

**AWARD WINNING
PORCH PROPOSAL ILLUSTRATION**
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A Message from Joe Carella

Do we know what normal is, do we remember what normal is?



RECENTLY SOMEONE COMMENTED TO ME THAT “WHEN WE ARE BUSY MAKING PLANS FOR THE FUTURE, WE SOMETIMES FORGET TO EXPERIENCE THE LIFE THAT IS HAPPENING AROUND US”. I

thought of this during the reopening of the Kaffestugan and the Scandinavian Library on Saturday, September 10. It had been over two and half years since we saw our neighbors gathering at the Scandinavian Living Center. It was exciting to see a workshop happening in the Nordic Hall, and at the same time neighbors enjoying the pastries and sandwiches offered in the

Kaffestugan. As I purchased pastries and a bag of the new Oslo coffee to take home, I also had the opportunity to experience the mouthwatering open face sandwiches. As this was happening, I saw members of the Scandinavian Library gathering in the library for the first time since the COVID closure in the Spring of 2020. As they met, they were getting ready to start a movie in the Nordic Hall in the afternoon after the workshop ended. The energy and excitement were back.

As we welcome back the community organizations, it is our collective responsibility to enhance the different gathering spaces available for our entire community. The support from all of us is critical as we move forward with needed and expected capital improvements. With full occupancy and a waiting list, we are getting back to our historic normal. I believe our neighbors living at the Center and our friends on the waiting list are looking to us to continue our success, support

their needs, and build back community.

It is important to plan for our organization’s future, but as we plan, we should appreciate the unique experiences we are able to offer at the Scandinavian Living and Cultural Center. Our community-centered living philosophy is simply a way to create natural human connections for all ages. It is a philosophy that we have embraced after the experience of forced isolation.

Our plans may have changed during the past years, but the desire to be with our neighbors, family, and friends are constant; it should always be the life that is happening around us...

Thank you for being part of our “life” and the support that is needed to move us forward.

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

Joe Carella, Executive Director

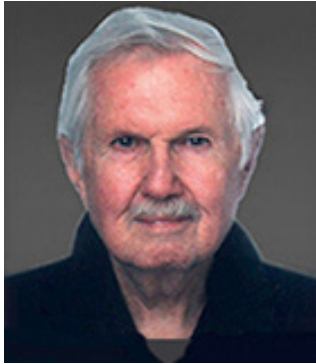
For your convenience, we continue to upload the latest news on our website at www.slcenter.org/news-media/. We also try to include the latest updates in our email blasts and on our Social Media pages!



FOLLOW US @SCANDINAVIANLIVINGCENTER

International Award Winning Illustration

Scandinavian Living Center Shines among Iconic Architecture



WORLD-FAMOUS architectural illustrator Paul Stevenson (Steve) Oles won a prestigious award for his illustration of our proposed porch renovation.

Steve's magnificent body of work includes a series of renderings for I.M. Pei's Grand Pyramid at the Louvre, and renderings for Maya Linn of the Viet Nam War Memorial in Washington, D.C.

Steve's illustrations might be mistaken for images of buildings and monuments already in existence. The reality is Steve has a magical ability to translate technical drawings into scenes the untutored eye can understand and appreciate. It is as though we are seeing the actual building in its natural surroundings before construction begins.

We were so fortunate that Steve agreed to do the illustration to share with our generous benefactors residents and neighbors.

Steve will receive his award in November 2022 in London from the American Society of Architectural Illustrators (ASAI) at its annual conference. His work was selected from the highly competitive field of entrants from around the world. Most winning submissions feature monumental buildings. Imagine our shared delight in Steve's award for our modest project.

Before learning of the award, we were planning an event in the spring of 2023 with Steve and his wife Susan, former residents of Newton. They now live in Santa Fe in an award-winning home

Steve designed. More details will follow, including Save the Date announcements.

Thank you to our supporters for your ongoing support and belief in our mission to provide elder care in a community-centered facility where all are welcome to enjoy art, education and entertainment.



Around Our Neighborhood

THE SCANDINAVIAN LIVING CENTER hosts many programs for residents to engage in from concerts to art classes to flower arranging. We even offer activities for the broader community to participate in!



