

MEWS + EVENTS

FALL 2021



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A Message from Joe Carella

"As we overcome life's obstacles, we become stronger."



SOCIETY HAS EMBRACED THE TRUE VALUE OF COMMUNITY. For us, it has always been very clear that bringing people together in an inviting setting is magical. Our community-centered living model has become very "contagious". We hope that the recent challenges we have faced are in our rear-view mirror, and we look to the future with excitement and enthusiasm.

Our future looks extremely promising. As we overcome life's obstacles, we become stronger. This is a win. The past year's challenges have expanded our perspective on the variety of ways to connect people of all ages. Our expertise in community-centered living has received nationwide interest and recognition. We have participated in interviews and panel discussions at a national level.

Win Barnard, a neighbor living at the Scandinavian Living Center, participated in a panel discussion for Pioneer Network, a national housing advocacy organization. At the seminar "Envisioning the Future: Finding Meaning and Purpose", Win represented assisted living communities throughout the country as she discussed her appreciation of human connections and community. (See page 8.)

We move into 2022 with an eye toward further facilitating healthier and more natural human interactions. We are excited about our plans to make all indoor and outdoor gathering spaces at the Scandinavian Living and Cultural Center more inviting. Additionally, we are exploring use of state-of-the-art technology that will improve communication in the coming year.

Our attractive indoor and outdoor space, as well as the benefits of advanced technology, will help reduce isolation and enhance interpersonal connections.

From our inception, we have relied upon community support to achieve our goals. As we re-open to the public, we encourage you to participate in the Scandinavian Cultural Center's activities and programs. During 2022, we plan to begin enhancements to our building and grounds that generous contributions to our Fund the Future campaign are making possible. Fund the Future's continuous growth is proof positive of the commitment of our ever-expanding Scandinavian Living and Cultural Center community. See Page 4 for a list of our generous supporters.

At the end of the year, we customarily look back to acknowledge our blessings. This year, I ask you to look forward and, in a spirit of thankfulness, consider what we will continue to accomplish together as a community.

Enjoy the holidays and be safe.

Joe Carella, Executive Director



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.

Welcome to Our New Residents



MAUREEN COURVILLE has many warm memories from her growing-up years in Belmont, MA. She is grateful that caring for a younger sister introduced her to the nurturing skills she used as she raised her own five children.

Maureen loved school. She did well academically, enjoyed sports, and developed lifelong friendships. Playing tennis and golf has helped Maureen sustain a positive outlook throughout her adult years. "Sports have definitely been part of my life." To sum up her optimistic perspective, Maureen states, "I'm an incredibly enthusiastic person. I have a joy of living".

Maureen offers the following story about how she found the assisted living community that was right for her. Maureen decided that assessing a few different residences as a respite guest would help her make a good choice. After staying at the SLC for thirty days, Maureen moved on to evaluate another community. The SLC staff was so excited when, four days later, Maureen called to say that she wanted to come back! Maureen volunteered. "The staff at the SLC are so wonderful and welcoming!"

Maureen made many positive connections while she stayed with us especially with Resident Care Associate Kay Brooks who has worked at the Norwegian Home and the SLC for more than thirty years. Maureen also greatly enjoyed her interaction with our community's residents."I missed playing mahjong with Jay and the others."

Shortly after she arrived back, Maureen commented, "THE SLC FEELS LIKE HOME. It's such a nourishing and safe environment."

We are so happy to welcome Maureen back!



LAILA ROGERS

Laila Rogers is a world traveler. Of Norwegian heritage, Laila was born on the island nation of Madagascar where her parents served as missionaries. Laila recalls enjoying her Madagascar childhood as a primary grade student. She attended an American missionary boarding school and recollects, "We had a wonderful time."

Laila graduated from a liberal

arts college in Minnesota. She has maintained a strong lifelong interest in literature, principally nonfiction, and classical music.

After graduation, Laila moved across the Atlantic and spent four years in Europe. She studied at the Sorbonne, then worked for three years at a community center in Wiesbaden, Germany which served U.S. Air Force families. Laila returned to the United States and served in the reference department of a university library for almost thirty years.

