

NEWS + EVENTS

FALL 2020

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TO THRIVE**
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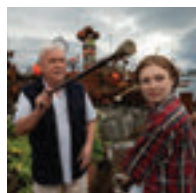


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A Message from Joe Carella

“As far as the future, it looks bright and will be significantly improved for all of us.”



RECENTLY, I WAS ASKED A SERIES OF QUESTIONS IN PREPARATION FOR A LOCAL RADIO SHOW INTERVIEW: Are we prepared for the second wave of the COVID-19 pandemic? How will our reaction be any different? What is my opinion for the future of older adult housing? Simple questions with complex answers rooted in a never-in-our-lifetime, deadly pandemic.

In preparing for another surge, I remembered the steps we took during the first wave. Initially we were said to be overreacting when we closed our

doors to our beloved community in early March. Caught off guard, we had to prepare for the shortcomings, such as the lack of PPE and proper infection control protocols. Today, as the second wave approaches, our infection control protocols are superior. Years of disaster planning and drills have helped us get ready, but having worked in a disaster situation has made us better equipped.

We all know our heroes are the front-line workers. What if, instead, we call them “front-line supporters” and include families, friends, and neighbors. In these exhausting and unthinkable times, we all need to *overreact* with kindness and support. It will make us better and is the right thing to do.

As far as the future, it looks bright and will be significantly improved for all of us. Even though our focus on community-centered living is now

regrettably on hold, we know that society is starting to acknowledge the harmful effects of isolation. I believe we have reached a tipping point in which more and more people will embrace our community-centered living philosophy and the tremendous value of coming together and connecting.

As stressful and exhausting as this past year has been, I continue to see the light. I am confident that our community will continue to support us and help us prepare for what is expected to be a more challenging 2021. Together, I believe we will do the right thing and be better for it.

Stay safe and stay in touch,

A handwritten signature in black ink that reads "Joe Carella".

Joe Carella, Executive Director

Check out our new
website at
www.slcenter.org



Welcome to Our New Residents



MARIANNE NEAL is a life-long West Newton resident who grew up with two older brothers and has fond memories of playing with her cousins and singing in her Sunday school choir.

A graduate of Wells College in upstate New York, Marianne majored in religion and music. She continues to enjoy singing and playing the piano, especially the classical repertoire. Marianne appreciates the opportunity she had, as a college undergraduate, to visit seven European countries at the end of her junior year.

For nineteen years, Marianne was employed at Tufts Health Plan where she worked with others to promote the HMO model of healthcare. Having walked past the “home” at the corner of Crafts and Waltham Streets since she was young, Marianne is pleased to live at the SLC where life has a “family feel” she says.



MARY ANN TAYLOR was named “Punchy” by a college friend. It’s the name she’s gone by ever since.

Punchy grew up with three sisters and several cousins in rural New York state. She still recalls the size of her mother’s backyard vegetable garden that provided nourishing food for her depression era family.

This backyard featured enticing gym equipment as well as vegetables. Punchy loved to test her body and learn athletic skills: in her yard, on the school playground, and on sports teams. Punchy also enjoyed learning to read and write well.

Not long after she graduated from western New York’s Alfred University with a degree in English, Punchy and her new husband moved to Waltham where Punchy worked in administrative positions at Brandeis University for many years.

Punchy is grateful she has had the

opportunity for extensive travel. Her trips include visits to Europe, Japan, Thailand, and a memorable tour of India.

Punchy’s family of two sons, their spouses, and six grandchildren has enjoyed a summer home in Maine for many years.

A resident of the former Leland Home, Punchy likes her new Scandinavian Living Center apartment very much.



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HOME CARE + HEALTH SERVICES

Embrace Home Care and Health Services

Serving patients in the Newton, Waltham, Wellesley and Weston area, our expertise makes sure you feel better in the comfort of your own home. We specialize in providing assistance with all activities of daily living. Whether you need assistance with meals, personal care, transportation, medication management, laundry, light housekeeping and more, our care team will provide an individualized service that you can trust.

The New Normal

Our 2020 Spring newsletter came out while we were in the beginning phase of the pandemic. Residents eventually became confined to their apartments as fear and uncertainty continued to mount, with meals and services being delivered to apartments. As protocols were put in place to ensure everyone's safety and well-being, activities were limited and few visitors were allowed. Fast forward eight months later and thankfully a lot has changed. Under the careful guidance of Executive Director Joe Carella and his dedicated staff, the SLC has remained Covid-free since April, isolation has eased up, all-day dining is in place and activities are returning with an emphasis on masks and social distancing.

