



SCANDINAVIAN LIVING CENTER +

SCANDINAVIAN CULTURAL CENTER & LIBRARY

# NEWS + EVENTS

SPRING 2024



## BHARATANATYAM DANCERS PERFORMED

See Page 3 for more events Around Our Neighborhood

## IN THIS ISSUE

**ANNUAL ICE CREAM SOCIAL**  
FRIDAY, JUNE 21ST  
2:00 PM - 4:00 PM

**ANNUAL ICE CREAM SOCIAL**  
Join us for Cabot's Ice Cream!  
Page 16



**HAPPENINGS AT THE CULTURAL CENTER**  
Midsummer picnic coming soon! Page 6



**SPOTLIGHT ON DAVE SELLERS**  
Executive Director of the John M. Barry Boys & Girls Club Page 14

## A Message from Joe Carella



THE RECENT TOTAL ECLIPSE OF THE SUN CAUSED ME TO THINK ABOUT DIFFERENT EXPERIENCES OF DARKNESS AND LIGHT, both in natural and spiritual terms. Some people saw the eclipse in its totality—the sky turned dark. Most of us experienced the partial eclipse that allowed a tiny part of the sun to shine through. Even with this small fraction of sunlight, the entire sky remained bright.

The concentrated power of a small section of the sun represents the power of our supportive community over the years. Our Fund the Future list, which represents cumulative special gifts made from 2019 through March 31 of this year (see page 10),

support now enables us to look forward to completing other necessary projects, such as upgrades to the Nordic Hall, the reception area, the public bathrooms, the dining room, and the Kaffestugan. Following these we plan to upgrade our apartments.

**“In the end, our efforts together enliven the entire community, especially the neighbors of the Living Center.”**

continues to show the enormous influence our supporters have in helping us make capital improvements and provide programs that enrich everyone in our community.

With your help, in 2023 we were able to replace our aging boiler system and our outdated front porch. Your continuing

I'm thrilled to report that on January 1, 2024, two wonderful organizations—the Scandinavian Library and the Scandinavian Cultural Center—came together as one nonprofit organization. This new and very natural combination of forces will increase our collective capability to share the best of Nordic ideas and culture. It will be another shining light for all of us to experience and enjoy together. See the exciting news on page 7.

In the end, our efforts together enliven the entire community, especially the neighbors of the Living Center. I want to thank all of you for your ongoing support and trust. Your energy is the persistent light that keeps me optimistic and brightens our future.

Enjoy the sun! And thank you for your generous spirit that keeps us moving forward.

A handwritten signature in black ink that reads "Joe Carella".

Joe Carella, Executive Director



# 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.



**CHOCOLATE FONDUE Social Hour**



**STAFF LOOKING AT SOLAR ECLIPSE**



**BUSINESS MANAGER Brooke's Last Day**



**ARTS AND CRAFTS**



**MOTHER AND DAUGHTER at Arts & Crafts**

*Continued on next page*

## AROUND OUR NEIGHBORHOOD

Continued on from page 3



INTERN DENISE'S Last Day



STAFF APPRECIATION



COOKIE DECORATING



PIE SOCIAL



DINNER TRIP to Gustazo's in Waltham



OPENING DAY Luncheon

## 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/](http://www.slcenter.org/upcoming-events/)

JUNE 12, JULY 17,  
AUGUST 14, SEPTEMBER 11,  
OCTOBER 16

1pm-5pm

### 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.

FRIDAY JUNE 21  
2pm-4pm

### MUSIC MONDAYS

A Variety of Musicians Join Us

JUNE 3, AUGUST 19,  
SEPTEMBER 23, OCTOBER 7,  
NOVEMBER 4, DECEMBER 16

2pm-3pm

### HELPSY CLOTHING & TEXTILE DRIVE

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

JUNE 15, JULY 13,  
AUGUST 24, SEPTEMBER 21,  
OCTOBER 19

9am-12pm

For more information on upcoming events, visit [www.slcenter.org/upcoming-events/](http://www.slcenter.org/upcoming-events/)



## Happenings at the Cultural Center

THE RECENT INTEGRATION OF THE SCANDINAVIAN LIBRARY AND THE SCANDINAVIAN CULTURAL CENTER IS an excellent time for reflection. A little look into how it all started and where we are now.

