

SCANDINAVIAN LIVING CENTER & SCANDINAVIAN CULTURAL CENTER

NEWS + EVENTS

SPRING 2021

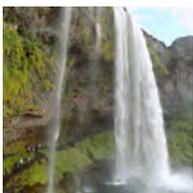


100% VACCINATED!

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A Message from Joe Carella

“Many thanks for your generous hearts and continued strength as we rebuild our communities.”



LOOKING BACK OVER THE PAST YEAR it is easy to understand the enormous efforts and sacrifices we all have made. The heartaches, the fear, the isolation, and the stress of the unknown has taken its toll on our mental and physical health. Through it all there have been wonderful moments to celebrate and hold onto. **Most memorable at the SLC was achieving 100% Covid-19 vaccination participation and learning that the SLC was the only assisted living community in Massachusetts to reach that goal during the**

initial vaccination phase. I am especially proud of this accomplishment because I know that the staff’s sole incentive was their caring hearts wanting to do the right thing. Employee commitment continues to be a fundamental component of our efforts to appropriately open our doors to the wider community once again.

Financing the safety protections needed to battle COVID (such as additional staff, COVID testing, safety and sanitation equipment) has significantly depleted our cash reserves for critical improvements. During our lowest, darkest moments of fighting this pandemic, you, our friends, embraced us with moral support and generosity. We so appreciate your kindness.

Now, as we carefully start to move forward, I appeal to you again. The need for funds to complete necessary building upgrades is critical. Our list of projects, and how you can help us is on page 8.

This summer, we will work with community-wide friends to bring exciting programs back into our building. The Scandinavian Cultural Center is hard at work developing many new ideas and hopes to open up this fall. In addition, the Nordic Hall’s newly installed art lights will illuminate an art exhibition later in the year.

This past year has reminded us, and confirmed, that our continuing success will always be a reflection of the active participation of our community of friends. Please consider supporting us during these challenging times.

Many thanks for your generous hearts and continued strength as we rebuild our communities.

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

Joe Carella
Executive Director

100% Vaccine Participation



continued on page 12

A Message from Anne-Reet Annunziata

“We are looking forward now to once again be returning to that vital connection to the community which is just around the corner.”



Board President

MY FIRST EXPERIENCE WITH THE SCANDINAVIAN LIVING CENTER (SLC) was as a member of the Boston Estonian Society because our meetings and special events took place at the SLC. Initially, our organization learned about the availability of meeting space from a member of the Finlandia Society. We were able to hold our events and concerts in the Nordic Hall and use the chapel for church services. The social openness of the SLC was delightfully welcoming.

The fact that the SLC is a traditional assisted living community didn't immediately register. But when this was made clear, I quickly realized that the approach the SLC uses to provide services to residents is noticeably different from other approaches I have experienced during my professional life as a long-term care consultant. At the SLC, I noted an open, non-institutional climate. At times it was hard to differentiate between visitors, residents, and event participants as community members enjoyed the building's common spaces. And, I learned from other Newton neighbors that they had brought their small appliances to the SLC to be fixed by Newton at Home's appliance repair group. It became clear that this was a special place with a very different style of elder care.

When an opportunity to join the Board was offered, I was eager to apply because I wanted to be part of such

a forward-looking organization. It has been heartening to work with other Board members who are so enthusiastic about their mission and proud to be a part of such a venerable facility. The SLC follows the Scandinavian model of community-centered living in which residents benefit from needed care while they maintain their connections with neighbors in the greater community.

We are looking forward now to reestablishing that vital connection to the community at large. Reconnecting is just around the corner. We hope you will join us for all the programs we will offer once again. These include enjoying the Scandinavian Library and Kaffestugan on Saturdays and attending exciting events at the Cultural Center. Please stay tuned to our website for opening dates for these opportunities.

Social scientists and medical professionals tell us we benefit when social interactions occur routinely. Multigenerational interactions are among the most satisfying and mutually beneficial. Decades ago the founders of the Scandinavian Living Center (SLC) and Scandinavian Cultural Center (SCC) knew that a community-centered living model for our elders would promote longevity and good physical and mental health. They embraced the concept that elders are an integral part of our multigenerational community and moved towards incorporating that wide community into our residents' lives, breaking down the walls of isolation.