We asked a few residents to describe their experiences through their own eyes.

Jay Drapkin says the isolation was tough in the beginning, especially being unable to see his family or leave when he wanted to, but everything is much better now that he is able to get out more often. The food has been excellent with new, creative dishes, and everyone is happy to be back in the dining room even if they have not been able to sit close together. Kim and her staff have been doing a great job from the time that room service was the only option to the present. He is glad that the Nordic Hall has reopened and that he is able to attend a lot of concerts and musical events. He loves playing Jeopardy and word games and goes regularly to the fitness center and Suzanne's balance classes. He appreciates that Stacey still goes out to get groceries and necessities for people and that Resident Care has always been there for him. Along with the rest of us, he is looking forward to the end of the pandemic and getting back to normal.

Win Barnard says she is doing pretty well now that many restrictions have been lifted. She is grateful that, due to the necessary safety measures that were put in place, she did not get Covid during all this time.



“Being shut in at the beginning, I read a lot, talked on the phone, caught up with friends and cleaned a lot of drawers and closets, but now I don't feel so shut in.” She is enjoying all the recent activities like Bocce and flower arranging. She especially loves the van trips, including the back roads of Concord to see the foliage, Ponyhenge (the Rocking Horse Graveyard) in Lincoln, and Bolton Orchards. “It's so nice” she says “just to get out on a beautiful day thanks to Stacey.” In addition, the food has been wonderful. Jay, the new chef from Glendale, has been preparing traditional dishes in different ways that taste wonderful, plus a lot of new offerings. She credits Kim, the Director of Food Service, for her upbeat and professional

manner. "Planning meals for 40 different people is no small job!"

summer concerts in the courtyard and currently enjoys the BSO recordings



Although Win can walk around now and chat with friends, what she misses most are concerts at full capacity, outside visitors, and the Kaffestuga being open... in other words, community! Hopefully, that will start again soon.

Nelvia Van't Hul has grown tired of living with such restrictions but is grateful now that she is able to reconnect with her daughters and granddaughter, especially meeting outside on a sunny day. "Joe and the rest of the staff have done a marvelous job of making things comfortable. They are so kind and helpful." She gives a special shout-out to Mino (very dependable and quick), his assistant Edgar (always cheerful), and Antonia who keeps her apartment in tip-top shape.

Nelvia appreciates the flexibility of all-day dining and being able to take a packaged sandwich back to her room for supper. The meals have been delicious and more to her liking, favoring the vegetables which are cooked and seasoned perfectly. She loved the live

and Met operas on screen in the Nordic Hall. What keeps her strong is the time she spends in the Fitness Center participating in Suzanne's boxing program and her balance classes after lunch. She looks forward to the time when all this is behind us.



Joan Starkman is very familiar with the Scandinavian Living Center since she played cribbage in the Nordic Hall for many years with the Newton Parks and Recreation Department and always feels at home here. She moved into the SLC for a temporary stay right in the middle of the pandemic. Although she would have preferred to be in her own home, she is grateful to be here while rehabbing from an accident. It gives her the opportunity to keep busy, dine at any time, and go to regularly scheduled activities, including all types of word games, Jeopardy, Bocce, Bingo and the fun prizes that come along with them. One of her favorites was the recorded MFA lecture on Impressionism as she was an active museum-goer before her injury. She was very complimentary of Stacey "wearing all different hats and the Resident Care staff who try hard to make everyone feel comfortable. Joe is always visible in case you need a question answered."

While she misses the ability to get around easily, there is no other place she would rather be to get her strength back than the SLC. We wish her a full and speedy recovery.

Alice Bergquist says that if you have to be anywhere during the pandemic, the SLC is the place to be. "If I can't be in my own home, I'm happy to be here. Joe has done a great job of keeping us all safe, so I'm not going to complain about anything. The staff has been wonderful, especially the kitchen staff who delivered meals, coffee and snacks without any grumbling as well as Resident Care and, of course, Mino." Now that restrictions have eased, she appreciates "the little things" and being able to get out of her apartment to see fellow residents, especially in the dining room where the food choices have been wonderful.

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Around Our Neighborhood

THE SCANDINAVIAN LIVING CENTER IS STAYING ACTIVE during the days of this pandemic. Thanks to our successful infection control practices, activities have opened back up and residents are enjoying getting together again to do their favorite activities.



KIM, FOOD SERVICE DIRECTOR, PUT ON A HAUNTED HOUSE for the residents to walk through with a creepy buffet style lunch at the end.



