

SCANDINAVIAN LIVING CENTER & SCANDINAVIAN CULTURAL CENTER

NEWS + EVENTS

SPRING 2023



**CULTURAL
CENTER RECAP**
See Page 6

Annelie Connolly

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FREDERICK**
Volunteer
Extraordinaire
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A Message from Joe Carella



IN THE FALL 2022 NEWSLETTER, I ENDED MY ARTICLE WITH THE WORD “**FORWARD.**” This interesting word can have many different meanings. The one I want to focus on is the definition that states forward is “advocating an advanced policy in the direction of what is considered **progress.**” And while we have always felt that our commitment to community engagement through community-centered living was progressive, it is really **common sense** that has existed for decades and simply been embraced by us.

“We always say that we are here when you need us. To be the best that we can be, we need your support as well.”

As we move forward, we are looking forward to the beautiful redesign of the SLC front porch to be completed later this summer. In addition, the renovation of other common areas, and the energy-efficient enhancement and replacement of the boiler system, will take place later this year. Is this **forward?** Well, yes: it is doing the right thing based on a series of thoughtful actions and common sense—a movement supported by the entire community.

Your support as a community of participants, residents, visitors, and donors is essential to our success. I want to thank each and every one of our donors to our Fund the Future

Campaign and to our operations this year—knowing that every gift you make has the ability to nurture, house, feed, and entertain everyone living at or visiting the SLC.

We always say that **we are here when you need us.** To be the best that we can be, we **need your support as well.** Let us embrace the idea of **forward** not only as progress but as action inspired by common sense, community, and doing things right: **moving forward together.**

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

Joe Carella, Executive Director



Annual Ice Cream Social

Wednesday, June 21 | 1:00pm–3:00pm

Join us for:

Cabot's ice cream
Music
Bouncy houses

Mr. Balloon Wizzard
Raffle
And more!!

Around Our Neighborhood

TAKE A LOOK AT OUR ROBUST COMMUNITY PROGRAMMING where neighbors from all around continue to enjoy the interactions made possible by the many different spaces, inside, outside, and virtually.



SOCIALIZING in the kaffestuga!



A VISIT from Barn Babies Traveling Petting Zoo.



RESIDENTS ENJOYING card games with Fran!



A FUN GAME of Bingo!



HOLIDAY COOKIE DECORATING with Stacey!

Continued on next page

AROUND OUR NEIGHBORHOOD

Continued on from page 3



CREATING ART with Linda!



A COZY hot chocolate social!



HAVING FUN at Happy Hour!



PLANTING VEGGIES AND FLOWERS with Brooke!



MAKING VALENTINE'S cards!



A DELICIOUS ST. PATRICK'S DAY Social! (3 photos)



POETRY writing class!

UPCOMING EVENTS

UPCOMING BLOOD DRIVES

There is an urgent need for all blood types! Sign up on our website at www.slcenter.org/upcoming-events/

JUNE 14, JULY 19

AUGUST 16, SEPTEMBER 13

OCTOBER 18

1pm-6pm

CRIBBAGE

MONDAYS & THURSDAYS AT 10:00AM

ANNUAL ICE CREAM SOCIAL

Join the SLC for our Annual Ice Cream Social! We will be serving Cabot's ice cream sponsored by the Village Bank.

JUNE 21

1pm-3pm

TAI YO BA W/ CAM

sign up on our website

TUESDAYS 10-10:50AM &

THURSDAYS 9:00-9:50AM

HELPSY CLOTHING & TEXTILE DRIVE

We are collecting: Shoes, Clothes, Accessories (hats, bags, scarves, etc.), Linens, Towels, Curtains, Throw rugs, Stuffed animals

JUNE 24, JULY 22,

AUGUST 19, SEPTEMBER 16,

OCTOBER 14

9am-12pm

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

Happenings at the Cultural Center

While this is the spring edition of our newsletter, we'd be remiss if we didn't look back to **DECEMBER** and talk about hosting SWEA Boston's much beloved, **Swedish Yuletide**. The event had not been held since before covid and people were certainly missing it! The group was now finding itself without the same sized volunteer base that they previously had. So, of course, when they approached the SCC if we would be interested in hosting a more pared down event, but with the same spirit, we jumped at the chance! This Yuletide would be modeled after Christmas markets in Scandinavia that are held outdoors, even in the cold of the winter. A large tent was brought to the front lawn for an indoor/outdoor market experience. With our fingers crossed that the weather would cooperate we

jumped in. The day was rainy and windy, but not too cold. Advanced tickets sold out quickly, but we had no idea the walk-up we'd receive! Lines formed in an instant. People were patient and just thrilled that they could purchase their favorite Swedish goods for the holiday season and enjoy a Lucia performance. After the recap it was learned that 1000 people came that day! I would say it was a success and helped bolster the funds SWEA Boston uses for their scholarship fund.

