

SCANDINAVIAN LIVING CENTER +

SCANDINAVIAN CULTURAL CENTER & LIBRARY

NEWS+EVENTS

FALL 2024

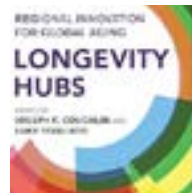
DOOX OF YALE IN THE NORDIC HALL An all-gender Tenor/Bass A Cappella Group



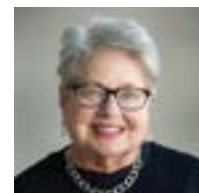
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A Message from Joe Carella



Recently I became aware of one of those business acronyms (like ROI for Return on Investment) that hit me like a ton of bricks because it seemed so right for what I've experienced in the past year. It's called BHAG—and it stands for Big Hairy Audacious Goals. And yes, it's a thing.

Following major surgery in the fall of 2023, I suffered temporary paralysis and a series of physical setbacks. During the healing process I knew I needed to have outsized goals to live up to everything people depended on me for and everything I needed to accomplish. What I needed was a BHAG moment—setting goals to achieve what others might think is impossible. For me, one Big Hairy

Audacious Goal would be personal and the other professional.

My personal goal was to run a marathon (26.2 miles) by October 2024. In hindsight, it was silly. I was never a long-distance

runner; I'd undergone two knee operations along with back surgery and was told my running days were over. According to pretty much everyone, it was too risky. The pushback from doctors, nurses, family, and friends was understandable. To make matters worse (and unknown to me at the time) there would be six more corrective operations that would cause numerous delays in my training. To many, my goal was too ambitious, but I was determined and was prepared to do it alone.

So. Marathon training. You don't go from recovery to 26.2 miles in an instant. You take small steps at first, a few miles at a time, as your muscles and joints adjust to exertion. You walk first, then you jog, then you commit to a 5K, then you double that. Then you double that again and keep at it and learn along the way that the only way to overcome challenges is to not get stuck in despair but to move

forward one step at a time—always forward.

During my attempts to get well and train to reach my first goal, I often contemplated the journey toward my professional goal: securing

“... let me tell you, taking on a marathon as a community is a journey that so many friends and supporters have already been a part of.

the future of the Scandinavian Living Center, Cultural Center, and Library. That in itself is like another marathon! How would I go from the personal to the communal? Similar to my marathon preparation, I understood that there would be setbacks and obstacles. Knowing what I know about the SLC after 30 years, this quest would not be about going it alone! This was always going to be about coming together—and moving forward—as a community.

And let me tell you, taking on a marathon as a community is a journey that so many friends and supporters have already been a part of.

- When we launched the Fund the Future campaign back in 2019, it was to begin a 10-year plan to galvanize community support to renovate, rejuvenate, endow, and ensure the future of this organization that we love and believe in.

Continued on page 8

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

Cumulative gifts made between September 1, 2019 and September 30, 2024. Fund the Future encompasses building and program projects from short-term necessities to long-planned capital improvements.

\$400,000+

Estate of Win I Barnard

\$300,000-\$399,000

Suzanne and Albert R. Frederick Jr.

\$100,000-\$299,999

Charles H. Farnsworth Charitable Trust

\$40,000-\$99,999

Anonymous

Artie and Sigurdur Helgason

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Estate of John R. Elander

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\$15,000-\$24,999

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Estate of Eliot I. Leaf

Nordic Group

Sharyn Sooho

The Village Bank

\$10,000-\$14,999

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\$1,000-\$2,499

Beauport Financial's Richard D. Wilson

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Dana Berg and Robert Minturn

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Flansburgh Architects

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Drs. Kathy and Philip Millstein

Ms. Christine Peterson

Thomas and Margaret Rogers

Karen Soorian and Arthur Nevins

Elsa Wormald

**The listing includes only cumulative gifts of \$1,000 and greater. We are grateful for the many other gifts received to Fund the Future and will list them on the SLC website. Thank you.*

**As of September 30, 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.*

Happenings at the Cultural Center & Library

Signature events can be a big part of what makes an organization what it is. For example, when you think about our Library, the monthly movie. If you've been to a few of them, you may even recognize some of the women who have come every month for just about as long as it has existed. There is comfort in looking forward to something you enjoy, be it monthly, yearly, or what have you.