CELEBRATING OKTOBERFEST with accordion player Dan Mackowiak



GETTING CRAFTY with masks!



RESIDENTS CRAFTED Autumn Puzzle Trees



SLC'S TRICK OR TREAT DRIVE-THROUGH with Mr. Balloon Wizard



BALANCE AND STRENGTHENING CLASS with Fitness Specialist Suzanne



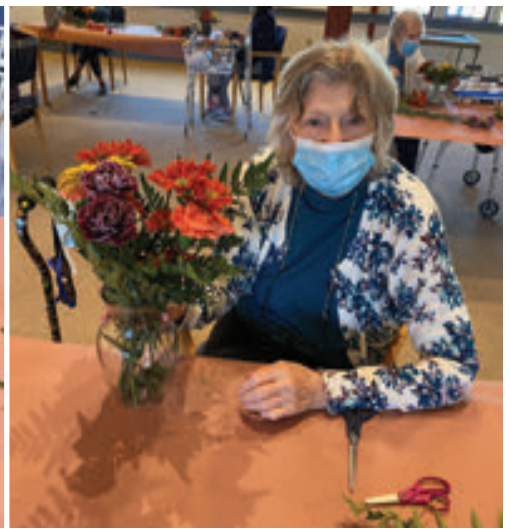
PUMPKIN MARBLING with Stacey & Kerry



A LOCAL ISRAELI DANCE GROUP performed in the streets for our residents this summer.



SUZANNE FREDERICK leads a flower arranging activity



RESIDENTS GET COMPETITIVE during Jeopardy in the Nordic Hall.



RESIDENTS ENJOYING some music in the Kaffestuga



WE ENJOYED an outdoor concert in the garden.



JOHN WORKING HARD on a favored piece of equipment in the Fitness Center.



BUILDING A SNOWMAN during our Trick or Treat Drive-Through for kids in the neighborhood



THE SLC JOINING #Newton Together by making handmade signs and placing them in our windows.

Happenings at the Cultural Center

PIVOT a verb, meaning: to change your opinions, statements, decisions, etc. so that they are different from what they were before.

This may be the word of 2020 for the SCC. In what felt like the blink of an eye, everything had changed the way we brought the best in Nordic arts and culture to our followers. While much of the spring was spent making quarantine work for the residents of the SLC, we knew we had to pivot to a new way of bringing programming to everyone.

Virtual became the name of the game in programming for those in the arts community. We were excited to find platforms like **xerb.tv** and **Film Movement** to do this. We brought documentaries and even an Icelandic, full-length feature film that had not yet been widely distributed! These films proved popular; but, we did miss the community connection that has always been a huge part of the popularity of what we do.

Where we began to find the connection in the programs with presenters from across the globe:

SCC MEMBERSHIP TYPES

SINGLE \$75

PLUS \$125

FAMILY \$150

STUDENT \$40 (full time students)

Sign up at www.scandicenter.org



VIRTUAL SCREENING: The Best Intentions (1992 Sweden)

In **SEPTEMBER** we connected virtually with authors from **Canada** that were publishing a book called, **Old Norse for Modern Times**, a cheeky look at how to say modern phrases in old Norse. Who doesn't want to try out a phrase on your bartender like, "Líkar mér drykkur þessi! ANNAN!" ("This drink, I like it! ANOTHER!")!?

In **NOVEMBER** we collaborated with two local authors that we had been trying to bring to the SCC for a while. Rowdy Geirsson's book, **Norse Mythology for Bostonians: A Transcription of the Impudent Edda**, had been published earlier in 2020. We had been planning on an event in the spring that had to be cancelled with the onset of COVID. When I reached out to him to see how he felt about a virtual event he was excited

and proposed a screening of the 1984 Icelandic film, **When the Raven Flies (Hrafninn flýgur)**. It took some fishing around to find who to get the rights from. Imagine my surprise when the film's writer and director, **Hrafn**



VIRTUAL SCREENING
Trespassing Bergman



VIRTUAL TALK with creators of Old Norse for Modern Times

Gunnlaugsson, himself replied via email. What followed was connecting Hrafn, Rowdy, and a fellow author, Matt Smith, for an almost hour long zoom Q&A to show after the screening of *When the Raven Flies!* The interview was so fun, regaling the interviewers and viewers of his connections to **Ingmar Bergman** and **Quentin Tarantino!**

What became apparent from this necessary shift to virtual programming was that the power to connect people

via our Nordic programming had not really diminished, it just looked different. Here we found ourselves making connections not just regionally, but globally.