JANUARY started with the Scandinavian Library's first selection of 2023 for their long-running film series. An Icelandic selection was first on tap with **Under the Tree**. A dark comedy looking at what transpires when neighbors complain that a tree in the couple's backyard casts a shadow over their sun deck. A documentary screening of **The Elk Forest** was next. The Norwegian film is an intimate story, exploring the need to feel belonging in a fragile, shrinking community.

We welcomed **Eric Inman Daum** in **MARCH** for his lecture **Martin Hedmark: A Modern Swedish Architect in America**. We had originally scheduled this talk for spring of 2020, so you can imagine how happy we were for it to finally happen! Daum discussed Swedish architect, Martin Hedmark who came to the United States in late 1924 to launch his career, primarily as an ecclesiastical architect for Swedish congregations and cultural institutions in America. Daum gave us a detailed look at his first commission for Gloria Dei Lutheran Church in Providence. The attendees found the talk so engaging that some of them soon planned a trip to Providence to

see Hedmark's work in person. **Oskar Stenmark** returned to the Nordic Hall later in the month. Oskar brought something completely new, a multimedia presentation to accompany his original compositions. Oskar debuted this new form using a clip from his relative, former Swedish World Cup alpine racer, Ingemar Stenmark, racing in a truly captivating performance. Later pieces included skier Anja Pärson and tennis player Björn Borg. We closed out the month with all things Finnish. We hosted the second annual **Finnish Sauna Week** with **Finlandia Foundation of Boston** with **Abundance Sauna** bringing the heat! **THREE DAYS of sold-out** sauna appointments on a frigid February weekend! Even our own Joe Carella embraced sisu by not only becoming a sauna convert but braving the ice plunge—as one must! Inside on that Saturday we rounded out the Finnish weekend with Finnish baked goods from **The Kitchen Garden** in Templeton and the documentary **Karaoke Paradise** in the hall. We already can't wait for Sauna Week 2024!

Finlandia Foundation of Boston was back in **MARCH** and brought FFN lecturer of the year **Suzanne Matson** for a talk on **Writing the Finnish-American Story**. An Icelandic doc, **BAND**, looked at a group of women making their dreams of rock stardom happen in midlife. We closed out the month deliciously with **Våffeldagen – Waffle Day 2023**. Always a hit, this may have been our biggest one yet!

On the very first day of **APRIL** we welcomed back Norwegian guitarist **Timothy Johnson** with Japanese Boston based pianist **Hidemi Akaiwa** as an accompanist. One of our favorite



Annelie Connolly

SWEEDISH YULETIDE

SCC MEMBERSHIP TYPES

SINGLE \$75

PLUS \$125

FAMILY \$150

STUDENT \$40 (full time students)

Sign up at www.scandicenter.org



JOE ENJOYING SAUNA WEEK



DR. CEDERLUND

partnerships every spring is partnering to present Scandinavian selections for the **Wicked Queer Film Festival**. This year's picks were shown at the **MFA** and **Brattle Theater**. On a Tuesday evening we joined in a special talk presented in partnership with **The New England Chapter of the Institute of Classical Architecture and Art** for a **SOLD-OUT** night with **Dr. Johan Cederlund**, Museum Director at the Zorn Museum, who gave a presentation of the works, life, and legacy of Anders Zorn. What an honor! Special thanks to **SWEA** for providing refreshments for a post talk gathering. Midmonth we were joined by **Marcus Johnson**, a baritone classical vocalist, pianist. Marcus made many fans with his singing and fun presentation style. The end of the month brought a weekend long Rosemaling workshop with **Sonja Schmidt**. New

and experienced painters used the weekend to learn and develop new skills in the traditional folk painting of Norway. We look forward to Sonja's return in the fall!