A FUN cinco de mayo celebration.



ART with Linda



CREATING beautiful artwork in Cora's art class.



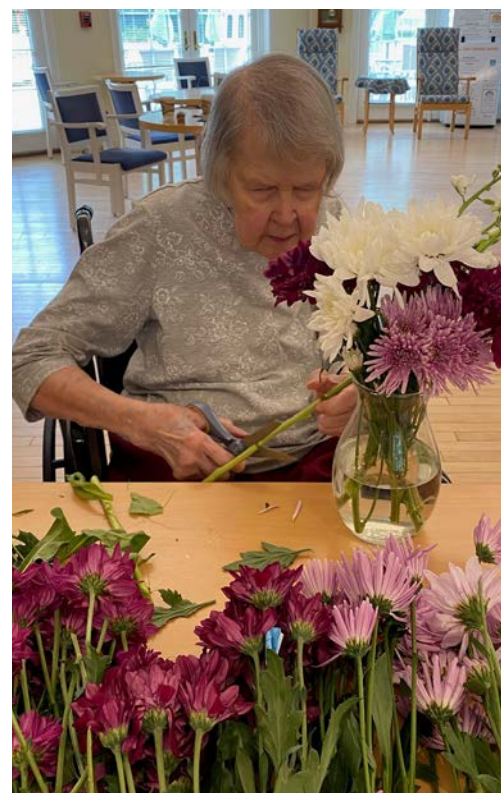
ONE OF OUR favorite programs Barn Babies visited.



ENJOYING SOME delicious lobster at our clam bake!



CELEBRATING CHRISTMAS in July.



ANNE ARRANGING some summer flowers.



STRENGTH and Balance class with Suzanne.



AN UNDER THE SEA resident brunch.



A WONDERFUL PERFORMANCE by the New England Conservatory.



RESIDENTS enjoying a garden brunch.



OUR MONTHLY Helpsy clothing drive.



HAVING A BLAST at our annual Ice Cream Social.

UPCOMING EVENTS

LEARN TO PLAY CRIBBAGE WITH NEWTON RECREATION EVERY MONDAY & THURSDAY AT 10:00am
Except on holidays

HELPSY CLOTHING & TEXTILE DRIVE
NOVEMBER 12TH 9AM-12pm

For more information on upcoming events, visit www.slcenter.org/upcoming-events/

MUSIC MONDAYS
Pianist Kyoka Minami Performs
NOVEMBER 14TH 2:00pm

Performance by Super Trio
Violinist Peter Zazofsky, Cellist Ronald Lowry, and Pianist Randall Hodgkinson
DECEMBER 12TH 2:00pm

Suggested donation via Venmo/Zelle/check/cash

AMERICAN RED CROSS BLOOD DRIVES
NOVEMBER 16TH 1-6pm
DECEMBER 14TH 1-6pm

TAI YO BA W/ CAM
TUESDAYS 10-10:50am
THURSDAYS 9-9:50am
Visit <https://www.slcenter.org/upcoming-events/> to register.
SLC residents attend for free!

Where Every Day is a Sundae

An interview with Joe Prestejohn



CABOT'S ICE CREAM HAS BEEN A WELL-KNOWN INSTITUTION IN NEWTON SINCE 1969. Joe and Catherine Prestejohn previously owned the Boulevard Restaurant and Café in Brighton, but when the building burned down, they decided to establish an ice cream business on Washington Street in Newton to attract people of all ages. 53 years later, this family-owned and operated business is still thriving.

At the young age of 11, their son Joe (pictured above) started working at Cabot's alongside his parents and sister Susan. This old-fashioned ice cream parlor serves over 70 flavors of ice cream and frozen yogurt with over 35 different toppings. It also serves outrageous ice cream concoctions, parfaits, sundaes and frappes as well comfort food, breakfast all day, lunch and dinner.

According to statistics, Joe acknowledges that "New England eats

more ice cream per capita than the rest of the country," but he attributes much of Cabot's success to the quality and consistency of its premium, super rich ice cream, the value and service that all his customers receive, and the terrific staff he is fortunate enough to employ. They are his "extended family."