Laila married a free-lance classically trained violinist whose professional career was centered in New York City. For several years now, Laila has enjoyed attending Scandinavian Cultural Center programs. And, having been introduced to the Scandinavian Living Center's community-centered living philosophy, Laila feels that this approach to elder care is "very, very good".

In addition we'd like to welcome new residents

PHYLLIS CHAIT and SHIRLEY YARBROUGH



Fund the Future Campaign

THANK YOU TO OUR GENEROUS DONORS THUS FAR

OVER \$100,000

Albert R. and Suzanne Frederick Jr.

OVER \$50,000

Charles H. Farnsworth Charitable Trust

\$15,000 TO \$50,000

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Leonard and Florence L. Wilson

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\$5,000 TO \$9,999

Atlas Foundation

Joe Carella and Carole Lacy-Carella

Jacob Friis and Hyun-A Park

Bruce and Gardi Hauck

Luana Marie Josvold

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\$1,000 TO \$2,499

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Retired Men's Club

David Sellers

Christopher J.Thompson

Mary Sandra Vaskas

Elani Walden

*As of November 2021 Please excuse any errors and omissions and if we have inadvertently misspelled your name please accept our sincerest apologies and thank you again for your support.

Giving to Scandinavian Charitable Society of Greater Boston to Benefit Scandinavian Living Center and Cultural Center

Your donation makes a difference in the lives of all we have the honor of serving. When you donate to Scandinavian Living Center and Cultural Center, you're improving the quality of life of all our community.

As an independent, non-profit organization, we are faced with significant financial challenges. We need your help to fund ongoing program development, perform necessary updates to our facility, and purchase new equipment. You can help by donating to the 2021 Annual Appeal.

Opportunities to Give

Give a Gift of Cash

To make a gift online, please go to www.slcenter.org and press the DONATE tab.

To mail a gift, please send your check in the enclosed envelope to: Scandinavian Charitable Society of Greater Boston 206 Waltham St., West Newton, MA 02465

Please make checks payable to:

Scandinavian Living Center or Scandinavian Cultural Center.

Gifts in Honor or Memory

Honor and remember the special people and moments in your life with a gift to Scandinavian Living Center. You can make a gift to remember a loved one, or to recognize the care that a family member received here. You can also honor special occasions like birthdays, weddings and anniversaries. Be sure to include your name, address, phone number, name of the person or event being honored or memorialized and the name of anyone you wish to be notified of your gift.

Double Your Donation with a Matching Gift

You may be able to increase or even double your gift's value if your company has a matching gift program. Some companies also match gifts made by retirees. Check with your Human Resources office to learn more.

Donate Stock

It's easy to transfer stock through a broker to Scandinavian Charitable Society of Greater Boston. Please contact the Executive Director at 617-964-6203 for more information.

Planned Giving

Please consider us in your estate planning. You may include the Scandinavian Charitable Society of Greater Boston in your will to have an impact beyond your lifetime. Bequests, charitable remainder trusts, gifts of annuities and life insurance all make it possible to continue to improve the lives of all our community.

However you choose to give, your gift will change lives of many community members. We are deeply grateful for your kindness and generosity.

For more information, please contact Joe Carella, Executive Director at 617-964-6203 or jcarella@slcenter.org

Around Our Neighborhood

THE SCANDINAVIAN LIVING CENTER'S programs and events are back! With our newest activities assistants Judy and Fran on board, we have created many new programs that the residents really love.



CAROL HOLDING an adorable puppy during a visit with Barn Babies.



WIN LOVES cuddling with the kittens.



AMERICAN RED CROSS blood drive at the SLC.



PLAYING A good game of boggle.



CREATING BEAUTIFUL artwork in Cora's art class.



DORIS creating beautiful flower arrangements.





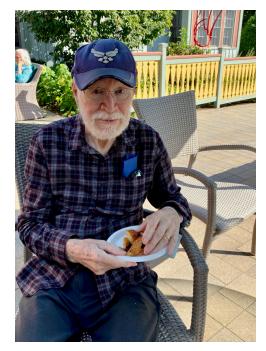
CELEBRATING CHRISTMAS IN JULY in the Nordic Hall.