The birth of what we know today as the SCC&L came from a carriage house that once sat at the back of the property, which they called the Cottage. At the time a group of Scandinavian women were looking for a place to gather with other Scandinavians. That is precisely what they did. To start it was an informal spot

for Scandinavian people that lived in the area to see others, talk in their native tongue, drink coffee (of course) and eat waffles and discuss current events. One thing they wished they had were newspapers from the Nordic countries. Sadly, that was not in the budget. Our own Astrid Carliner wouldn't let this stop them. What did she do? She called the airlines of course. Yes, that's right. She called the airlines and asked what they did with the newspapers after the flights. Toss them out was the answer. But what if they collected them and passed them on to the group? And that's just what they did!

In 1994 it became more formal, gaining non-profit status as The Scandinavian Library and Information Center. With the energy and excitement of the group, in a short three years there were already 3000 books in their collection. Between 1995 and 1996 the public events increased from 5 to 19. 1996 is also the year that the organization started their monthly movies, noting in a newsletter that they were purchasing a large screen tv!

So, it began.

**“It is good people who make good places.”  
— Anna Sewell**



Author Anna Sewell is quoted as saying, “It is good people who make good places”. This couldn't ring truer than here at the Scandinavian Cultural Center and Library. While many have contributed to the grassroots success of what is happening today, some 30 years later, none have been involved longer and with such passion as **Astrid Carliner**.

Astrid has exemplified what it means to give. Since its founding so long ago along with **Heidi Hipple** and **Ullabrit Lam** Astrid has been here more Saturdays than not. After all these years you can still find her welcoming, connecting and sharing her knowledge and passion for her Norwegian culture, art and books— and if you bring in a baby, she is sure

to hold it so you can browse the books.

On a more personal note, Astrid was one of the earlier meetings I had when I started at the SCC. I felt an instant welcome. Working with her was effortless and while we were separate organizations it never felt that way. I have been honored to work alongside her as well as considering her a dear friend.

The honor only grew when she announced her retirement and that she was in favor of the two organizations merging and allowing me to steward the organization into the future.

Thank you for your dedication, Astrid. There are countless people whom

ON JANUARY FIRST WE BECAME THE SCANDINAVIAN CULTURAL CENTER & LIBRARY. We find ourselves at the forefront of creating the next generation of the organization. We're not another department at the SLC. We're coming into our own with a new commitment to reaching even more broadly into Scandinavian culture and attracting larger audiences, but we need your help. And so, we have created the **Founder's Circle**, A new form of annual membership—call it uber-membership—to enhance our ability to secure ambitious programming and projects and attract new attention. The Founder's Circle is going to offer annual memberships from \$1,000 to \$10,000—with each level having special benefits.

We are pleased to say that thus far we have the following members, which include pledges from the **Honorary Consuls from Finland, Norway, and Sweden**:

**Presenting Sponsors:**

Anonymous  
The Nordic Group

**Envoys:**

The Village Bank  
Tryggve Fossum

**Associate:**

SWEA Boston  
Tonje Gulbrandsen—Honorary Consul of Norway in Boston

**Friend:**

The Iagnemma—Lund Family Gift Fund  
Henrik Totterman—Honorary Consul of Finland in Boston

We are so grateful for this extraordinary jumpstart.

Please join the Founder's Circle—and be our ambassadors to the next generation of artists and audiences that will see the

Scandinavian Library as a place to perform, partake, and participate for years to come.



*Continued on page 12*

your years at the Library have and will continue to touch.

In recognition of this service the Board of the Scandinavian Library has established the **Astrid Carliner Book Fund** for dual purpose of paying tribute to Astrid Carliner for her 30 years of leadership and dedication to Scandinavian Library and for the purpose of funding the purchases of books for the Scandinavian Library. To contribute, please open this QR code with your phone camera.