Joe was stunned when Good Morning America recently called to say it wanted to broadcast live and highlight Cabot's for its segment (found on YouTube) entitled "Sweet Spots Across America," and, in particular, "Milkshakes and the secrets to a perfect frappe." Of course, New Englanders know that frappes are known as milkshakes elsewhere, but Joe explained that frappes are richer and have more ice cream. Cabot's even serves an enormous 64-ounce size as well as two smaller ones.

Running the family business is not the only thing that Joe cares about. What is extremely important to him is community. In a former interview, he shared that he prefers to donate money (or ice cream) to worthwhile local organizations rather than putting it into advertising. He is actively involved in the John M. Barry Boys and Girls Club of Newton, Newton Athletes Unlimited, Newton Arts, Second Step, Newton North Little League, Welcome Home, the Newton Senior Center, the Carroll Center for the Blind, Newton North High School Advisory Board for Culinary Arts, and the Massachusetts Restaurant Association Education Foundation, which raises scholarship money for high school kids who aspire to a career in culinary arts and restaurant management.

As everyone knows by now, the cornerstone of the Scandinavian Living Center's philosophy is Community Centered Living – connecting the outside community to the residents living here to reduce their isolation and loneliness. It is a philosophy that Joe Prestejohn agrees with and has enhanced by providing the ice cream for the SLC's yearly community-wide Ice Cream Social since 2008. He also has given the SLC many gift certificates to Cabot's over the years and participated in a Halloween giveaway during Covid. He recognizes the impact that isolation can have on people and is very willing to bring things in for those that can't get out. The SLC is grateful for his generosity and community-minded spirit.

After working his entire life at Cabot's, Joe feels fortunate to live in such a great community. It is especially gratifying to see so many of the children he served ice cream to over the years now bring their own children in, especially after a recital, ballgame or special event. The city of Newton has given him much, and he wants to give back what he can. As he says, "what goes around, comes around."

Joe enjoys the special partnership he has with the Scandinavian Living Center and the Village Bank, all like-minded organizations. His best advice is to keep active, stay involved and be kind and caring to everyone.

Top left: Joe Prestejohn at Cabots

Meet Lise Roseland, our Kaffestugan Manager



thing as bad weather, only bad clothing” so we try to get outside every day. Right now, my daughter is eagerly awaiting the first snow, she feels it could hurry up and be here already. I’m not in quite such a hurry. Fall in New England is by far the most amazing time of year. Seeing the leaves change color and feeling the crisp air is wonderful.

My story with Kaffestugan started by being a member of SWEA. I got involved with Swedish Yuletide and met Gittan who ran Kaffestugan for many years. She talked about the cozy Kaffestugan and when the opportunity presented itself, I jumped on the chance to be a part of it. When I write those “get to know you” blurbs for groups or work I always put down fika and reading as my top interests. So, working at a cafe just a few steps from a library is pretty much the best thing ever. Getting to meet all the Scandinavians, Scandinavian descendants and Americans interested in the Scandinavian countries, culture, and food is another favorite part.

I was so happy to finally be able to open Kaffestugan again this September. Kaffestugan used to have Swedish and Danish baked goods, I also want to bring in some Norwegian and Finnish elements. The Scandinavian countries also celebrate a lot of different food-days, and that’s also something we are planning to bring in. We already changed the coffee to a dark roast with the suitable name Freya from Oslo Coffee Roasters, and we’re now making the sandwiches throughout the day with our new sandwich station. The plan is to add more options for toppings and offer salads as well. We also added some baskets with popular Scandinavian grocery items as well as smaller packets of our coffee

and fresh baked bread and coffee bread.

I do love fika and coffee. My favorite Swedish pastry, that I always choose when we’re back in Sweden, is Budapestrulle. It looks like a Swiss roll but is made with hazelnuts instead of flour and is filled with whipped cream and tangerines, delicious. If I visit with my mom in Norway, I always ask for a Kvæfjordkake, or “The world’s best cake” as it’s also called. It’s a sponge cake baked with meringue and topped with almonds. It’s layered with lots of vanilla cream and whipped cream. It’s said to originate on the island I’m from and has been voted the National cake of Norway.