We do need your help now, more than ever, to continue to bring you the high level of programming you are accustomed to. Here are two ways you can help:

1. Renew or become a first-time member of the SCC for 2021

As a member of the SCC you will become a part of an engaging community celebrating Nordic culture, get discounted tickets to some SCC events, and get discounts and special promotions from Nordic businesses nationwide.

2. Donate to the Cultural Center

Make a year-end donation to support our virtual programming in 2021 so we can continue to bring Nordic culture from around the world directly to your living room.



WRITER AND DIRECTOR of *When the Raven Flies*, Hrafn Gunnlaugsson, at his home in Reykjavik, Iceland.

You can find the links to do either at www.scandicenter.org/donate or contact me directly at kerry@scandicenter.org.

Thank you for being part of our community,

Kerry, Director



FOLLOW US @SCANDICENTER

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

A Message from David Wilson

“The safety record of the Scandinavian Living Center during the COVID crisis is outstanding”



MUCH IS REVEALED in challenges, in crises, and in actions.

As a community, we are all

blessed when people help people – it is uplifting to us all.

The safety record of the Scandinavian Living Center during the COVID crisis is outstanding. Achieving that reflects on the diligence of the staff in following the practices put into place to keep everyone safe. However, there is much more to achieving this than diligence. It reflects respect for other people in the

discipline of following the protocols at work and outside of work. It reflects commitment in coming into the building every day. It reflects flexibility and adapting. It also takes love to truly care for people.

The staff at the SLC not only are keeping our residents safe, they are lifting their spirits. It has been uplifting to hear the gratitude from our residents. There are many examples of staff stepping out of their comfort zone to lend a helping hand. One example: Kerry Lavin, who typically is very busy directing our Cultural Center, now actively helps us manage the COVID-19 crisis. Kerry regularly checks in on residents to see how they are doing, capably plans resident activities, and graciously assists

family members and friends as they schedule personal visits with loved ones. Kerry helps our community stay connected.

As I think about the Scandinavian Cultural Center, I'm reminded that the Center is up against its own challenges since the pandemic began due to the inability to offer on-site community events. Please consider making a donation to the Scandinavian Cultural Center so it can continue to thrive and help keep us connected to the community. Thank you for your support,

A handwritten signature in cursive script that reads "David Wilson".

Dave Wilson, President of the Board



Fund the Future Campaign

When we launched the Fund the Future campaign in late 2019, we set out to raise critical funds to ensure that the Scandinavian Living Center and Scandinavian Cultural Center would continue to thrive well into the future. We could never have imagined the future that was to come...

Since the launch of the campaign, our world and our local community have changed in ways we could not have anticipated. The impact of the Coronavirus pandemic on our community cannot be understated. Personal protective equipment and other expenses to ensure resident and staff

safety have been costly. And we must continue to remain vigilant in preparing for new waves of the virus.

The physical distancing required to prevent the spread of the Coronavirus is challenging the community-connectedness that is core to our way of life at the SLC and SCC. However, we are committed to ensuring that our community-centered approach continues to thrive in new ways.

In fact, this newsletter is full of stories about how our community has “pivoted” to adjust to our changing world!

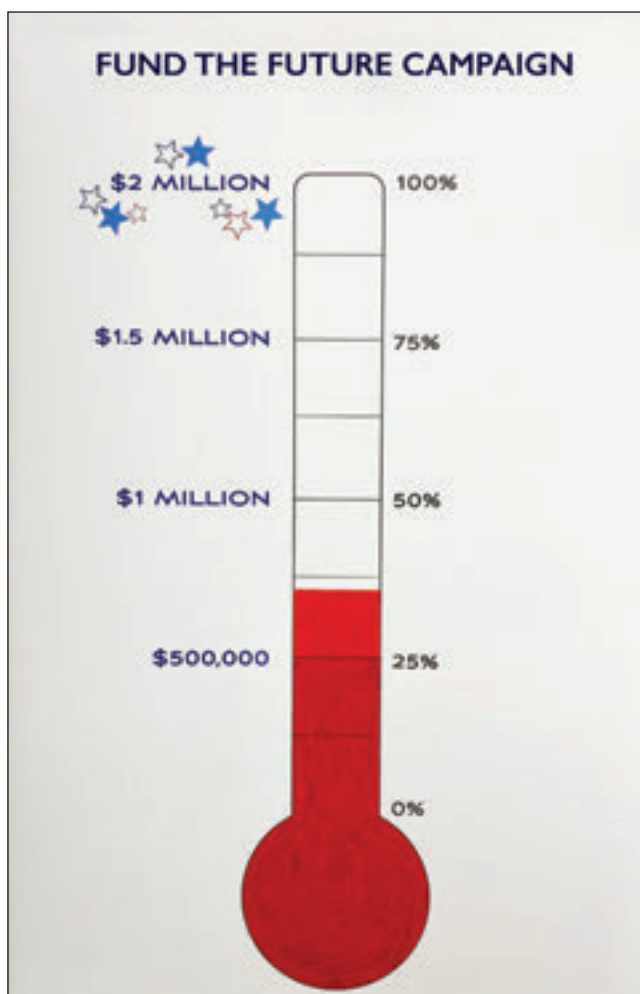
To continue to support our residents, their families, and Cultural Center members and guests, we must continue to build for the future.

