for dollar, the first person who pledges an amount of \$25,000. This will definitely push us towards our goal.

Please consider donating anything you can. By investing in the future of both the Scandinavian Living Center and the Scandinavian Cultural Center, you will contribute to much needed resident subsidies, quality programming, building up our vital emergency reserves, and strengthening the community around us. This is especially important in this time of uncertainty.

Your help is gratefully appreciated. Thank you in advance.

SUPPORTERS

Win Barnard
Alan E. Bergquist
Patricia A Bonnet
Boston Estonian Society Inc.

Bill Han
Suzanne Hauck
Donna J Johnson
Matthew D. Kalil
William Keto
Richard and Cynthia Simonelli
Robert Soorian
Margit and Dick Tracey
William P Troy
Michael A Tyllas, PHD

Elin and Karl Proppe
Drs. Kathy and Philip Millstein
Frederick and Deborah Molander
Gregg and Stacy Molander

SUPPORTERS

Stefan Ahlblad
Anne-Reet Annunziata
Anonymous
Hans Christensen
Alice Bergquist
James Bergquist
Ann-Marie Blomquist
Greta Carlson
Robert Carlson
Laura Cawthon & Perry Williams
Ronald and Mary Cerra
Gustav and Vibeke Christensen
Anthony Cimmino
Diane and Arthur Dion
Claes and Carin Dohman
John and Ruth Elander
Robert Elander
Per Eldh & Asa Eldh
Jeanette Fallon
Alexander & Christine Gaudio
Lena Gerhart
Gerard and Shirley Hainse
Carl Hanson

Jorgen Hansoen
Richard and Karl Harmon
Paula Hart and Margaret Orman
Steven and Robin Hauck
Joy Heising
Thor Helgason
Joan Holst
Anne R Homme
Ernest and Constance Johansen
Richard & Linda Johnson
Keane Fire and Safety Equipment
Carsten Kowalczyk
Martin and Birgitta Lehman
Bill Leitch
Flemming Lund and Catherine Pinto
Kirsten Lundberg and Alex Beam
Sayuri Miyamoto
Kenneth and Patricia Nickerson
Norumbega Lodge 3-506
Diane Ozelius
Peace of Mind
Jack and Penny Pearson
Christine Peterson
Steven and Helle Reznek
John Schwartz
Anne and Donald Sheck
Margareta Sewerin-Olsson
Elissa Sherman
Per Olov Wahlstrom

Diane Walsh
Jorgen Wedel
Anita and Augustus White
Stan Wilen
Nancy and Carl Wirsén
Louise Wolfe
Elsa Wormald

FRIENDS

Pierrette Baribeau-Kohler
Jeffrey Berg
Marilyn Berman and Mark Froimowitz
Aice Bergquist
David Chosiad & Paula Thompson
Cynthia and Harvey Creem
Linda Christianson
Elsie Fiore
Bengt Hansson
Philip C. Jacobs
Esther Knudson
David and Patricia Larsson
Jean Nielsen Berry
Vera Nordal
Herbert and Katherine Selander
Christopher Thompson

ERLING AND INGER JOHANSEN RESIDENT SUBSIDY FUND SUPPORTERS

Alice Bergquist
Christine Brudevold
Anne Homme
Margit Tracey
Susan Vik
Friends
Mahia Mann
Karen McHenry

SUZANNE AND ALBERT FREDERICK RESIDENT FRIENDSHIP FUND SUPPORTERS

Alice Bergquist
Friends
Audrey G. DiPillo
Thomas Noonan

Giving Levels:
Golden Circle: \$50,000 and above
Patrons: \$10,000-49,000
Benefactors: \$5,000-9,999
Contributors: \$1,000-4,999
Supporters: \$100-999
Friends: \$1-99

A extra thank you to those who rallied around us during the trying times of COVID-19. We continue to appreciate and acknowledge your selfless support.

IN-KIND DONATIONS

Friendly Phone calls of support and encouragement to residents

COMMUNITY HEROES

Paula Adelson
Anne-Reet Annunziata
Atlas Foundation (Drapkin Family)
Kathleen Bergquist
Kirsten Bergquist
Carol Chudnofsky
City of Newton, Department of Health and Human Services
City of Newton, Mayor's Office
Mike, Kristen, and Jeff Corrigan
Mike Culver
Executive Office of Elder Affairs
Elenna Dugundji
Embrace Home Care and Health Services