Happenings at the Cultural Center

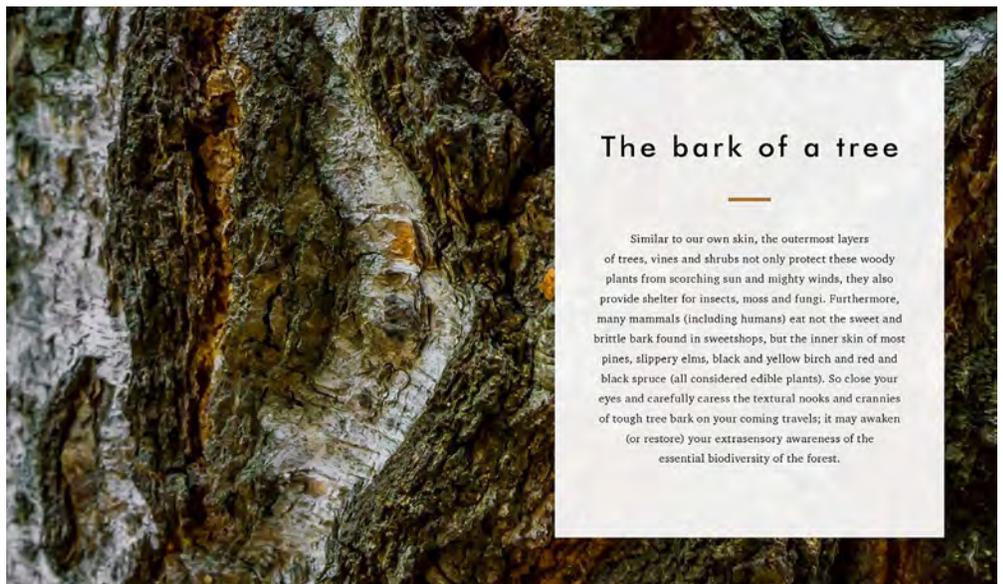
In the fall of 2020 at the SCC we had found our groove. We embraced the online life that we had pivoted to. We also were fortunate to form a relationship with a charming, father-daughter, baking duo from New Hampshire. **Hulda's Swedish Baked Goods** became our monthly partner in bringing just a little of that Kaffestugan feeling, but in a safe, contactless pick-up.

We started **2021** strong welcoming back a SCC favorite lecturer, **Erika Reitshamer**. Erika's opera lectures are always wildly popular, we knew that bringing it to zoom would be no exception. Erika brought a special tailored talk titled: **Richard Wagner's "Ring of the Nibelung"** found in the German Nibelungenlied, the Icelandic Edda and Norse Völsunga Saga. Expertly researched and engagingly delivered—as always.

Next, we were thrilled to present a zoom with author **Heidi Herman**. Heidi, joining us from Arizona, brought an engrossing and informative virtual tour of Iceland. The talk, **Legendary Iceland: Land of Fire and Ice**, was developed with her mother **Leda Jónasdóttir Herman**, to bring a fun and entertaining look at Iceland from someone who grew up there. Viewers shared their Iceland travels and learned about some new places they would like to visit when things open up again. The following weekend our author, **Oliver Luke Delorie**, zoomed in from Victoria, British Columbia, Canada. Oliver shared with us tips for taking part in the Norwegian idea of Friluftsliv. Oliver set the mood playing music of his own composition in the



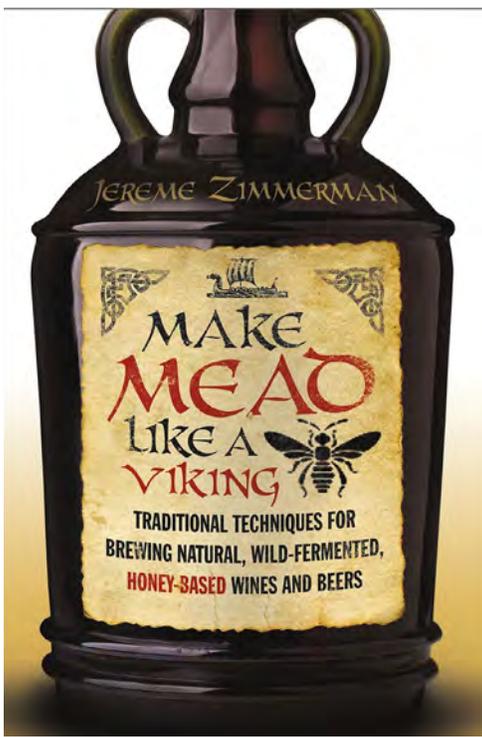
LEGENDARY ICELAND Land of Fire and Ice with Heidi Herman