But my absolute favorite fika is a cup of coffee with a friend and I hope that Kaffestugan will be the perfect place for people to meet up and have a nice fika with family and friends.

*The Kaffestugan is open Saturdays 10am-2pm
Follow on Facebook @kaffestugan*

I GREW UP IN A SMALL NORWEGIAN TOWN CALLED HARSTAD, almost 200 miles north of the arctic circle. Most of my family still lives in northern Norway and I try to visit at least once a year. I grew up with the Northern lights and the Midnight sun and being in and around nature is still very important to me.

When I was a teenager, I moved to my dad’s who lived in Gothenburg, Sweden and became a Swedish citizen. I went to college in Kalmar, close to Öland, and met my now husband there. After a few years in Stockholm, we got the opportunity in 2014 to move to Boston through my husband’s work.

Same as with so many Scandinavians that I’ve talked to, the plan was to stay two or three years and then move back. That was over eight years ago.

We now live in Tewksbury, with our almost four-year-old daughter Aurora, and one year old puppy Luna - they keep us busy! We love the saying “there is no such



Happenings at the Cultural Center



NELLY & NADINE

There are numerous examples of **REBIRTH** in Scandinavian and Nordic culture. From midsummer that is acknowledged and celebrated as a time of rebirth, renewal, and cleansing. The ancient act of the sauna that, besides the health benefits, is a literal cleansing followed by a rebirth in the cold-water dip post sauna. Then there are the Sagas in which there are many examples of rebirth.

This fall feels like rebirth of sorts for the SCC! Although we had opened some during 2022, two of our most beloved parts, the Scandinavian Library and the Kaffestugan, were not yet open regularly. But that has changed.

On **SEPTEMBER 10TH** we jumped fully back in with the **Kaffestugan** reopening after 2+ years, and the library back open weekly, and TWO opening day events! We kicked off the day with a workshop with our September and October artist, **Ann Bausman**. Ann draws inspiration from her **Finnish** mother's needlework and is committed to work that is green. She uses thrifted and swapped materials and combines them in gorgeous color combinations. During her workshop on **Meditative Stitching** Ann shared some of the stitches she uses to combine and layer fabrics in her own stunning artwork. Later in the afternoon the **Scandinavian Library** screened the Norwegian film **Wild Men**. Later in the month we premiered a new Swedish language learning playgroup, **Svensk Lekgrupp**, for children 0-5 years of age. The group is run by a mother and daughter team **Cilla and Amanda** who believe strongly in the benefits of raising children to be bilingual. The classes are running every other week—you can join at any time.

OCTOBER kicked off in grand fashion as we were the site for the regional meeting for **SWEA** (Swedish Women's Educational Association). Over the two days we welcomed 17 chapters in total: Austin, Chicago, Dallas, Colorado, Houston, Michigan, Minnesota, Florida, Toronto, Atlanta, Boston, New Jersey, New York, North Carolina, Philadelphia, Virginia Beach, and Washington DC. SWEA Boston is a steadfast supporter of our mission to bring the best in Nordic arts and culture to the region—so hosting this felt very special. Later that weekend **Finlandia Foundation of Boston** brought their performer of the year, **Eepi Ursin**. Eepi is a New York -based platinum-selling, award-winning singer, songwriter, and pianist originally from Finland. She took to our Steinway and sang a performance attendees will remember for a long time to come. Next, we held a lecture on Swedish painter, **Gunner Widforss**, who was known for his exquisite paintings of the U.S. National Parks given by curator and author **Alan Petersen** has published a catalogue raisonné of Widforss' works.

SCC MEMBERSHIP TYPES

SINGLE \$75

PLUS \$125

FAMILY \$150

STUDENT \$40 (full time students)

Sign up at www.scandicenter.org



Left: IN THE KAFFESTUGAN now open every Saturday 10-2.

Right: MEDITATIVE STITCHING workshop with Ann Bausman



GUNNAR Widforss

Continuing the month, we screened **Nelly & Nadine** by filmmaker **Magnus Gertten**. Through personal archives shared by Nelly's granddaughter, the film tells the touching love story of two female survivors of the Ravensbrück concentration camp. Closing the month, we got into the Halloween spirit with a screening of the 1922 Swedish silent film **Häxan**. This film was far ahead of its time, being one of the first in the horror genre, premiering the same year as Nosferatu. It constitutently finds itself on the list of many top filmmakers like Guillermo del Toro 100 years later.