While we competed heavily with the first beautiful weekend of the spring, we very much enjoyed the screening of Swedish documentary **GABI: BETWEEN AGES 8 AND 13** to start **MAY**. The film examines the five years in Gabi's life while they are exploring society's stereotypes about boys and girls. Executive Director of **Gender Spectrum, Cam VanFossen**, was on hand for the screening to lead a thoughtful discussion about gender expansiveness with the audience. The **Kaffestugan** brought in new flavors and favs for May celebrating **Mother's Day with Smörgåstårta Day**—a celebration of the savory

Swedish cake—and premiering a savory Norwegian waffle that may just become a staple! Sons of Norway Norumbega Lodge returns to the SCC for their 17. Mai Celebration, a day of music, food, and family fun in honor of Norway's Constitution Day. Always a pleasure, **Newton Art Association**, graces our hall with their **New Members Show 2023** for our last art show before fall.

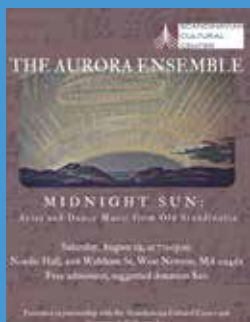
Kerry
SCC Director



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UPCOMING EVENTS



8.19.23 at 7pm

THE AURORA ENSEMBLE:
MIDNIGHT SUN
WORLD PREMIERE
Arias and Dance Music
from Old Scandinavia



Fall 2023

HULDUFÓLK
ICELAND'S HIDDEN PEOPLE EVENT
Stay tuned for more details

www.scandicenter.org

Welcome to Our New Residents



PATRICIA "PAT" CHAISSON

If you were a Waltham resident who enjoyed visiting that city's public library, chances are excellent you'd have met Patricia "Pat" Chaisson. Pat worked for Waltham's library system for fifty-seven years, mostly in the building on Main Street. She enjoyed circulation department responsibilities and visited with patrons as she checked their books in and out. Pat's other duties included keeping track of magazines.

A lifelong Waltham resident before she moved to the Scandinavian Living Center, Pat learned to knit from an older neighbor. She perfected her skill in evening classes and has created interesting pieces. Distinctive vests are a specialty.

For several years, Pat spent summer vacation at Maine's York Beach and visited Clearwater, Florida during the winter.

Now that Pat's moved to West Newton, she's enjoying Scandinavian Living Center activities including bingo and concerts of popular music.



BOBBIE AND DANNY GRANT

Bobbie and Danny Grant moved to the Scandinavian Living Center from the Queens, New York neighborhood of Rego Park.

Bobbie was born in Brooklyn and grew up in New Hyde Park, Long Island. Danny was born in New York City and raised in Bayside, Queens.

As children, Danny and Bobbie enjoyed adventures at sleep-away summer camps in the Catskills. Bobbie has warm childhood memories of playing with her poodle Brandy. As a young man, Danny courted Bobbie in his well-maintained Ford Pinto.

Bobbie and Danny have been happily married for forty-five years.

Bobbie loves to read, and Danny enjoys bowling. They both like to watch movies and travel out-of-state to visit family. Friday afternoon Bingo is a favorite SLC activity.



MARTY HIGGINS

Did you know that some penguins' feather coats are two inches thick? Martin "Marty" Higgins learned this fact when he was asked to "capture" penguins for observation and research.

After growing up in the Elmhurst neighborhood of Queens, New York City, Marty spent a memorable four years in the U.S. Navel Reserve. While serving as an engine mechanic on an ice breaking ship, Marty had the opportunity to observe fascinating environments at the North and South Poles that often were enhanced by beautiful sunsets.

In 1955, Marty's onboard responsibilities expanded beyond maintenance duties. This was an International Geophysical Year: scientific research excitement was high, and Antarctic penguins needed to be studied.

So, Marty helped to collect live penguins for government research.

Marty observed deck hands as they ran after penguins, scooped them up, and transferred them to the large "penguin pool" on board his ship. The penguins then travelled to Washington, D.C. and were transferred to zoos throughout the United States.

His Navy commitment completed, Marty began a 27-year-long career as a programmer for IBM. On September 7, 1957, Marty married Esther Kavanagh, his childhood sweetheart, whom he met in the fourth grade at Saint Bartholomew School in Queens.

In 1964, Marty and Esther moved to Red Hook, New York where they raised their children. The couple's child-rearing philosophy: Try to stay close to your kids during their formative years, and then it all takes care of itself.