**SCC MEMBERSHIP TYPES**

SINGLE \$75  
PLUS \$125

FAMILY \$150  
STUDENT \$40 (full time students)

*Sign up at [www.scandicenter.org](http://www.scandicenter.org)*



**FOLLOW US @SCANDICENTER**

Subscribe to our email list for monthly updates on upcoming events at [www.scandicenter.org](http://www.scandicenter.org)

**UPCOMING EVENT**



**6.22.24**  
MIDSUMMER PICNIC  
11AM–2PM

Ticket includes boxed lunch, flower crown making, music & dancing around the maypole.

# Welcome to Our New Residents



## MARTHA BANCROFT

When Martha Bancroft looks out the “windows” of her Scandinavian Living Center apartment, she enjoys comforting views of France, Scotland, and Cape Cod.

During a career that spanned thirty years, Martha served Weston, MA as a high school art teacher and as art director of the town’s public school system.

Martha’s “windows” are personally created full-sized paintings of curtained windows. They open onto memorized landscapes of three locations Martha treasures.

One “window” offers a sunny, summer view of the Atlantic Ocean as seen from Martha’s childhood cottage in Brewster Park. The second recalls Martha’s college junior year abroad. It looks beyond geranium filled window boxes into Monet’s Garden. The third “window” opens onto a hillside in Prestwick, Scotland, on which sheep graze contentedly. Martha lived in Prestwick as a newlywed.

In addition to her love of art, which includes photography, Martha enjoys singing with accomplished musical groups and playing the flute and piano.

A long-time Newton resident, Martha is pleased to have moved to the Scandinavian Living Center. She likes its “beauty, its atmosphere, and its help to the elderly”.



## WILLIAM “BILL” KETO

William “Bill” Keto has viewed our world from distinctive vantage points. Bill grew up in Maynard, MA. His neighbor, head of the high school science department, sparked Bill’s lifelong interest in photography and other exciting applications of technology.

After graduating from high school, Bill spent much of his next thirty-two years serving the United States federal government. Bill joined the U. S. Air Force where he taught pilots instrument navigation. After four years of active duty, Bill returned to civilian life and earned a business administration degree from Salem State College.

As a civilian, Bill accepted employment at the Hanscom Air Force Base Electronic Systems Center of the Air Force Systems Command. Bill embarked on a career path in which he capably served the Center: initially as budget analyst, ultimately as program director.

While he was supporting the mission of the U.S. Air Force, Bill stepped onto the tarmac of over twenty countries including Hungary, Bahrain, Japan, Thailand, and Turkey. During the 1990s, Bill helped newly independent Hungary modify its Soviet-era MIGs.

In 1991, Bill sponsored a weekend celebration that recognized the participation of the Electronic Systems Center in the success of Desert Shield and Desert Storm. During his time at Hanscom, among other responsibilities, Bill oversaw the compliance of nations regarding the Strategic Arms Limitation Talks Treaty. Bill notes that he once flew a jet in Sweden—the only jet he ever flew.

After his retirement, Bill moved to the Village of Cotuit, Barnstable, Cape Cod. Bill and fellow Barnstable volunteers have done much to restore area salt marshes and to offer welcoming hospitality, at Joint Base Cape Cod’s Shelter of Last Resort, to travelers in need.

Bill has been an active member of our Scandinavian Living Center community since its inception: Bill’s father was a transitioning resident of The Swedish Home.

Welcome home, Bill!





**GUNVOR LOWE**

Gunvor Lowe is Scandinavian through-and-through: born in Helsinki, Finland to a Norwegian mother and a Swedish dad. As a young girl, Gunvor enjoyed Elizabeth Taylor’s and Peter Lawford’s star performances in Hollywood’s Little Women after she’d read the novel in Finnish and reflected on its story line in Swedish.

During high school, Gunvor enjoyed competitive sports-badminton, Finnish-style girls’ basketball, handball, and skiing.

Gunvor graduated from nursing school. She then accepted an au pair position in Massachusetts to test whether living in the United States might suit her. Finding New England to her liking, Gunvor enrolled at Saint Vincent Hospital School of Anesthesia in Worcester, MA and became a certified registered nurse anesthetist.