We are off to a great start, but we need the support of our community to reach our goal of raising \$2 million.

You can help ensure we remain a thriving living center, a model for community-centered elder life, and a steward of Nordic culture in a changing world by supporting the Fund the Future campaign.

Would you like to support the campaign? You can make a donation using the enclosed envelope or by going to slcenter.org and clicking “donate”.

For more information on other ways to give, contact the office of the Executive Director at 617-527-6566.



OUR THERMOMETER (left) is showing some progress these past few months!

OTHER WAYS TO GIVE

- Give through your Donor Advised Fund
- Bequest a gift in your will or living trust
- Make a gift of appreciated securities and receive a tax deduction
- Initiate a matching gift through your company
- Qualified Charitable Distribution
(see page 15 for more information)

Our New Normal

continued from page 5

And from staff...

Kim Nadolny (Food Service Director) was very enthusiastic about all-day dining and the flexibility it provides. She and Jay, the new cook, work constantly to come up with creative menus. “The program



is working out well during the pandemic because it's one of the things that residents look forward to. Socializing and seeing friends is a big part of the day, even if a plexiglass divider separates everyone and only 16 people are allowed in at once. They know this is the way it has to be for now, and they are pretty patient and understanding. Residents love the fact that they can bring packaged meals back to their apartments.”

As we spoke, Kim was setting up for the Haunted House dinner in the Nordic Hall and Kaffestuga featuring Ghost Beef with Grave-y, Baked Stuffed Slugs (shrimp) and Rest in Peas. It will certainly be a haunted happening enjoyed by all!



Alexandra Mahar, Director of Community Development, has been impressed with the protocol that the Scandinavian Living Center has followed since she began working here in August. “Due to our strict infection control practices and being Covid-free since April, we were able to slowly re-open with guidelines in place so that residents didn't feel so isolated.” She is gratified to see the joy in everyone's eyes as they return to the dining room and resume activities. “Feeling a part of a community is important to our



residents, and it's so nice to see them getting back to that. During this difficult time, staff members have dropped everything and teamed up to make sure everyone feels special and has everything that they need.”

Stacey Christie, Activities Director, emphasized that she is not the only one wearing a lot of hats, that all staff has done so. “Everyone was willing to pitch in and do what needed to be done which made us function well as a group. We have all tried to establish



personal connections with residents, more one-on-one, and family members have been very appreciative.” Stacey is especially grateful to the administration for being so supportive to those with young children.

Rev. Dr. Fran Bogle, Interfaith Chaplain



SEVERAL TIMES A WEEK I SEND A FLOWER to our residents and staff. I hope that we are building bouquets of hope and joy to help us get through the difficult times we have been facing.

I am happy to be back doing outside visiting and am glad to be able to talk



with people on the phone. Zooming in for Seeking the Sacred and sharing nature photos and spiritual reflection are happening each Thursday too.

We welcome Cindy Rassi as a Chaplain Intern! Cindy is studying in the Master of Divinity degree program at Boston

University, and will be learning with us until June 2021. She will be calling residents regularly to offer care and support.

I am so glad that we have been able to keep the SLC a safe place for all of us. It is my prayer that we will continue to do so. Please call me or email me at fbog@aol.com if you would like to talk to me. My phone number is at the front desk.

Walk gently and know that you are not alone.

Many blessings,
Rev. Dr. Fran Bogle

WELCOME TO ALEXANDRA MAHAR, OUR NEW DIRECTOR OF COMMUNITY DEVELOPMENT



ALEXANDRA MAHAR first joined the Scandinavian Living Center in 2008. She has now rejoined the SLC family as the new Director of Community Development, succeeding Carol

Chudnofsky, Marketing Director. This reimagined role will see Alie take on and overcome new challenges posed by these unprecedented times and affect a vision for the future of the SLC's model of community-centered living.