November began with a concert from Norwegian guitarist **Timothy Johnson** sponsored by our friends at **Sons of Norway, Norumbega Lodge**. Timothy is familiar with the area, getting his undergrad at Berklee College of Music. Originally hailing from Oslo, he now lives in NYC and works as a composer and educator. We were so happy to welcome him back to the Boston area. We also hung a new exhibit by artist **Bevin Holmberg**, from Falmouth, Maine. Bevin had submitted a piece to SMÅ ART, our virtual small works exhibition fundraiser that we held in 2020. Her piece, dala wales, had a bidding war! Imagine then all our Nordic Hall walls

covered with her adorable pieces! Yes, please!

We're so happy to have so many events on the calendar. Please consider supporting the SCC through membership, donation, sponsorship, or volunteering—we can't do it without you.

Kerry
SCC Director



TIMOTHY JOHNSON sponsored by Sons of Norway, Norumbega LODGE.

FOLLOW US @SCANDICENTER

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



FUNDRAISER



Enter for a chance to win a 12" x 18" giclee print titled "Christmas Market" by beloved watercolor artist Marty Lehman. It is printed on 140# cold press watercolor paper, and the colors are incredibly faithful to the original.

The print will be in an 18" x 24" frame with a 3" white matte.

Each ticket is \$10 (limited to 100 sold) and all proceeds will benefit the programming at the SCC.

please note this is not a physical ticket. Winner will be selected at random from the final number of purchased raffle tickets

Purchase here: <https://tinyurl.com/MartyRaffle>

Thank you for your continued support of the Fund the Future Campaign

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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

Sigurour and Artie Helgason
 Garth Johnson
 William N. Keto
 Drs. Kathy and Philip Millstein
 Gregg C. and Stacy Molander
 Ms. Christine Peterson
 Thomas and Margaret Rogers
 Karen Soorian and Arthur Nevins
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Dana Berg
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 Claes and Carin Dohlman
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 Supporters: \$100-999
 Friends: \$1-99

**As of September 2022
 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.*

Welcome to Our New Residents



MICKI ALEXANDER

Micki Alexander's won the heart of Harley, an Alaskan moose.

Born in Brooklyn, New York, Micki began cultivating her adventurous spirit at an early age. Each summer, as soon as the school year ended, Micki and her family moved to their island summer home in Jamaica Bay. The little cottage lacked electricity: Micki's mother prepared meals on a coke-fueled iron cookstove. But, the days Micki spent on the island were idyllic. She and her young brothers rowed their boat, dug in clam beds, and swam when the tide was full.

While at home in Queens during winters, young Micki skated at the Brooklyn Ice Palace. Micki's interest was speed skating, a sport in which she competed for many years winning several national championships. Micki's achievements included a first-place victory at a New York Daily News sponsored annual Silver Skates women's speed skating event held during the mid-1950s.

Micki attended New York University and enjoyed an interesting career with American Airlines.

After her children were grown, Micki left Connecticut and moved to Anchorage, Alaska where she lived for eight years. This is where a moose Micki named Harley ambled into her yard. Little by little, Harley

made himself at home. It wasn't long before Harley was climbing onto Micki's porch every evening to watch television through a picture window. Micki cleared a path through the deep snowdrifts so Harley wouldn't miss an episode.

Micki is living at the Scandinavian Living Center and appreciates the camaraderie of our SLC community.



LYNNE BAIL

Lynne Bail has committed much of her life to nurturing families-both her own and others.

Lynne learned the importance of family bonds from her Swedish grandmother who taught Lynne how to can garden vegetables and bake a wide variety of delicious pastries.

Lynne received her master's degree from Wheelock College in family support and family education. She spent rewarding years teaching parenting skills to new mothers in their homes. She offered support to homeless women who dropped in for a meal at Boston's Women's Lunch Place. Lynne states, "It's important that we see the difficulties people face."