Fessenden School teachers
Elisa Friedman
Patricia Z Fanara
Barbara Foley
Suzanne Frederick
Stan Fuller
Anne Gierahn
Karen Giroux
Judith Greenberg
Laura Greenberg-Chao
Gardi Hauck
Steve Hauck
Susan Heard and Marjie Hendrick and their students
Douglas Huber, M.D.
Christie Jacobs
Luana Josvold
Keystone Students of the Newton Boys and Girls Club
Cartsen Kowalczyk

Jim Lacy
Family of Bertha Landry
LeadingAge Massachusetts
Carole Lacy-Carella
Shin-yi Lao
Donna Leone
Terje Korsnes
Massachusetts Senior Care Association
Beverly McClure
Jonathon Miller
Hector R. Montesino
Lorelei Mucci
Newton at Home
Newton North High School Tennis Team
Alexandra Novina
Lise A. Paul
Power Options
Mauren Pursley

David and Mary Salkever
Laura Smock, M.P.H.
Alan Sooho
Sharon Sooho
Karen Soorian
Henry Su
Julie Sugarbaker, N.P.
Marion Tratnyek
Vanguard Charitable Trust
Peter Vatne
Anton Verhulst
Linda Walsh
Maurice Williams
Scott Wilson
Scandinavian Charitable Society of Greater Boston
Board Members

As of May 31, 2020

Welcome to Our New Residents



BARBARA LOMBARDI was born in 1939 in Boston. She was raised in Allston with three sisters, one brother, and many close cousins. She graduated from Brighton High School in 1957. Afterwards, she attended secretarial school and then worked for Bentley College for 35 years where she enjoyed a wonderful career as assistant director in the Office of International Students. Later she became active in the Newton Republican party for 10 years and was named Newton's Republican Volunteer of the Year.

Barbara married Larry Lombardi of Brighton in 1958 and later moved to Newton where she raised three children, Donna, Stephen and Loretta. She traveled domestically and internationally for work but her two most favorite trips were to Italy with her husband, her children and her grandchildren. She has 7 grandchildren, and one great grandchild.

One of Barbara's favorite things about the Scandinavian Living Center is that

the staff and residents are very nice. Because she is so sociable, she loves talking to people every day. She also likes the pretty dining room and sitting in the chapel.



PEGGY MORTON was born in 1933 in Benton, Illinois, an only-child who loved horses, cats, and music. Her father, Carl, was a farmer, and she helped him milk the cows on occasion. He later became a roofer. Her mother, Carrie, was a talented seamstress who sewed all of Peggy's beautiful clothes. At five years old, she fell in love with the piano and still plays passionately to this day.

As the high school valedictorian, she chose to get her undergraduate music degree at University of Colorado in Boulder because of its excellent music program (she also learned to ski). She met and married her first husband at college and had their son Trey.

Peggy earned her Master of Music Education at the University of Illinois and then taught public school music in St. Louis, Missouri for 30 years. In the early 70's she took a year-long sabbatical and traveled around the world solo, attending dozens of the world's most famous music festivals. At retirement she continued to give private piano lessons and directed/accompanied church choirs. After saving for many years, she finally purchased her dream piano, a new Steinway Grand. The beautiful Steinways in the Nordic Hall are one of the big reasons she (and her cat, Mr. Boots) loves the Scandinavian Living Center! Ask her to play one of those gorgeous pianos for you!



LARRY WEINBERG

Thank you to Trey Klein (son of Peggy Morton), and Donna Leone (daughter of Barbara Lombardi) for contributing to this article.

Everyday Heroes

“We do not have to become heroes overnight. Just a step at a time...meeting each thing that comes up...discovering we have the strength to stare it down.”

—Eleanor Roosevelt, “You Learn By Living”

WHILE THE FORMER FIRST LADY DID NOT HAVE A DEADLY PANDEMIC in mind when this quote appeared in her book, it accurately describes a brave and dedicated group of men and women who never hesitated to show up to work, bringing love and compassion to the residents at the Scandinavian Living Center 60 years later. From the Resident Care staff to dining, activities, reception, housekeeping, and administration, everyone played a major role in supporting each other through the Covid-19 crisis. Here are a few comments from some who have been on the front line.

Kim Nadolny (Food Service Director): “The entire staff at the SLC has made a valiant effort on behalf of the residents’ comfort and well-being. I am grateful for the way Food Service

Yajaira Aristondo (Reception): “Working at the SLC these past weeks has been emotionally draining at times, but you have to push forward. I was nervous knowing that the virus was out there but didn’t want to pass that fear on to others so I did everything with a smile and warm vibe, trying to offer comfort and reassurance to family members.” She remarked that SLC employees and family members have been very engaged, and she is grateful that staff has supported each other as they work together. She has focused on turning a negative experience into a positive one.