Gunvor married, moved to Michigan, and returned to Massachusetts. The couple settled into a comfortable Acton home for half a century, and Gunvor enjoyed a fulfilling career at Emerson Hospital.

Gunvor has been an active member of the Scandinavian Cultural Center and Library since its inception.



**LYNDA MAHONEY**

From the perspective of Lynda Mahoney, the pastimes of Cape Anne and Cape Cod summers offer a special kind of joy.

Lynda remembers swinging in her grandparents’ Gloucester, MA backyard hammock, climbing on rocks at the beach, visiting ice cream stores, and playing softball with friends as a teenager.

Years later, as a loving wife, mother of two daughters, and grandmother of two, Lynda helped her family build life-enriching memories at the summer home they built in Harwichport.

While Lynda was growing up in Newton, she enjoyed playing outdoor sports as well as spending time indoors learning to sew. Lynda made the gown she wore to her high school senior prom, and she has maintained a lifelong interest in the arts and skills of design, decorating, and craft making.

Lynda’s professional career path led her from the role of elementary school teacher to that of school psychologist.

In addition to living in Massachusetts, Linda has called New York State and Florida home, and she has warm memories of exploring Europe and the Caribbean extensively with her husband.

At the present time, all Lynda’s family members live in New England, and she is grateful to be living close to them.



**BEVERLY ORLOVE**

Beverly Orlove grew up in Montgomery, Alabama.

As a young girl, Beverly read novels set in New England and Robert Frost’s poem “Stopping by Woods on a Snowy Evening”, and she became intrigued by the idea of moving to the United States’ Northeast corner someday.

Active in the Civil Rights Movement, Beverly courageously followed Hosea Williams and John Lewis across the Edmund Pettus Bridge on Bloody Sunday.

Beverly graduated from The Julliard School in New York City, taught music at Atlanta’s Emory University, and experienced fulfillment as a concert pianist.

In 1981, Beverly moved to Massachusetts and bought a home in Newton.

Now a Scandinavian Living Center resident, Beverly thinks the world of her nearby children and grandchildren and is glad she can enjoy their good company often.

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

Cumulative gifts made between September 1, 2019 and March 31 2024. Fund the Future encompasses building and program projects from short-term necessities to long-planned capital improvements.

## 200,000+

Albert R. and Suzanne Frederick

## 100,000+

Charles H. Farnsworth  
Charitable Trust

## 15,000-49,000

Anonymous  
Estate of John R. Elander  
Jacob Friis and Hyun-A Park  
Sigurdur and Artie Helgason  
Terje and Brigitte Korsnes  
Nordic Group  
Sharyn Sooho  
Eleanor O. Soorian estate  
Leonard and Florence L. Wilson  
The Village Bank

## 10,000-14,999

C. William and Alice D. Bergquist  
Carl and Susan Carlsen  
Drapkin Family  
Dr. Alan Sooho

## 5,000-9,999

Win I Barnard  
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Liz Sooho Peirce  
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## 2,500-4,999

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Norway  
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## 500-999

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Kim Holden  
Anne Homme  
Virginia Inglis  
Philip C. Jacobs  
Soren Jensen

*Note: Gifts of under \$100 to Fund the Future will be listed on the SLC website.*

*\*As of March 2024  
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.*

Ernest W. and Constance E. Johansen	Joan Mickelson Lukach	Clifford O. and Karen Pielgaard Reid	Abigail Walsh
Kristen Johnson	Kirsten Lundberg	Helle Reznik	Cynthia Walsh
Donna Johnson	Britta and Donald McNemar	Mrs. Linda Ross	Lise Kaae and Jørgen Wedel
Sandra A. Johnson	Sayuri Miyamoto	Anna Sawtelle	Robert Weidman
Marcia Karp	Network for Good	Milton and Homai Schmidt	Bertil, Sandra and Toby Wikstrom
Stephen and Laurie Koster	Gerald C. and Lillian P. Newcombe	John and Janice Schwartz	Stanley A. Wilen
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Lise Lange and Myles Striar	Vera Nordal	Elissa Sherman	Vivian Ytterhus
David and Patricia Larsson	Alexandra Novina	Anne and Laura Sommers	Daryl Zerveskes
Jan and David Lenihan	Janet and Manny Paraschos	Ruth Sundberg	
Susan and Timothy Lindblad	Chauncy Perry	Anne Swanson	
Robert and Sandra Lloyd	Pamela Petronzio	Maria E. Truslow	
Tomas and Lena Lofgren	Mark Potocki	Susan Vik	