The Higgins loved Red Hook and were involved in all kinds of community activities. They enjoyed camping, taking care of their grandchildren, and having friends and family visit. Esther loved going to the casinos, yet Marty never stepped in one. Esther passed away in March of 2014 and is missed by everyone who knew her.

Marty's developed fulfilling ways to find meaning in life. An avid skier, Marty looked forward to many winter hours spent as a ski school instructor. Teaching adaptive skiing to students with physical and mental challenges was especially rewarding. For relaxation, Marty enjoys model ship building and stained-glass design. He is pleased to be continuing to pursue his interests as a resident of our Scandinavian Living Center community.



LOIS KEANE

The supper hour staff at Howard Johnson's restaurant in Newton's Chestnut Hill neighborhood was instrumental in helping Lois Keane earn her business administration degree from Boston College. Lois, an aspiring young Hyde Park resident who worked for New England Telephone, and her husband-to-be had very little time at the end of their workdays to commute to evening classes. Their challenge: how to enjoy a relaxing dinner on school nights. The solution: empathetic Hojo employees!

Once the Howard Johnson's staff understood Lois's and Joe's tight schedule, they made sure the couple had a hot meal waiting for them the minute they walked through the entrance door.

At graduation time, with deep appreciation, Lois and Joe awarded each of their Hojo supporters a hand-crafted honorary "diploma".

Lois enjoyed her career at New England Telephone and advanced to an executive-level management position.

Now, living at the SLC, Lois appreciates the multiple interests of fellow residents and values the relationships she's building with them.



NANCY CIRILLO RUGGIERO

Nancy Cirillo Ruggiero has always shared her interests and talents with others.

A Brooklyn, New York native, Nancy wanted to grow up to be a violinist. She began lessons at age four-and-a-half and before the age of nineteen won the Walter W. Naumburg Foundation Award for her mastery of the instrument. This honor enabled Nancy to showcase her ability at a significant recital in Manhattan's Town Hall.

As a performer and educator, Nancy has shared her musical gifts with appreciative audiences and students in the United States, Europe, and Asia. A New York Times music critic has described Nancy as "a musician of appealing lyricism. She makes the music sing...she has a sparkling technique."

After moving to Eastern Massachusetts, Nancy became a founding member of Boston Musica Viva, the country's oldest professional contemporary music ensemble. Nancy traveled extensively with this group. She recalls a memorable Boston Musica Viva tour, sponsored by the U. S. State Department, in which she and her colleagues performed in East Germany and Russia.

A music educator, Nancy taught at New England Conservatory and Wellesley College. Partnering with her husband,

Continued on next page

NEW RESIDENTS

Continued on from page 9

also a professional musician, Nancy founded and coached the Asian Youth Orchestra thus mentoring young talent in Pacific Rim countries.

In addition to maintaining her interest in music, journalism, and history, Nancy is committed to grass roots political action. She campaigned for Senator Elizabeth Warren and has lobbied on social issues of the day with the Friends Committee on National Legislation.

And, of course, Nancy deeply cherishes her children, grandchildren, and great-grandchildren.

Pleased to be settling into life at the Scandinavian Living Center, Nancy appreciates the friendliness and courtesy of SLC residents and staff.



ERNA SJÖBLOM SANCHEZ

Erna Sjöblom Sanchez grew up in Kotka, Finland, an important harbor city on the Baltic Sea. As a young girl, Erna spent crisp winter days learning to skate and ski and warm summer evenings sailing and boating with her family at their island summer home.

In September 1939, bombs dropped on Kotka. World War Two began when Erna was ten, and the military action stretched on for five years. Erna remembers the bravery with which the adults in her community steadfastly

made the children feel loved and secure.

Erna graduated from nursing school, moved to the United States, and enjoyed working at the Mayo Clinic in Rochester, Minnesota. While at the Mayo, Erna met and married a Mexican physician: a fellow in pathology. The couple lived in Mexico for several years where Erna had the opportunity to develop her interest in pre-Columbian art.

Eventually, Erna moved to Massachusetts. Her Swampscott home, lovingly decorated with interesting antiques and landscaped with an attractive garden, has space to nurture five children, six grandchildren, and one great-granddaughter.

Erna describes life at the Scandinavian Living Center as “hygge”: the Swedish word for friendly and cozy.



GUNDULA SUNDGREN

Gundula Sundgren and her three sisters grew up in Helsinki, Finland during difficult times as World War II was raging, but also happy times at the family’s seaside summer cottage playing hide-and-seek in the woods and learning to swim in the waters of Gulf of Finland.