Stacey Christie (Activities Director): “Kerry Lavin and I have tried to visit each resident every day, especially now that apartment isolation is in effect. There is no such thing as a three-minute visit. We were offering Zoom conversations with family members prior to isolation,

Mino Teo (Maintenance Director): “I’ve been trying to fill all the maintenance requests from residents as quickly and cheerfully as I can, especially those having to do with electronic communication like their phones, televisions and VCR.” Mino wants everyone to know he is fully committed to the SLC and making sure that everyone is safe.

Kay Brooks (Resident Care): “Everybody needs a little help here and there. It’s important to be patient with the residents, smile, chat and be friendly. When they ask when this will be all over with, I tell them that better days are coming.”

Ruth Kafeero (Resident Care): “I listen to residents’ fears, then strategize with them about ways to manage those fears. I try to help an unhappy resident find a pleasant thought to enjoy. Many enjoy talking about their families as a distraction from dwelling on their anxieties.”

Moreen Nassasira (Resident Care): “Coming to work is love. I am extremely grateful for the necessities of life, good health and family.”

Never a day goes by without a thank you to staff.

went above and beyond to interact with residents on a personal level and share laughs with them. The residents were more worried about the health and well-being of the staff than they were about their own situation.” It wasn’t unusual to see Kim blowing bubbles or presenting flowers to a resident. In turn, residents commented that the food was terrific and creative and that they were grateful to see the staff come in each day and spend time with them.

but once isolation began, we encouraged speaking with family through outside windows. We provided book delivery, craft carts, “Happy Hour” and ice cream sundae carts, pizza parties, themed meals, and on-line programs such as yoga, meditation, the Met opera and museum tours. We encouraged letter writing to family and friends, and some have found painting to be therapeutic. I am grateful that most everyone at the SLC is now healthy.”

Resident care staff has tried to be even more attentive to residents during this time by continually asking them how they are feeling, taking time to chat with them, helping them call friends and family and reminding them that current restrictions are meant to keep them safe. During the months of April and May, these front-line workers have worked long hours,

continued on page 11

Suzanne Horgan, Fitness Specialist

BEING IN ISOLATION WITHOUT ACCESS TO GYMS AND SPORTS CLUBS SHOULD NOT MEAN PEOPLE STOP EXERCISING, ACCORDING TO A NEW STUDY FROM RESEARCHERS AT THE UNIVERSITY OF BATH. KEEPING UP REGULAR, DAILY EXERCISE AT A TIME WHEN MUCH OF THE WORLD IS GOING INTO ISOLATION WILL PLAY AN IMPORTANT ROLE IN HELPING TO MAINTAIN A HEALTHY IMMUNE SYSTEM.*



WHEN CORONAVIRUS HIT, THE SCANDINAVIAN LIVING CENTER RESPONDED IMMEDIATELY.

Fitness was deemed essential. What I encountered during the weeks we kept the Fitness Center open, until we were forced to temporarily shut down, was just shy of remarkable.

Residents were assigned to 30-minute time slots. All equipment was fully sanitized in between use. The number of participants doubled! The desire to move, to be in the company of others, and to continue a semblance of a normal life was so clear. Cooperation, selflessness, and flexibility reigned.

People engaged in new exercises. Minds opened to free weights, boxing, and other “foreign” equipment. More so than ever, our residents came to the Fitness Center with a huge smile on their faces.

Unfortunately, we were forced to shut down on April 24th. During that time period, residents could not maintain activity. With the Fitness Center closed and permission to walk in the hallways temporarily forbidden, isolation was the only answer.

I maintained contact with several residents during this nearly 4-week time period. I commend all for staying strong. Yet the desire to return to activity was strong as well. Isolation takes its toll on everyone. I heard the utter lack of motivation, the feeling of bleakness, and the need to interact. Some residents did perform exercises in their rooms, yet the numbers were few. People missed daily activities like walking in the halls, eating in the dining room, conversing with neighbors, and strolling outdoors.

Community is vital. As human beings, we have a need to connect. We have a need to socialize and to share our

lives with others. We also have a need to move our bodies. To be deprived of connection and movement is both a physical and a mental challenge.

Here at the Scandinavian Living Center, we have a strong sense of community. Residents walk for exercise and conversation. They gather in communal areas. They meet for card games, movies, and a myriad of social events. They attend the Fitness Center and fitness classes. Without that community, they feel lost.

With testing, superior hygiene, and social distancing, we have the privilege of reopening the Fitness Center *with caution*. Residents have shared with me that they have really experienced physical regression in the last months. They have shared the feeling of boredom, of fatigue, and of loneliness. As a community, we are alive again! With ongoing adherence to mandated guidelines, we can continue to enjoy all the benefits of our community and we’re all looking forward to it.