DECORATING GINGERBREAD cookies for Christmas in July.



A VISIT from Idaho, the miniature horse.



ACCORDIONIST AND DELICIOUS treats for Oktoberfest.



COMMUNITY GATHERS again for Music Mondays.



CELEBRATING OUR ICE CREAM SOCIAL in the summer.



CREATING FALL DECORATIONS with Stacey.



ENJOYING DELICIOUS Cabot's ice cream.

In the News

THE SCANDINAVIAN LIVING CENTER'S concept of community-centered living has received nationwide interest and recognition. Below are some articles and symposiums the SLC has been a part of this past year. To check out the articles, go to our News and Events tab on our website and click on "SLC in the Media". To watch the symposiums done by Joe and Win, click on "Videos on Demand".



The Impact of COVID-19 on Scandinavian Living Center

pioneernetwork.net/the-impact-of-covid-19-on-scandinavian-living-center/

July 21, 2021

July 21, 2021

An Interview with Joe Carella **Executive Director, Scandinavian Living** Center, Newton, MA

The Scandinavian Living Center (SLC), located in Newton, Massachusetts, is a nonprofit assisted living community that takes an inspired approach to elder care. By adopting core Scandinavian principles, they have created a community where individuals from all cultures and backgrounds can lead connected, fulfilling lives. Joe Carella, the Executive Director, shares his thoughts on the impact that COVID-19 had on this special community.



Joe Carella

How did you bring community into the Scandinavian Living Center prior to the COVID pandemic?

Before COVID-19 required us to physically isolate residents and staff from our community neighbors, we had over two thousand visitors connect here each month (not including family and friends of residents), over 40 organizations used our building as their gathering place, and the Scandinavian Cultural Center, embedded inside the SLC, was flourishing.

The community-centered living approach to nurturing a life enhancing sense of community in any city or town starts with defining your locality's need for gathering space. Communitycentered living is not a cookie cutter, one size fits all approach. The SLC was built with the desire to create an inviting environment that encourages neighbors of all ages and backgrounds to come together and enjoy each other's company. The City of Newton became the community that en

Yes, a "beautiful an isolated struc both large and s opportunities. Or and the benefit of Pioneer Network asked us how community centered living was impacted by Covid-19. Joe says, "Yes, a 'beautiful building' may be appealing to look at, but without space to gather it is just an isolated structure... Overnight we went from being embraced by our neighbors on a daily basis to total isolation and separation from them. When the pandemic hit, our building became that 'beautiful building'...".



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The Boston Blobe

More from Globe OpinionSubmit a Letter to the EditorMeet the Editorial BoardGlobe Op-Talks

OPINION

Community-centered senior living works for seniors and communities

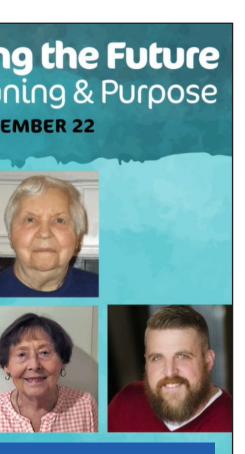
The objective of community-centered living is to integrate residents into the wider population and to welcome everyone into a lifeenhancing assembly.

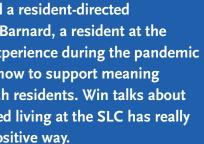
By Joseph Carella Updated April 26, 2021, 3:00 a.m.



GLOBE STAFF/MA3D.IT/ADOBE

Joe's piece, featured in the Globe Opinion/MIT AgeLab Collaboration in the Boston Globe, calls attention to the risk for seniors living in nursing homes. "A design developed decades ago for hospital-like efficiency, the shared room can contribute to substandard care and a dehumanizing, undignified end of life. It must disappear," states Joe. "Imagine the day when skilled nursing residences... become a life-enhancing destination".







Happenings at the Cultural Center

How wonderful it was to start our in-person events over the summer with one of our favorites, Oskar Stenmark, Oskar travelled from NYC and brought fellow musician Alex Pryrodny on keyboards. The duo paid homage to Scandinavian composers such as Grieg, Stenhammar, Sibelius and Nielsen on our front lawn in early June. It was a project that Oskar originally planned for 2020 but the pandemic slowed down the process significantly. Our concert at the SCC was their first time playing this music together. The performance was so meaningful for all involved.