Born into a Swedish-speaking family, Gundula learned Finnish from neighbors and then in school. English was also taught at an early stage, and then German and French in High School. When graduated, she attended the

Swedish School of Economics which prepared her for jobs as a secretary writing business letters in foreign languages. Gundula’s husband, John, wanted to work for international organizations, so they spent two years in Santiago de Chile where he worked for the United Nations, and she stayed at home with their two small children. Then two years in Finland, until at the beginning of 1969 they moved to the Washington, D.C. area as John had been offered a job at the International Monetary Fund. And there they stayed - in the pleasant suburb of Falls Church, Virginia.

Gundula got a job supplying clients in Scandinavia with much needed scientific and technical documents published in the United States. The children – Jan and Lenja – did well in the Fairfax County public schools. John travelled much for work, and having done that for many years the IMF paid for Gundula to join him on a trip to what was then known as Rangoon, Burma. And when they had more time they travelled a lot to the American Southwest, much enjoying the beauty of the landscape there.

Gundula is pleased to be living near her son in Waltham and meeting new neighbors at the Scandinavian Living Center.

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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:
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Scandinavian Cultural Center.

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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.

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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.

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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*

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Marianne Hessner and Albert Sokol
Jean Holmblad
Anne Homme
Virginia Inglis
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Soren Jensen
Ernest W. and Constance E. Johansen
Kristen Johnson
Donna Johnson
Sandra A. Johnson
Marcia Karp
Stephen and Laurie Koster
Carsten V. Kowalczyk
Lise Lange and Myles Striar
David and Patricia Larsson
Jan and David Lenihan
Susan and Timothy Lindblad
Robert and Sandra Lloyd
Joan Mickelson Lukach
Kirsten Lundberg
Britta and Donald McNemar
Sayuri Miyamoto
Kathy and Philip Millstein
Network for Good
Gerald C. and Lillian P. Newcombe
Kenneth Nickerson
Vera Nordal
Alexandra Novina
Janet and Manny Paraschos
Chauncy Perry
Pamela Petronzio
Mark Potocki
Clifford O. and Karen Pielgaard Reid
Helle Reznik
Mrs. Linda Ross
Anna Sawtelle
John and Janice Schwartz
Anne and Donald Sheck
Elissa Sherman
Ruth Sundberg
Anne Swanson

Maria E. Truslow
Susan Vik
Cynthia Walsh
Wendy L. Watson
Lise Kaae and Jørgen Wedel
Bertil, Sandra and Toby Wikstrom
Stanley A. Wilen
Carl O. and Nancy J. Wirsén, Jr.
Vivian Ytterhus
Daryl Zerveskes

1-99

Gloria J. Ascher
Susan A. and Michael J. Bagnulo
Robert Belden
Dale Bengtson
Fran Bogle
Jon Bonsall
Arthur Bookstein
Iris Carlson
Shelia Callahan
Stephen Choy
Linda Christianson
Carol Chudnofsky
Anita Lofgren-Chung and Paul C. Chung
Harvey and Cynthia Cream
Marcus Dahllof
Elsie C. Fiore
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Eve LaMonica
Charles Von Laudermann
Gunilla Levenson
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Tomas and Lena Lofgren
Barbara Love
Thomas Manning
Jeannette Micciantuono
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Ann W.
Purcell
Retired Men's Club
Peter Rosenbaum
Sandra Roth

Herbert Selander
David Sellers
Joan Starkman
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Giving Levels:
Golden Circle: \$50,000 and above
Patrons: \$10,000-49,999
Benefactors: \$5,000-9,999
Contributors: \$1,000-4,999
Supporters: \$100-999
Friends: \$1-99

**As of April 2023
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.*

Suzanne Frederick—Volunteer Extraordinaire



SUZANNE FREDERICK (nee Westerberg) was raised in Helsingborg, Sweden in 1942 along with her three siblings. Moving to Boston in the 1960's was an easy transition because she loved cold winters.

She came to the USA with the desire to better herself in the English language, and her father agreed to the move as long as she paid her own way. She settled in an apartment on Beacon Hill and got a job as a medical secretary at Mass Eye and Ear where she met her husband, Albert (Buck) Frederick, an up-and-coming surgical ophthalmologist who eventually founded Ophthalmic Consultants of Boston (OCB). They have been married since 1969 and currently live in Newton.