The bark of a tree

Similar to our own skin, the outermost layers of trees, vines and shrubs not only protect these woody plants from scorching sun and mighty winds, they also provide shelter for insects, moss and fungi. Furthermore, many mammals (including humans) eat not the sweet and brittle bark found in sweetshops, but the inner skin of most pines, slippery elms, black and yellow birch and red and black spruce (all considered edible plants). So close your eyes and carefully caress the textural nooks and crannies of tough tree bark on your coming travels; it may awaken (or restore) your extrasensory awareness of the essential biodiversity of the forest.

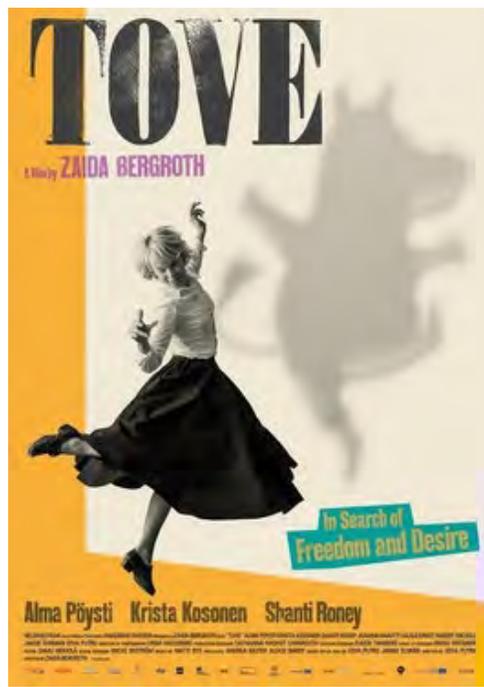
FRILUFTSLIV CONNECT with Nature the Norwegian Way



MAKE MEAD Like a Viking with Jereme Zimmerman

background as he read from his book: **Friluftsliv: Connect with Nature the Norwegian Way**. Inspired by the concept, attendees shared their connection in nature following the talk.

APRIL brought a favorite co-presentation with the **Wicked Queer Film Festival**. This year we were so pleased to be part of the presentation of *Tove*, the much-anticipated film about the life of painter **Tove Jansson**, the creator of the beloved Moomintrolls. The 37th annual film festival also brought us on to present a Norwegian short film, **The Corner**, directed by **Ida Hansen Eldøen**. We closed the month with author **Jereme Zimmerman**. Jereme, a traditional brewing revivalist from Kentucky, has written several books including **Make Mead Like a Viking**. Jereme shared his vast knowledge of ancient techniques for not only making mead, but ales. I am sure more than a few people will be trying their hand at homebrewing after his talk.



TOVE presented as part of the Wicked Queer Film Festival

We enjoyed the continued expansion of our community. Our reach was no longer just regional, no longer national, we had gone international with our audience with attendees of our zooms coming as far away as Wexford, Ireland! While these connections have been so fulfilling, we long for the return of welcoming people back into our Nordic Hall and filling the **Scandinavian Library** and **Kaffestugan** on the weekends.

In order to rebuild we need your help. We rely on memberships, donations, and sales from the Kaffestugan for programming. **Can you help us? Click the “donate” link at www.scandicenter.org.** You can choose to sign-up for a monthly, weekly, or yearly donation of any denomination and be part of our rebuilding phase.

Our heartfelt thanks for being part of our community through this all. We look forward to seeing you in person sooner, rather than later.

Kerry Levin
Director

Coming Soon



SWEDISH EMBROIDERY with Pat Olski

Workshop: Embroider a Swedish Coaster

Join needlework expert Pat Olski and learn to embroider a charming Swedish designed coaster just for our followers!

Friday, May 21st

7pm

register at www.scandicenter.org

Oskar Stenmark LIVE

The SCC gladly welcomes back flugelhorn player Oskar Stenmark for our first in person concert for the public on our front lawn!