SEPTEMBER brought with it a vibrant and engaging art show from Danish artist Susanne Thea titled **Snapshots - Traveling with the** Poet, Hans Christian Andersen. Susanne's exhibit was a playful and imaginative journey alongside poet Hans Christian Andersen through his journal entries. The whimsical and thoughtful interpretation brought joy to our Nordic Hall. While Thea had planned to travel to the U.S. for the show's opening, travel restrictions prohibited it. We did get the treat of a video message produced exclusively for our viewers. It was such fun to

SCC MEMBERSHIP TYPES

SINGLE \$75 PLUS \$125 **FAMILY \$150** STUDENT \$40 (full time students) Sign up at www.scandicenter.org



HANNA DEBOVA - We Share the Same Sky

see and hear Susanne introduce the show and teach us about her process. For the opening, we were fortunate to welcome **Bruce Bo**, co-founder of the National Foundation for **Danish America**. Learning about the new organization and their plans was fantastic, and we are already planning to work together to bring more Danish fine art to the SCC in the years to come.

For our first lecture of the season, we were excited to bring back needlecraft expert, Pat Olski. Pat took us on a deep dive into the needlework of Karin Larsson. While much is known about Karin's husband, Carl, Pat beautifully demonstrated the powerful impact that Karin's original style and eye for design had on Carl's art. Karin's design aesthetic is what we now know as Swedish design.

One of my very favorite things about events at the SCC is the connections we make. Nothing elucidates this more than our event with author Rachael **Cerrotti** when she talked about her book. We Share the Same Sky: A Memoir of Memory & Migration. In Rachael's book she shares the story of her grandmother's war experience as a Czech lew. As a teen Rachel's grandmother escaped first to Denmark, then later to Sweden. The bountiful compilation of writings, letters and photos from that time was extraordinary. Rachael chronicled her personal journey. She visited and lived in some of the very same places that sheltered her grandmother. Rachel even met some of the families that helped her grandmother along her journey. It was a war story like no other and a highly suggested read!

OCTOBER also brought back the weekend long workshops of Linda and Al Miller. Linda, a master artist, instructed all levels of participants in rosemaling while Al taught knife carving.



KARIN LARSSON LECTURE with Pat Olski

Missed out? Linda and Al will be back in March! Sign up early to reserve your spot.

Later in October, we were treated to a chamber music concert brought to us by Marcia Steere, a longtime friend of the Center. The concert ensemble included her brother. Dr. Allen **Steere**, and three musicians from the **Boston Symphony Orchestra**: Ikuko Mizuno (violin), Robert Barnes (viola) and Joel Moerschel (cello). The group played a gorgeous Brahms piece and followed their performance by giving a glimpse into their lives as BSO musicians. Ms. Mizuno's story was most interesting as she was the first woman in the BSO! The hall was filled once again—which felt extraordinary!

In early **NOVEMBER** we welcomed author and historian Michael Glaeser to talk about Swedish King



SONJA REE SCHMIDT'S Rosemaling Project at Linda Miller's Workshop

Charles XII in his talk: Carolus **Rex: An Afternoon of Swedish History**. The deep dive into this historical period examined the time Sweden was an empire and how the battles of this time contribute to the ruling countries that we know today. Mike's presentation was done in full Swedish costume of a soldier of the day and was accompanied by period artifacts for all to touch and examine.



CHAMBER MUSIC CONCERT

We would love your support for our programming in the form of membership. As a member you will enjoy free or discounted admission to SCC events as well as online access to some of our archived programs. Please visit www.scandicenter.org and click "MEMBERSHIP". Interested in making more of an impact? Why not become a sustainer through a monthly contribution of your choice.