## Opportunities to Support Our Work

The **Scandinavian Living Center** is a nonprofit assisted living center taking an inspired approach to elder care. By adopting core Scandinavian principles, we have created a senior living community where individuals from all cultures and backgrounds can lead connected, fulfilling lives. We are committed to empowering residents by respecting their individual needs and providing exceptional care and support. With a cultural center and a variety of amenities and services right in the building, the SLC is a welcoming place for residents and visitors alike. For more information, visit [www.slcenter.org](http://www.slcenter.org)

The **Scandinavian Cultural Center & Library** is a destination for the exploration of traditional and contemporary Nordic culture and complimentary cultural experiences. The Cultural Center is committed to being the premiere hub for Nordic cultural activities in New England by sharing important elements of Scandinavian culture with and providing thought-provoking events for residents of Newton and greater Boston. The Nordic Hall at the SLC is our primary performance and exhibition space. For more information, visit [www.scandicenter.org](http://www.scandicenter.org)

### Give a Gift of Cash

To make a gift online, please go to [www.slcenter.org](http://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.

### 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.

### IRAs/Qualified Charitable Distributions

You can donate directly from your IRA without ever receiving it as income. That enables you to give the full amount you withdraw to charity rather than what's left after you pay the individual income tax due on the funds you withdrew—resulting in no taxes ever paid on your income.

### 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 our community.

*However you choose to give, 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](mailto:jcarella@slcenter.org), or Richard Teller, Director of Philanthropy, at 917-340-9952 or [richard@slcenter.org](mailto:richard@slcenter.org)*

## An Appreciation for Terje Korsnes

It is said that you can't choose your family, but less is said about the family that chooses you. We are here to celebrate someone who has, to our great good fortune, adopted both the Scandinavian Living Center and the Scandinavian Cultural Center and Library—and we are here to say thank you.

Terje Korsnes. Adventurer. Father. Business owner. Sailor. Advisor. Cultural Counselor. Philanthropist. Friend. Have we forgotten something? Probably. What we will never forget is Terje's commitment to every aspect of the SLC and the SCC&L, including his time as a board member of the Scandinavian Charitable Society of Greater Boston, the mother of us all.

Terje's commitment runs long and deep and complete; it is at once creative and quiet. Terje leads by example and listens with sublime power. His involvement with us goes back years, but here we want to call attention to his actions of the past several months—and continue to thank him!

On the occasion of the recent merger of the Cultural Center and Library, Terje made an extraordinary commitment of \$100,000 to be paid over four years. The first installment created the Astrid Carliner Book Fund to honor the remarkable three decades of tireless, cheerful, abundant work in support of the Scandinavian Library. How wonderful that this unique resource will always be able to invest in new books, in their original languages, in Astrid's name! In this generous gesture, Terje pays tribute to our past to help assure our future.

And if that weren't enough, Terje's company, the Nordic Group (which, if you didn't know, supplies the salmon and cod for the SLC kitchen and the Kaffestugan) became the first \$10,000 Presenting Sponsor of the Founder's Circle. Leading by example. Giving good counsel. Inspiring us to be our best and honor those who have done their best for us. And, always, supporting the next generation of artists and audiences that will see the Scandinavian Cultural Center and Library as a place to perform, partake, and participate in for years to come.

Another great Norwegian, Henrik Ibsen (1828-1906)—one of the most influential playwrights of his time and of all time—said, "A thousand words will not leave so deep an impression as one deed."

For countless deeds and words of generosity and wisdom, Thank you, Terje.



