

# 2023 RATES & APPLICATION PROCESS

As a nonprofit, the Scandinavian Living Center is dedicated first and foremost to serving the needs of elders and their families. While assisted living care is always a significant and valuable investment, we are proud to be among the more affordable options in the Greater Boston area. Please see below for our current rates for long-term residency and respite care stays.

## LONG-TERM RESIDENCY:

Monthly fee: \$7,500

Second person fee: \$1,337

One-time community fee: \$3,500

## RESPITE CARE:

14-30 day stays: \$308/day

31 days or longer: \$286/day

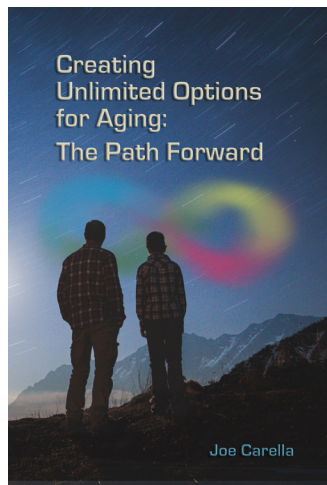
Second person fee: \$122/day

Please note that there is a fourteen-day minimum stay.  
No community fee is required for respite stays.

Does the Scandinavian Living Center sound like the right fit for you or a loved one? If so, please contact our Director of Community Development at 617.467.3177 to discuss residency. Please note that all candidates for residency must meet the assisted living criteria determined by the Scandinavian Living Center. An application and physician's statement can be downloaded directly from our website.



# MEET SCANDINAVIAN LIVING CENTER EXECUTIVE DIRECTOR JOE CARELLA



A big part of what makes the Scandinavian Living Center such a special place is the dedication and passion that every staff member has for his or her work. This commitment is especially evident in Executive Director Joe Carella, who is leading the way in improving our approach to elder care in America.

Joe has written two books. His second book, published in November 2017 and available on Amazon, is entitled “Creating Unlimited Options for Aging: The Path Forward.” It outlines his personal journey and the core Scandinavian principles that result in better lives for everyone. With eye-opening stories and thought-provoking examples, Joe lays out the rationale for community centered living, explores its ramifications, and examines how it can be instituted on a world-wide multi-cultural basis. He also demonstrates these principles every day in his leadership at the Scandinavian Living Center which he sees as a gathering place, a destination for residents, their neighbors and friends and the entire community.

Joe, who has been with the SLC since 1990, holds an MBA from Babson College and an undergraduate degree from Northeastern University. He has served on various non-profit boards in Massachusetts, and has been a guest lecturer at both Northeastern University and Suffolk University. Joe has spoken internationally on the principles behind community-centered living.

THE CORE OF ANY GOOD SOLUTION (TO ELDER CARE) IS MAINTAINING THE DIGNITY OF OUR ELDERS. WE DO THIS BY ALLOWING PEOPLE TO LIVE IN A NON-INSTITUTIONAL RESIDENCE, MAINTAINING THEIR LIFESTYLE, ENCOURAGING THEIR AUTONOMY, AND CONNECTING THEM WITH THE OUTSIDE COMMUNITY IN AN ORGANIC WAY. OUR SUCCESS IS BASED ON THE BELIEF THAT “AGE DOES NOT LIMIT ONE’S PERSONHOOD.”

– JOE CARELLA

# DINING OPTIONS

At the Scandinavian Living Center, 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 not only important for health reasons, but also for the joy and comfort that food can bring. Mealtime is a wonderful social experience for our residents.

In our sun-filled dining room, we offer two different options served by friendly waitstaff and prepared in our on-site kitchen. Residents can enjoy special entrees at specified times, three times daily. They can also choose from our All-Day Dining Menu anytime from 7:30 am to 6:00 pm. Heart-healthy options are always available, as well as those that accommodate food allergies and dietary restrictions.

In addition to meals, we offer three snacks daily. Residents are also able to enjoy the Kaffestugan, a café open to residents and the public on Saturdays from September through late June. With a variety of beverages, sandwiches, and Swedish and Danish pastries to choose from, the Kaffestugan offers the fun of going out for a bite without ever having to leave the building!

## SAMPLE DAILY MENU

### BREAKFAST

Waffles with Maple Syrup; Crisp Bacon; Eggs Your Way; Egg Beaters ♥; Variety of Hot and Cold Cereal; Muffins, Danish, Bagel with Cream Cheese

### DINNER

Fresh Garden Salad; Clam Chowder; Entrée: Poached Salmon ♥ or Baked Ham accompanied by Scalloped Potatoes and Asparagus; Dessert: Limoncello Mascarpone Cake

### SUPPER

Clam Chowder or Fresh Garden Salad; Entrée: Lean Roast Beef with Swiss Cheese accompanied by Vegetable Pasta Salad; Dessert: Assorted Ice Cream

Coffee, tea, milk, juice, and fresh fruit always offered.

♥ Indicates Heart Healthy entrees that are acceptable menu choices if you are on low-fat, low-sodium, or sugar-restricted diet plan. Please note an alternative menu is always available.