Thanks 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

UPCOMING EVENTS



1.8.22 **SCREENING: PUSH**

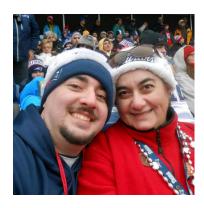
PUSH is a new documentary from award-winning Swedish director Fredrik Gertten, investigating why we can't afford to live in our own cities anymore. 1pm | \$7; free for members Register at www.scandicenter.org



1.22.22 **BOOK TALK: MEN OF TERROR** A Comprehensive Analysis of Viking Combat 1pm | Free

advanced registration, proof of vaccination and masks REQUIRED

Introducing Lisa Daley and Jay Ploss



RESIDENT CARE COORDINATOR **LISA DALEY**

A native of Roma, Italia, Resident Care Coordinator Elisabeth (Lisa) Daley arrived in Boston on July 3, 1979 - an excited pre-teen. The next evening's Fourth of July fireworks display was

thrilling for Lisa. She was sure those colorful bursts were being launched to welcome her!

Lisa's path to the Scandinavian Living Center began at her family's bakery. Lisa quickly learned to fold carry-out boxes as fast as anyone; and, after a few years of youthful observation, she respectfully directed her elders toward more efficient baking techniques.

The bakery thrived, and Lisa graduated from college with a business degree. After finishing college, Lisa brought her management skills to a Boston area assisted living residence (ALR) at which she discovered her "calling".

Lisa says about work at an ALR, "We become part of the residents' and their family members' lives - one big family. I learn something new practically every day. We always have room to learn and grow together."

Lisa joined the Scandinavian Living Center community in March 2021. She states, "I love it here. The residents make staff feel like we are a family. The staff is helpful and amazing. I'm really blessed to work with the resident care staff. Saying thank you is not enough. I am very thankful every day and grateful to be part of the SLC family."



CHEF JAMES (JAY) PLOSS

Chef James (Jay) Ploss brings to the Scandinavian Living Center an extensive and impressive professional history. A history that includes almost every job in the food service field - from dishwasher to manager.

As chef, Jay partners with residents and the food service staff to create and serve a wide variety of delicious meals. Jay actively receives resident feedback on topics that concern dining service quality, and he values this interaction. "People care about each other around here", Jay says.

Jay emphatically believes our community's connectedness is enhanced as dining service staff members share their creativity and skill.

A fundamental component of Jay's commitment to the SLC is his dedication to batch cooking. Whenever possible, Jay prepares the freshest ingredients to order, and he carefully plates each serving paying close attention to eye appeal.

Because Jay likes to "generate excitement and buzz", he's looking forward to a special day - the day on which the SLC/SCC can ramp up hosting one-of-a-kind food events and celebrations. More fun for everyone!

Dining and Activity Revamp!

AT THE SLC, THE DINING ROOM

is always an inviting place for residents to share a meal with their neighbors. We recognize that balanced and delicious meals are important not only for health reasons, but also for the joy and comfort that food brings. Mealtime is a wonderful social experience for our residents and with our unique All Day Dining Program, residents can enjoy a delicious meal or snack any time of the day, as often as they want, from 8:00 am to 6:00 pm. "All day dining gives our residents flexibility and welcomes guests at any time. Instead of planning your day around dining, dining services plans around your day", says Steven Brustein from Glendale Dining Services. Check out our all-day dining menu on our website!

As this year has evolved, we have been happy to bring back many great programs that the residents enjoy so much- entertainers, bus trips and especially visits from Barn Babies Traveling Petting Zoo! Judy Panessi, who worked at the SLC as Wellness Director, has returned in her new role as Activities Assistant. Judy has been wonderful, and residents were so excited to see her back. Judy really enjoys doing activities with residents, and her love for working with our residents is evident in her smile every



THE FESSY SCHOOL kids played bingo and sent V-day cards



TUESDAY TUNES with Fran

day."I love the fact that I can spend quality time with the residents. That's the beautiful part coming back in this role", says Judy. Fran Dragon, our Community Advocate, who has been working at the SLC for 30+ years, also has been enjoying creative programs



JUDY ENJOYING a visit from Barn Babies

with our residents. Fran has been engaging residents in activities such as reminiscing together, poetry reading, word games, and the newest to evolve-Tuesday Tunes! Hearing residents sing while resident Peggy plays "Sentimental Journey" or a lively boogie-woogie really warms everyone's heart.