Saturday, June 5th

1pm

on sale soon



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

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Golden Circle: \$50,000 and above

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Contributors: \$1,000-4,999

Supporters: \$100-999

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Help Us Move Forward

As the pandemic loosens its grip, we look forward to social gatherings again at the SLC and SCC. We have exciting plans for enhancing our indoor and outdoor spaces to make our gatherings and events even more welcoming. These projects can be accomplished with your help. Imagine helping us raise funds in order to build upon the simple elegance of the Scandinavian aesthetic and enrich the lives of our residents and the broader community.

Funding also will help us acquire state of the art technology to connect our residents with loved ones and the wider community when in-person gatherings are not possible or convenient. And, we will be able to share more of our cultural programming with the community at large. Please consider making a donation to help us expand our cultural reach and provide our residents with more opportunities to connect with, and enrich, our local community.

Future Projects

- **New accessible porch** for safer and increased activity (eliminating stairs and expanding space)
Projected cost: \$250,000
Grant Funding \$100,000 | \$150,000 left to raise
- **Updated efficient outdoor sprinkler system**
Projected cost: \$16,000
- **Update landscaping including new trees**
Projected cost: \$40,000
- **New energy efficient boiler system**
Projected cost \$150,000
- **Public Restroom Renovation**
Projected cost: \$60,000
Grant Funding \$20,000 | \$40,000 left to raise



While a simple cash donation is always appreciated, there are many other charitable giving options, including those that offer tax benefits. Here are some examples of other ways to give.

Make purchases via Amazon Smile

Start your Amazon purchases at smile.amazon.com. Select Scandinavian Charitable Society of Greater Boston (SCSGB) as your charity of choice and Amazon will donate a percentage of your purchase to SCSGB at no added cost to you.

Donate appreciated assets

When you donate appreciated assets such as stock or real estate, you eliminate a capital gains tax and can deduct the fully appreciated value as a charitable donation.

Name SCSGB as a beneficiary in a will, living trust or retirement account

You will maintain control over the assets and are free to change these documents at any time to accommodate a change in circumstances.

Establish a charitable gift annuity

Make a large gift to SCSGB using cash, securities, or other assets. You become eligible for a tax deduction for your donation and you receive a fixed stream of income from the charity for life.

Donate your required minimum distributions (RMD's) from retirement accounts

You pay no tax on the RMD, reducing your overall taxable income, which may help you avoid landing in a higher tax bracket.

Corporate sponsorships

Sponsorships provide financial support for different events and activities at the Cultural Center. Sponsorships are available at different giving levels. Help sponsor an art exhibit, a musical performance, a film series, or class in creating Nordic folk art. These are some of the opportunities to apply your philanthropy to your special interests.

Donors may select from several funds when making a donation.

The Fund the Future Campaign

improves indoor and outdoor spaces for programs.

The Dr. Erling and Inger Johansen Subsidy Fund

supports resident subsidies.

The Suzanne and Albert Frederick Resident Friendship Fund

provides sponsorship of trips, classes, travel, as well as other amenities not provided through general operations, to enrich the lives of the Center's residents.

Our annual appeal for on-going expenses.

These are a few of the different giving vehicles and programs available to our donors. Please feel free to contact our executive director Joseph Carella at 617-527-6566, or by email to jcarella@slcenter.org, to talk about different giving opportunities and your special interests.

Please be sure to consult with your estate planner or financial advisor for tax and financial advice.

A well-crafted plan not only lays the foundation for the donor and donor's children, it also provides a legacy for the entire community for generations.

Around our Neighborhood

The Scandinavian Living Center is excited to start getting back to normal. Although we are still masked and socially distanced, the residents have been able to enjoy all of their favorite activities in the last few months.



FIRST BBQ of the season



RESIDENTS STAYING FIT at the Fitness Center



RESIDENTS RECEIVING MASK KITS donated by a local Eagle Scout



CELEBRATING THE HOLIDAYS with residents and staff



DECKED OUT for Saint Patrick's Day



CHEERING ON the Red Sox for Opening Day

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



CUDDLING WITH ADORABLE ANIMALS with Barn Babies



A COMPETITIVE GAME of bocce at the SLC



SLC COOKOUT



ENJOYING DELICIOUS MARGARITAS on Cinco de Mayo



SLC COOKOUT



ARRANGING BEAUTIFUL spring flowers



HAPPY HOUR with cocktails and appetizers



HONORING OUR residents for Mother's Day



RESIDENTS ALL MASKED UP for their first outing of the season

In Memory of Ruth V. Elander



IT IS WITH GREAT SADNESS THAT WE ACKNOWLEDGE THE DEATH OF RUTH V. ELANDER, a longtime friend of the Scandinavian Living Center and Scandinavian Cultural Center.