Kerry Lavin  
Executive Director  
Scandinavian Cultural Center and Library



Richard Teller  
Director of Philanthropy  
Scandinavian Charitable Society of Greater Boston



# Thank You to Our 2023 General Donors

## Gifts made between January 2023 – December 2023

### UNRESTRICTED DONATIONS

AA Rental Center  
 Amazon Smile  
 Gloria J. Ascher  
 Jeffrey Berg  
 Carol Bergeron  
 Marilyn Berman and Mark Froimowitz  
 Jean Nielsen Berry  
 Barry and Judith Caplan  
 Iris Carlson  
 Della Chiesa Amelio Trust  
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 Essex County Foundation in honor of Terje Korsnes  
 Fidelity Charitable  
 Maureen Grannan and C. Doll  
 Susana Lannik and Mark Gorstein in honor of Sharyn Sooho  
 Susan Lindblad  
 Gunvor Lowe  
 Beverly McClure-Davey  
 Nordic Group in honor of Joe Carella and Sharyn Sooho  
 Helle and Steven Reznik  
 The Rotary Club of Newton  
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 Susan Seppa  
 Niclas Svedberg  
 Peter Skerry  
 Richard Teller  
 Ann and Peter Vachon  
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### CULTURAL CENTER SPONSORSHIP AND MEMBERSHIP

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 Terje and Brigitte Korsnes  
 Gerhardt Krammer  
 Mary E Lavenberg  
 Carl Lavin  
 Joan Moore  
 R. Perrone and D. Price  
 Stephanie Rogers  
 Ginga Sewerin-Olsson  
 Sharyn Sooho  
 Isabelle Stanton  
 Bjorn Steffensen  
 Donna Tartaglino

Jo Ann Thompson  
 Peter Vatne  
 Cynthia Walsh  
 Janet Peterson White  
 Kaj Wilson

### EMPLOYEE APPRECIATION

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 Bay State Federal Savings Charitable Foundation  
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 Margaret E. Cusack  
 Jay Drapkin  
 Danny and Alice Grant  
 Richard and Linda Guzzi  
 Martin Higgins  
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 Beverly McClure-Davey  
 Wendy McDonald  
 Kathy Moore  
 Elizabeth Noon  
 Carl and Alexandra Novina  
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 Nancy Cirillo Ruggiero  
 Sharyn Sooho  
 Gundula Sundgren  
 Rosann Wade  
 Judy Wessells  
 Doris Zappala

### ERLING & INGER JOHANSEN FUND

Stefan Ahlblad  
 Anthony Cimmino  
 Chauncy Perry  
 Susan Vik

### FREDERICK FRIENDSHIP FUND

Linda Christianson  
 Audrey Dipillo  
 Alexander Gaudio  
 Nordic Group

### Special thanks for the memorial gifts received in 2023 in memory of the following individuals:

Greta Carlson  
 Marianne Malmgren  
 James Noon  
 Stan Wilen  
 Anna Verhulst

### MEMORIAL DONORS

Ann-Marie Blomquist  
 Joe Carella  
 Nancy Hayward  
 Vajlit Jackson  
 Robert Joyce  
 Terje and Brigitte Korsnes  
 Elizabeth Noon  
 George and Filippa Sabatini  
 Ruth Sundberg and Karen Swan

## Dave Sellers—The Heart of the Boys & Girls Club



UPON MEETING DAVE SELLERS, THE EXECUTIVE DIRECTOR OF THE JOHN M. BARRY BOYS & GIRLS CLUB OF NEWTON, one is immediately taken in by his warm smile, engaging manner and caring heart. He proudly shows off the 25,000 square foot building with its many activity rooms featuring art, education, technology, sports and a fantastic gymnasium. He calls the BGC “the best kept secret in Newton.”

The club was originally founded in 1890 on Dalby Street as the Nonantum Athletic Association, a volunteer-based organization focused on sports and vocational training for young people. In 1954 it was incorporated and joined the Boys Clubs of America, providing coed activities after the building was bought from the archdiocese and programs were expanded. In 2000, after a multi-year fundraising campaign, the current property on Watertown Street was

purchased from the City of Newton and, since then, 50,000 youth have come through its doors. It serves children ages 5 to 18, is a licensed childcare facility, provides a mentoring program and has a \$1.5 million budget. It offers teens a safe place to gather and have fun. During the Newton teachers’ strike this year, the BGC provided a safe place for children to attend while schools were closed.