*University of Bath. “Regular exercise benefits immunity -- even in isolation.” ScienceDaily. ScienceDaily, 31 March 2020.

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!



FOLLOW US @SCANDINAVIANLIVINGCENTER

Rev. Dr. Fran Bogle, Interfaith Chaplain



of meeting in person I am meeting by phone, and through prayers and photo sharing. With Stacey, Kerry, and Yajaira's help there is something from me in mailboxes almost every day.

Our intern, Fran Graveson has finished her semester of learning with us. I will miss having her share her gifts with us. Sara Shiller-Robins, our long time college intern, will be coming back via phone. It will be good to have another voice of love and hope share with us.

I miss the residents and former residents who have died this year. Not from COVID-19, but from bodies wearing out. I am glad they are no longer suffering. When we can gather again, we will have a special service remembering and giving thanks for them.

I'm exploring how to be more present with folks and welcome your ideas. I am available by phone and email for

anyone (residents, staff, and family members) who want to contact me. Call 508-561-4147 or email me at fbog@aol.com.

Many blessings,
Rev. Dr. Fran Bogle

Celebrating the Memory of our Friends

Pierette Baribeau
Joan Holst
Esther Ziino

Former Residents:
Robert Billings
Julius Breslouf
Michael Carella
Anne Pilla
Sally Wadman

I WRITE WITH A HEAVY HEART as we are in the midst of the COVID-19 epidemic and once again our cities are on fire. We desperately need to change systems of oppression in our country. When we need to be together most, many of us, myself included, cannot come to the SLC.

Staying home is a good decision. I would never want to share the virus with anyone, and I am sad that I cannot be with this community I love. Instead

Heroes

continued from page 9

frequently doing twelve-hour shifts to cover the schedule of co-workers unable to come to work. What has sustained many of them is the thought that their own family members could be in the same situation.

It has been a challenge for everyone on staff to balance their work lives and home lives, especially those with young children and those facing financial difficulties, but they have done so with grace and dignity.

There are other heroes as well. We would be remiss if we didn't

acknowledge so many of our family members, board members and volunteers who have responded to this crisis. We were able to secure many essential items through their efforts including Personal Protective Equipment, laptops, food, tissues and paper products. School children, including Fessenden boys, have sent the residents notes and pictures. A Boston College student dropped off personalized letters to every resident to make his or her day brighter, and so many others have offered to help.

And finally, the unmistakable heroes of Covid-19 are the residents of the Scandinavian Living Center, who have

endured the loneliness and isolation that we promised would end when they moved in. Although the lack of socialization has taken its toll, they have continued to smile and be appreciative of our efforts. Never a day goes by without a thank you to staff. While their face-to-face friendships may have been temporarily put on hold, they patiently look forward to the day when they can celebrate community again.

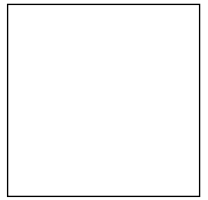
THANK YOU TO ALL THE HEROES
AT THE SCANDINAVIAN LIVING
CENTER WHO HAVE MADE A
DIFFERENCE.

Carol Chudnofsky and Fran Dragon



SCANDINAVIAN
LIVING CENTER
&
CULTURAL CENTER

206 WALTHAM STREET
WEST NEWTON, MA 02465



 facebook.com/ScandiCenter or [/ScandinavianLivingCenter](https://ScandinavianLivingCenter)

 instagram.com/ScandiCenter

Observations from Brooke Cabot, Business Manager

As a few weeks have now turned into almost three months of social distancing at the SLC, I've watched as residents and staff alike felt fear, confusion, boredom, irritation, and daily highs and lows. One thing that helps is knowing we are all in this together and I am amazed at many things. The first is how the resident families have helped in so many ways. Constant deliveries, concern for staff, offers of help, and many kind words and thanks for what we're all doing here.

Another is how it is truly heartwarming how our residents not just ask after the staff, but share their concerns for each other. I am in awe of my fellow staff members who work a shift (or two) here and then go home and start their next job as teacher! That is truly amazing.

While the rest of the world seems to have stopped or slowed down, our daily work here continues. The food service, maintenance, resident care, reception, and activities staff care for themselves and their families and then come here to take care of our SLC family. While our staff and residents may not be able to show affection and connect like we usually do, we all continue to appreciate small kindnesses, a hope for a happy tomorrow, and each other.



Right: Brooke Cabot being interviewed by NBC Boston on Coronavirus, March 2020