During her many years of service, Ruth served the Scandinavian Charitable Society as board president and as administrator of the Swedish Home.

An accomplished musician, Ruth enriched many social and ceremonial occasions with her beautiful singing voice.

Ruth's joyful personality and unfailing willingness to lend a hand with projects, both big and small, was much appreciated.

Ruth's passing leaves a big void, and her dedication to the Society will be long remembered. Ruth will be missed by us all.

100% Vaccine Participation

continued from page 2



Reconnecting with Our Community

THE FIRST EIGHT MONTHS WORKING AS THE DIRECTOR OF COMMUNITY DEVELOPMENT AT THE SLC HAVE NOT BEEN TYPICAL TO SAY THE LEAST. That is what happens when you start a new position in the midst of a pandemic. One major challenge I had to overcome... how to stay connected to our community during a pandemic. The Cultural Center was shut down, groups were no longer renting spaces in our building, and move ins were put on pause for eight long months. We no longer had over 2,000 visitors coming into our community monthly. We had to think out of the box to stay

we hosted a Thanksgiving Pie Giveaway sponsored by Embrace Home Care and Health Services. Embrace purchased 140 apple and pumpkin pies from Antoine's Pastry Shop in Newton to give away to community members. There was a line of people down the driveway at the SLC, excited to pick up their pie. It was a huge success! Over 180 people responded to our pie giveaway, so we decided to do another one a few months later for Valentine's Day. Embrace purchased 100 Valentine's Day cakes for us to give away.

Our next endeavor is getting Cabot's Ice



connected with our community.

To kick off the start of getting back to normal and reconnecting with the community, we had a Halloween Trick-or-Treat Drive-Through for the children in our neighborhood. Once we realized that we could connect with the community in a safe, socially-distanced way, we decided we wanted to do more to reach out. In November,



Cream and the Village Bank back together to host the SLC's annual Ice Cream Social. This social has been an SLC tradition for over 10 years, and it devastated us that we could not continue the tradition last year. We are excited to do a safe, socially distanced event offering Cabot's ice cream to-go to the community. Stay tuned for more details! We missed our community over the past year and look forward to seeing you all soon.

—Alie Mahar,
Director of Community Development

Welcome to Our New Resident



CAROL ROBERTS was born in New Orleans and grew up on Louisiana's bayous. Her mother and father, both avid sportsmen, enjoyed hunting, fishing, and bringing home the catch of the day. On outdoor adventures, Carol's family plied ocean, swamp, and Mississippi River waters. What they caught went on the table. Including alligator meat one memorable dinnertime.

Carol raised daughters Lisa and Jennifer during the 1960s when folk music was popular. After learning to play the guitar, Carol used her skill to teach church school students spiritually themed songs. Carol wanted children to know that "their faith can be expressed through music".

Once her daughters were grown, Carol's interest in music, ministry, and children inspired a move to Boston. Carol served Trinity Church in Copley Square as Director of Children's Ministries for several years. Carol loves being with, and learning from, children. She says, "They bring sparkle!"

Carol joined the SLC community in March after she was introduced by a respite guest. She describes the SLC environment as calm, courteous, and respectful.

Suzanne Horgan, Fitness Specialist

I so look forward to enhancing our Fitness Center now that we have **SURVIVED 2020** and shall **THRIVE** in 2021.



WE ARE WARRIORS! From lockdown to lockdown, we have been so flexible in our ability to adjust. And now, we are looking at better days ahead!

And Fitness is back in high gear!!

What's new in Fitness? We are in a **RENEWAL**.

- Residents are able to exercise at designated times on Mondays, Wednesdays and Fridays.
- On Tuesday, April 6th, I demonstrated all our fitness equipment as a way to encourage residents to diversify and enhance their workout routines.
- The Balance & Strengthening Class is active on Wednesdays and Fridays at 1pm in the Nordic Hall.