One day in the early 70's, Suzanne got lost driving on Waltham Street as she was looking for a camera store. She happened to notice a building with a Swedish flag alongside an American flag. Curious, she went inside and introduced herself to

Mildred Lundstrom, the director of what was then the Swedish Home, a rest home whose beginnings dated back to 1917. She was immediately taken with the home and its residents and offered to volunteer right there on the spot. She drove the residents in a van to picnics and different activities, helped organize smorgasbords with other board members, and loved to listen to the life stories and memories that the residents shared with her.

By the time the Swedish Home merged with the Norwegian Home in 1999 to form the Scandinavian Charitable Society of Greater Boston, her volunteerism only grew. The Scandinavian Living Center opened its doors in 2001 as an assisted living residence on the Newton site, and by then she had already established herself as someone who would never turn down the opportunity to help out. Her favorite motto, which she attributes to Dr. Erling Johansen, is that "you shouldn't do anything if you don't do it right." Along with Dr. Johansen, she helped to raise several million dollars for the SCSGB's fundraising campaigns in its initial years.

Buck and Suzanne have been important donors to the Scandinavian Charitable Society since its inception. In 2014 they initiated the Suzanne and Albert Frederick Resident Friendship Fund to support creative resident-focused programs and services. They have always been generous

to the SCSGB whenever asked.

Everyone who has come across Suzanne's path knows that her volunteerism is unparalleled. Besides serving a term as president, she has selected and hung hundreds of paintings throughout the building, helped decorate and furnish many of the rooms, spearheaded many projects, been an advisor on a number of fundraising efforts and has, for decades, spent every Tuesday in the administrative office doing whatever is asked of her.

Suzanne says "I continue to be impressed by Executive Director Joe Carella's empathy and skills in navigating the road to aging. He understands that you really have to have others surround you and has succeeded in carrying out his philosophy of community-centered living by inviting visitors inside the SLC to exchange thoughts, ideas and talents to prevent isolation. Those in the community get to see that aging can be productive and those that live here have the opportunity to nurture friendships and participate in experiences beyond the walls of the SLC." She adds, "Aging is not for sissies...you can't do it alone".

Outside the SLC, she has volunteered as President of the Mass. Eye and Ear

Infirmity Ladies Visiting Committee, the Wellesley Historical Society, and the

Suzanne Horgan, Fitness Specialist



to help every resident achieve their full potential. This includes use of:

- Agility ladder for coordination and balance
- Aerobic step for leg strengthening, endurance, and balance
- Keiser equipment for total body conditioning
- Treadmill for endurance and practice for some walking without assistance
- NuStep for both strength and cardiovascular endurance
- Free weights and resistance bands for strengthening
- Putty/hand exercise balls for grip improvement

Our goals take into account a wide range of abilities. We strive to move with more

ease and comfort. Often the goal is to rely less on a walker. We also aim to improve alignment and gait. Functional analysis steers us to corrective exercise. Regular movement both inside and outside the gym is encouraged. Our balance and strengthening class complements Fitness Center sessions. In addition, we have many avid walkers who enjoy both indoor and outdoor walking for fitness and pleasure. Our newest residents have been eager to either continue their existing exercise regime or to start on something new.

Ageing is not “lost youth” but a new stage of opportunity and strength.

—Betty Friedan

Best in health,
Suzanne H

I AM THRILLED TO REPORT that over half of our residents visit the Fitness Center on a regular basis! While some prefer to work independently, others prefer the one-on-one coaching that I provide. We work on cardiovascular endurance and strengthening as well as stretching and balance. It is my goal

COMMUNITY CONNECTIONS

Continued from page 14

Women’s Educational and Industrial Union (WEIU) whose purpose was to help underprivileged women.

Suzanne has never regretted her decision to migrate to the United States as it opened a lot of opportunities for her. But, she admits, “Half my heart is in Sweden.” To Suzanne, we say “tack sa mycket.” Thank you very much!

Celebrating the Memory of our Friends

GRETA CARLSON
STANLEY WILEN
ANNA VERHULST

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

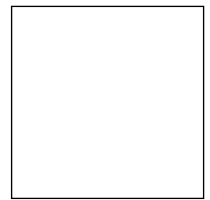


SCANDINAVIAN
LIVING CENTER

&

CULTURAL CENTER

206 WALTHAM STREET
WEST NEWTON, MA 02465



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

 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. 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.