Alie has worked her way through many positions here at the SLC, starting in the kitchen as a server during high school. While attending college at High Point University in North Carolina, Alie would come back on breaks and work alongside Stacey as the Activities Assistant. In 2012, a year after she graduated from school,

she was hired as the Program Coordinator for the Cultural Center.

Alie brings to the SLC a wealth of experience from positions she's held at other prominent assisted living settings and human services agencies during recent years. She is recognized by her colleagues as bringing willingness, energy and insight to her work. Alie has a love for the older population, and it shows in her kind-hearted spirit, patience, and connection to the residents here at the SLC.

Suzanne Horgan, Fitness Specialist



The treadmill allows residents the opportunity to walk like they are accustomed to. We joke about “going nowhere fast!”

Free weights, bands, and Keiser equipment help to strengthen muscle. I am always happy to demonstrate proper usage or to teach new and different ways to move. Let’s not forget our boxing gloves and standing (boxing) bag! Simple boxing moves improve agility, dexterity, and balance.

The best thing about fitness is the adventure out of the apartment, seeing neighbors, and improving health ALL AT THE SAME TIME!

We have also resumed Balance & Strengthening Class every Monday, Wednesday AND Friday at 1:00pm. It is delightful to see the progress participants have made! Everyone is welcome regardless of aptitude.

It is my hope that we continue to attract residents to the idea of exercise.

The smiles at our fitness center are wonderful! Let’s keep them coming!

Suzanne, SLC Fitness Director



AT THE SCANDINAVIAN LIVING CENTER, FITNESS IS STILL UNDERWAY!

The Fitness Center has made some changes during this pandemic like limiting the number of residents at one time and giving out specific time slots; however, I am amazed how the residents have become more active than ever!! While some residents are continuing an already established exercise routine, others are learning new habits. It is never too late to start exercising!

The NuStep is the favored piece of equipment in the Fitness Center. Just like riding a bike, one can strengthen the arms, legs, heart, lungs and more!

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



FOLLOW US @SCANDINAVIANLIVINGCENTER

Qualified Charitable Distribution

Please extend a helping and compassionate hand to us during these challenging times by supporting our **Fund the Future Campaign**. In the coming months, we will share a variety of helpful ideas to assist you in creating a supportive environment for your giving capacity.

As we approach the year's end, one way of supporting our charitable mission is to consider a **qualified charitable distribution**. The tax law offers you a simple and convenient way to make a year- end gift. **Please consider making a gift to Scandinavian Charitable Society of Greater Boston directly from your IRA**—you can receive important tax benefits in addition to supporting our mission of community and caring.

What is the impact for you? By making a gift through your Individual Retirement Account (IRA), you can help support our mission of community and caring while avoiding income tax on that distribution.

What does that mean for our charity? By supporting the Scandinavian Charitable Society of Greater Boston

through your IRA you will have a direct impact on our future endeavors. With your help, our efforts will reach beyond the burden of the unplanned COVID experience that we now live with every day. Your gift will help support the areas of our mission important to you, so please be sure to include a designation with your gift.

To take advantage of this strategy, you must meet the following criteria:

- You are age 70 1/2 or older at the time of the gift
- You transfer funds directly from your traditional IRA to Scandinavian Charitable Society of Greater Boston
- Your gift does not exceed \$100,000.00
- Transfer occurs before December 31, 2020

We highly recommend that your work with your IRA administrator closely on the necessary documents to make the distribution. Please provide your IRA administrator the following address to send your gift to Scandinavian Charitable Society of Greater Boston.

**Fund the Future
Scandinavian Charitable Society
of Greater Boston
206 Waltham St
West Newton, MA 02465**

If you would like to send your gift via electronic funds transfer (EFT) or have any other questions, please contact Joseph Carella, at 617-527-6566 or jcarella@slcenter.org. We hope you find this information helpful as you contemplate your financial and philanthropic plans.

GORGEOUS VIEW looking out from the SLC's front patio at sunset.





SCANDINAVIAN
LIVING CENTER
&
CULTURAL CENTER

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 instagram.com/ScandiCenter

“Thank you for offering a Halloween event! We enjoyed dressing up and driving through for treats and a Cabot’s gift certificate!” —A note from our West Newton neighbors Kevin, Moira, Finn and Rory