- Our Walking Group has resumed! We meet in the Nordic Hall every Monday at 1pm and walk inside the building. My intention is to travel outside when the warmer weather is firmly here. The walking group is such a wonderful way to be active while being social. How fun to strike up a conversation with a neighbor while admiring the beautiful decorations throughout the Scandinavian Living Center and beyond!
- Currently, I am in the Fitness Center on Tuesdays from 7:30am to 11:30am. During this time, residents who are new to the Fitness Center are introduced to pleasant activity that enhances daily living.

- Balance Assessments are being offered to all residents which gives us a baseline upon which to build.

We can reflect on the past year, praise ourselves for our adaptability, and now reap the benefits. We have wonderful opportunities here at the Scandinavian Living Center to be active, social, and physically fit.

Suzanne

Rev. Dr. Fran Bogle, Interfaith Chaplain



Cindy Rassi, our student chaplain, will end her internship at the end of May. Once she is vaccinated, Cindy plans to come in and meet you all in person. I am thankful she has helped to expand our telephone chaplaincy this year. It is a model program that is being shared with other assisted living and life care communities.

All of our religious traditions offer us many ways to find hope and meaning in our lives. If you aren't religious, there are always a myriad of ways to discover hope and meaning too. I am glad we can journey together as we seek to share love in the world.

Many blessings, Rev. Dr. Fran Bogle,
Interfaith Chaplain

WOW! I AM SO HAPPY TO BE BACK IN PERSON AT THE SLC leading worship, sharing photos through the Seeing the Sacred program, and visiting with folks individually and in groups. We are together again, and I am deeply grateful to be with you all. Jeannie the poodle has had fun returning too!

Sara Schiller-Robbins who has been a wonderful student volunteer with us for four years, graduates from Ryder University on May 15. She has a degree in healthcare management. Our support and encouragement helped make it possible for her to pursue this career with joy and new ideas. Sara hopes to come back for summer visits once she is vaccinated.

Flowers for Our Bouquets will continue to arrive with thanks to Yajaira for sharing them electronically.

We are living in times of change. It can be scary and isolating, and yet new paths are emerging as we move on together.

Celebrating the Memory of our Friends

Ruth Elander

Former Residents

Jean Guttman

Marjorie Berg

John Dugundji

Marjorie Drew

Introducing SLC Wellness Director Allie Williams



We are pleased to welcome Wellness Director Allie Williams to the Scandinavian Living Center community. Allie has followed an interesting career

path to her current position. From 1981 to 1993, Allie served in the United States Navy where she rose in rank and responsibility and applied her sonographic expertise to teach marines and sailors amphibious assault skills.

When Allie transitioned to a civilian career, a special Navy program helped her reframe her competency to become a medical sonographer specializing in cardiac ultrasound technology. Allie worked in this specialty for several years.

In 2007, Allie's growing interests in

gerontology and the holistic dimension of health care motivated her to enter nursing school. After receiving her clinical education, Allie enthusiastically began caring for seniors in the Boston area where she helped to find her mom a new home within the assisted living realm.

Through international travel, Allie has been able to observe the positive attitude that several cultures hold toward aging. Allie is committed to promoting this life-enhancing perspective in the United States and to putting the Scandinavian Living Center "on the grid" as a community where compassion and care are top priority.

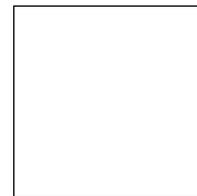


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 instagram.com/ScandiCenter

Our Respite Care Program

Spring has arrived and summer is on the way! As families start to plan their vacations, remember that the Scandinavian Living Center's Respite Care Program is the perfect solution for those in need of short-term assistance. Whether a primary caretaker is going away on vacation or during recovery from an illness or injury, the Scandinavian Living Center is the place to be. With our 100% Covid vaccination participation, you can put your mind at ease. During a respite care stay, elders can enjoy the comfort of home while their families enjoy complete peace of mind. Our beautiful, light-filled environment and unique concept of community-centered living makes us stand out among other assisted living residences. We offer a variety of individualized services so that residents can live their best and most independent lives.



- Life-enriching programs
- All-Day Dining
- Individualized fitness programs
- Wireless emergency response system
- 24-hour on-site staff
- Spacious and bright apartments
- Beautiful café that opens to outdoor patio

For more information or to schedule a tour, please call Alie Mahar at 617-467-3177 or email amahar@slcenter.org.