Lynne, and her husband and children, frequently sheltered immigrant families in their home. One year, they hosted a fourteen-member Serbo-Croatian family

and insured that this family enjoyed their culturally preferred style of yogurt. And, on behalf of families who needed furniture, Lynne and her husband spent many hours productively combing Newton streets for discarded items.

An avid potter, Lynne specialized in creating functional stoneware.

Lynne was introduced to the Scandinavian Living Center by Mary Lou Eschelmann whose mother was a resident.



GEORGE MARTINS

George Martins was born in Providence, RI on June 2, 1933. He has three siblings.

George's fondest childhood memories include watching soccer teams play in the ball field near his home, summer drives to the many Rhode Island beaches, and, after nine years, moving to a suburban area of East Providence where he could walk to the library a block away.

In school, George enjoyed math and science. He remembers being given a chemistry set and almost burning a window curtain when some aluminum powder ignited!

George attended Providence College on a scholarship while he worked as a drug store clerk. George then went off to Yale where he earned his master's degree in physical chemistry. Degree

in hand, George became a chemistry teacher at Newton Junior College and then taught at Newton North High School for twenty-five years where he received the school's Meserve award in teaching.

George's work has been published in *The Science Teacher* and the *Journal of Chemical Education*. He has been a speaker at meetings of the New England Association of Chemistry Teachers. And, for twelve summers, George taught a national course for high school chemistry teachers at Brown University.

George married Georgette, a biology teacher colleague, who was an excellent cook and baker. George has two sons who live less than ten miles from the SLC, and he enjoys the company of his four grandchildren.

George remembers traveling to Nevada, as a chemist for the Army, where he investigated the soil radiation caused by atomic explosions. And, George has fond memories of vacationing with his family at their South Kingston, RI summer home. Here, they entertained extended family, sailed, raked for clams, and took pictures.

Photography is George's main hobby. A member of the Newton Camera Club, George has participated in many competitions and exhibits. George enjoys listening to classical music and jazz, and he now practices American songbook music on the SLC's Steinway piano.

George learned about the SLC by attending Scandinavian Cultural Center events: art exhibits, music concerts, and Saturday movies. He says, "The best features about living at the SLC are the small size, food enjoyment, a challenging fitness center, pleasant staff, and the variety of programs offered, especially the professional classical concerts and the Art Matters Zoom sessions".



PAUL MCINTIRE

Paul McIntire enjoys sports and animals.

When he grew up in Danvers, Paul played on several teams. He recalls getting up at 5:00 a.m. to practice. Paul smiles as he relives the day when his shortstop finesse helped his baseball team win the championship.

An avowed animal lover, Paul's fond of creatures great and small: mice, goldfish, and the "loveable and smart" German shepherds he bred for years.

Paul's good friends include Stupie, a personable mourning dove with whom Paul shares his SLC apartment. A pair of conversational parakeets call Paul's apartment home too.



KATHY MOORE

Kathy Moore grew up in Cincinnati, Ohio where she enjoyed playing high school volleyball.

She's visited several American states and has fond memories of Florida's sunny weather and the grandeur of Niagara Falls.

An enthusiastic bingo player, Kathy enjoys craft projects and music. She's also fond of animals-particularly the "barnyard babies"

that visit the Scandinavian Living Center. Kathy appreciates the SLC's accessibility features including our van transportation service.



JIM NOON

When you hear the tones of a baritone horn as you walk through the Scandinavian Living Center's front doors, you'll say to yourself, "That's Jim Noon."

Jim has enjoyed music all his life, well before the night he walked with his parents and sisters through a Christmas Eve snowfall catching snowflakes on his tongue and looking forward to singing carols at Midnight Mass.

Growing up in Sherburne, New York, Jim has happy memories of school days spent mastering the baritone horn and singing in the chorus.

After finishing high school, Jim joined the U.S. Marine Corps and was assigned to the U.S. Marine Corps Forces, Pacific Band in Hawaii. Jim recalls musically underpinning a variety of occasions including informal parties and a highly formal ceremony that honored President Dwight Eisenhower.

While serving as a Marine, Jim studied chemistry at the University of Hawaii, and in due course Jim received his PhD in physiology from Yale University.