Membership is affordable, and no one is turned away due to inability to pay. The BGC will provide free membership to school age children of any migrant family that moves into the Family Navigation Center slated to open this spring in West Newton, another example of the club doing whatever it takes to help young people.

Dave, who grew up in Watertown, was a BGC member himself. Once he graduated from the University of Massachusetts with a Bachelor’s degree in Business Administration, he went to work for the organization providing administrative support followed by serving as its Athletic Director. He eventually became its Executive Director in 2007, succeeding his own father, Dave Sellers, Sr. He admits he was pretty surprised by the way things turned out, but sitting at the desk his father once sat at, one can feel his pride and respect as well as his love for the club his father helped build.

Dave has been a member of the Rotary Club of Newton for 16 years, which is how he was introduced to Joe Carella and the Scandinavian Living Center. Although both organizations are on the opposite ends of the spectrum, the mission of the Boys and Girls Club, to *enable all young people to reach their full potential as productive, caring and responsible citizens*, is certainly compatible with the Scandinavian Living Center’s philosophy of community-centered living. In the case of the BGC, it is achieved through a “kaleidoscope of fun-filled programs.” With the SLC, residents maximize their full potential, as well, by minimizing their isolation through programming and community.

After Dave’s father suffered a stroke at age 67, he saw the isolation his father experienced and how debilitating it was. Since baby boomers are beginning to need this care, he realizes “the importance of bringing in outside experiences that open one’s eyes to different views. Community-centered living provides this type of engagement.” He is impressed that the SLC understands its communal responsibility in the collaborations it seeks and the programs it offers.

Dave ends by saying that “Joe has shown great flexibility in leading the Scandinavian Living Center and has set a good example

*Continued on next page*

## Suzanne Horgan, Fitness Specialist



shown the efficacy of strengthening in regard to improving bone density, I continue to encourage weight training.

We continue with our Stand-Up class every Monday. Participants learn skills and strategies to help them to both prevent a fall and to fall with minimized injury. From single-legged toe tapping to weight shifting to lunging, we work hard to improve our balance!

In our Strengthening Class held every Wednesday and Friday we use resistance bands to strengthen all major muscle groups. The exercises can be performed either sitting or standing. This is a total body workout with options to modify as needed.

All of our classes are now held in the Fitness Center. It's wonderful to have the space to hold class! With the

addition of music, we move with effort and enjoyment.

Also in Fitness, we are now holding presentations in the Nordic Hall. Our first presentation held in March addressed Exercise and the Brain. We learned how research has proven that exercise not only "ignites the brain" increasing neural activity, it also increases the actual size of the lobes of the brain. This is tremendous as brain benefits relate to the prevention and/or slowing of dementia. More presentations to follow!

I am further excited to say that more classes are scheduled to debut in the coming months. Stay tuned and stay healthy!

Best in health,  
Suzanne H

IT'S AN EXCITING TIME FOR OUR FITNESS CENTER! With a fresh new carpet and paint, the Fitness Center is bright and welcoming!

We have created a new strengthening and balance wall consisting of a balance bar, resistance bands, and TRX training. An aerobic step, Airex mat, and Bosu are also available for use under supervision. This area is essential for muscle conditioning, fall prevention, and stretching. As countless studies have

### COMMUNITY CONNECTIONS

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of showing the magic that takes place within the Center's walls." This includes one of his favorites, the yearly ice cream social! He has great hopes that the collaboration - and the magic - will continue.

## Celebrating the Memory of our Friends

WIN I. BARNARD  
PETER GUZZI  
MARTIN "MARTY" HIGGINS

ANNE SOMMERS  
LAILA ROGERS

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



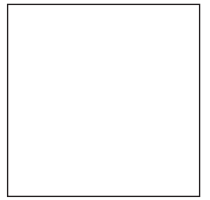
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