Since opening back up, activity programs have really evolved and flourished. We've created new programs and brought in many local entertainers with whom we're building relationships. It's amazing to see how many groups and individuals in the broader community have reached out to connect with our residents in different ways. Local neighbors and schools have sent cards for the holidays, community members donated books to residents, and the children at the Fessenden School have played instruments and enjoyed bingo with us! Also, Newton at Home programs are starting up again and are offering some collaborations with the SLC and SCC!

Suzanne Horgan, Fitness Specialist



WITH LESS THAN ONE MONTH **LEFT IN 2021**, and the holidays right around the corner, we have a lot to celebrate at the Scandinavian Living Center! We are vaccinated (with our booster shots!), holiday decorations are abundant, and concerts, art shows, movies, and more continue.

Here in Fitness, we are doing a great job moving our bodies.

In the Fitness Center, residents are hopping on exercise equipment like the NuStep, Treadmill, and Keiser strengthening machines. We have exercise options for everyone. Whatever your fitness goals,

we have ideas to help you achieve them!

- Improve Balance
- Improve Posture
- Strengthen Muscles
- Improve Cardiovascular and/or Respiratory System
- Help ease completion of everyday tasks
- Improve mood
- Socialize with others

Simply ask those residents who come to the Fitness Center about the importance of exercise. Their answers will enlighten you:

"Don't get stale. Keep moving!"—Stanley Wilen

"Happy are the folks who go to the gym. They are full of vigor and vim!" -Win Barnard

"I sleep better at night when I have gone to the gym in the morning." —Rosann Wade

"Exercise helps me to walk and not be weary." —Pastor K.

Weekly classes offer us another way to exercise and socialize. We meet every Wednesday and Friday to work our muscles and challenge our balance in the Balance and Strengthening Class. If you see us with a red resistance band, you know we're an active participant in class! Now that we meet in the Kaffe Stuga, visitors will see us working hard as soon as they walk in the door of SLC!

We meet every Monday to walk (and talk, and tell stories, and laugh!). Everyone is welcome to join. As the weather gets colder, and the days a bit darker, we walk inside around the hallways. Our halls are so beautifully decorated, alive with color and history.

As 2021 comes to a close, we look forward to a safe and HEALTHY 2022!



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

Rev. Dr. Fran Bogle, Interfaith Chaplain



AS WE MOVE FROM FALL INTO WINTER, we are celebrating being back together. We now have three worship services each month. As the holidays approach, we will have a Thanksgiving themed Seeing the Sacred program and Hanukkah and Christmas Eve services! It is



good to be worshipping together again. In November, residents gathered for our Service of Remembering to warmly celebrate and remember the lives of residents we have lost. These residents have a special place in our hearts, and they are missed deeply.

I am happy to announce that Chaplain Fran Graveson is sharing her gifts with us again. A Boston University School of Theology graduate, Fran is pursuing ordination in the United Church of Christ. Welcome back Fran G.!

Special thanks to Stacey Christie for her support for chaplaincy!

May the days to come be filled with joy and peace. I am thankful to be in ministry with you all.

Many blessings, Rev. Dr. Fran Bogle

The Scandinavian Living Center will be hosting blood drives every month in 2022! Visit the American Red Cross website to sign up.

1/19/22 lpm - 6pm2/16/22 lpm - 6pm 3/16/22 Ipm - 6pm4/20/22 Ipm - 6pm5/18/22 lpm - 6pm 6/15/22 lpm - 6pm



Celebrating the Memory of our Friends

ALICE BERGQUIST CONSTANCE DANIELSON BERTHA LANDRY ELEANOR SOORIAN



206 WALTHAM STREET West Newton, MA 02465

facebook.com/ScandiCenter or /ScandinavianLivingCenter



(O) instagram.com/ScandiCenter

The SLC invites you on a tour of our community!

Whether you are interested in long-term residency, or a shorter vacation stay, we are confident that you will enjoy your time with us. Our beautiful, light-filled environment and unique concept of communitycentered living set us apart from other communities. 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
- 24-hour on-site staff
- Spacious and bright apartments
- Beautiful café that opens to outdoor patio