Jim married Liz fifty-two years ago. They have greatly enjoyed exploring the U.S. and Europe with their five children.

Now, Jim is pleased to be part of our Scandinavian Living Center community.

Suzanne Horgan, Fitness Specialist



- Stretching
- Executing physical therapy recommendations
- Alleviating pain/discomfort

Recently I have been focusing my attention on functional anatomy. Learned patterns of behavior as seen in asymmetry, poor posture, and misalignment result in dysfunctional movement and, ultimately, pain and discomfort. By addressing individual patterns, I can offer exercises to strengthen weakened muscles and stretch contracted muscles. Residents benefit from simple exercises taught and repeated in our Fitness Center that can be replicated in their apartments.

In addition to the Fitness Center, we have 2 Balance and Strengthening classes every week. Using resistance bands, the class performs numerous movements that work to strengthen the entire body. Exercises to improve balance are taught and reviewed during each class with encouragement to practice! Our attendance has been wonderful as we meet in the Kaffe Stuga

and enjoy the music and scenery.

On Mondays, all are welcome to join our Walking Group. When weather permits, we walk outside. The apple trees are just about to show their true colors! When we walk inside, we circle the halls and admire the creative doorways of friends and neighbors.

Every month, I hold a Fitness Challenge. Some of the past challenges include Best Attendance in Fitness Classes, Greatest Mileage accumulated with the treadmill and/or NuStep, Longest Amount of time devoted to Fitness Center, and Greatest Number of Days having visited the Fitness Center. The challenge is announced at the beginning of each month along with the winners of the previous month. Congratulations to all our winners AND participants!!

“When it comes to health and well-being, regular exercise is about as close to a magic potion as you can get.”

~Tich Nhat Hanh

“the father of mindfulness”; Vietnamese monk

Stop by our Fitness Center to learn more or to say hello!!
—Suzanne

THE FITNESS CENTER WELCOMES FALL. COLORFUL LEAVES, beautiful mums and sunshine are the backdrop as we exercise in our fully equipped gym.

Residents have been faithfully using the NuStep, treadmill, Keiser machines, free weights, and resistance bands. We are open 4 mornings a week (7:30am to 1pm) for everyone to partake.

While some opt to follow an independent regime, others take advantage of one-on-one fitness instruction. I offer personalized guidance in many areas including:

- Improving balance
- Increasing strength



Rev. Dr. Fran Bogle, Interfaith Chaplain



AUTUMN ARRIVES WITH COOLER DAYS AND BLAZING COLORS...

Rosh Hashanah and Yom Kippur have come and gone. Sukkot happens later in October and The Day of the Dead, Halloween, All Saints Day and Thanksgiving Day are coming up. It is a time of change, and some new things are happening in Spiritual Care.

We have lots of new residents, and it is a pleasure to get to know them. I'm here for folks from all faith traditions and for folks who just want a gentle visit. Jeannie the ministry dog likes visiting too.

As the COVID crisis seems to be lessening, we are happy to be back worshipping in the Meditation Room!

Rev. Diane Wong leads worship services on the first Friday of every month. Diane is an Episcopal priest serving All Saints Episcopal Church in Arlington, MA. We are so happy she is continuing to share her ministry with us.



I lead a worship service on the third Friday of each month. We hope to see more community clergy joining us too. Everyone is welcome at all services!

I'll be here on alternate Tuesdays and Fridays. The Seeking the Sacred nature and meditation photo program continues twice a month.

We will have a special service in November remembering members of our community that passed away this year. It is a time to give thanks for their lives and share our sadness and joy as we remember them. Please join us.

I look forward to ongoing pastoral visits with our residents. The love we share together is the heart of chaplaincy.

Many blessings
Rev. Dr. Fran Bogle

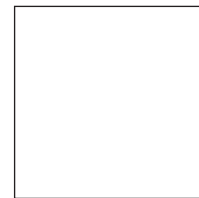
Celebrating the Memory of our Friends

MAUREEN COURVILLE
NELVIA VAN'T HUL



SCANDINAVIAN
LIVING CENTER
&
CULTURAL CENTER

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WEST NEWTON, MA 02465



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

 instagram.com/ScandiCenter

Our Respite Care Program

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. 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.