In September we held our second **Huldufólk** event, an enchanted dwellings celebration. This Icelandic themed event was inspired by Iceland's hidden people, the huldufólk. We married this with

the American fairy walk, where community members created their own interpretation of dwellings of the huldufólk. Think natural materials: pinecones, bark, moss, sticks, etc.

The submissions are in two categories, adult (13+) and youth (12 and under). We've been so lucky to have many participants from the Girl Scout troops that meet in our Library on Sundays. What I can tell you is that if you didn't know they were youth submissions you may be surprised by the level of the creations. The Nordic Hall is transformed into a magical space showcasing all the creations. There is a table with offerings that can be laid

near your favorites—the huldufólk are especially fond of treats. We have signage throughout the space that has facts about the beings and their role in Icelandic culture even today.

This year we had three vendors, **Newtonville Books, Bobo** and **Buggie** (a felter), and a gnome maker. The team from Newtonville Books made and submitted their own little village, complete with a swimming pool! They also had crafts to make at their table!

Another component that makes the day extra special is that we run it to coincide with **All Around Newton's**





Bakery Crawl.

If you aren't familiar with All

Around Newton, you should be! It's founder and Newton resident, **Lauren Berman**, started her company during the pandemic to promote contactless food options in Newton, in-turn helping local businesses survive in the darkest of times. Bakeries participating in Lauren's two-day event are added to a map and people self-guide their way through stops, getting samples and purchasing other items as they like. The **Kaffestugan** took part on Saturday, giving out our heart shaped waffles as samples and having a special "fairy juice" for sale

to go along with the event in the hall. For many, this was their first visit to the SCC&L.

Paired with the perfect fall day, the two events brought over 500 people into the building. 384 of them voted for their favorite enchanted dwellings. Children and adults alike enjoyed all the day's offerings.

Huldufólk: An Enchanted Dwellings Celebration is now one of our signature events that you can look forward to each September.

Some of you may be thinking, "wasn't that when the Viking festival happened?" Not to worry! We've

shuffled things around and now **Berserk: A Viking Festival**

for All will be held in the spring! So, mark your calendars for May 31st, 2025 for its return.

We are thrilled to have our season of events bookmarked. We hope to see you at both, and of course in between.

Kerry
Executive Director, Scandinavian Cultural Center & Library



SCC MEMBERSHIP TYPES

SINGLE \$75
PLUS \$125

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

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

UPCOMING EVENTS

12.8.24
LUCIA CONCERT WITH THE
NORTHBOUND SINGERS

January & February
EXHIBIT: JULIANA GAGNE
A Massachusetts based
multidisciplinary artist of Sami
descent

Welcome to Our New Residents



ANITA LORRAINE

Of Swedish and Scotch-Irish heritage, Anita Lorraine grew up in Nyack, New York down the road from actor Helen Hayes. Anita recalls that she met Helen Hayes' son, Hawaii Five-O star James MacArthur, when he was an infant.

Because her father worked at a nearby shipyard, Anita was able to appreciate the ocean and learn to sail at an early age. As she grew older, Anita also became an avid skier.

After attending the Rhode Island School of Design, Anita married and raised a family of four. She merged her interest in art and her abilities as an athlete to develop a career teaching creative movement to children and adults. Anita taught at Boston's Garland Junior College and Simmons College for twenty-seven years.

Anita says, "I'm interested in people from all over the world," and has been to Sweden four times. Anita became acquainted with our Scandinavian Living Center community during the 1980s when she visited her older cousin Ingeborg who lived at the Swedish Home.

ARDEITH FROEBERG

Raised in Seymour, Connecticut, a manufacturing town northwest of New Haven, Ardeith Froeberg learned to appreciate her caring family and her culturally diverse community at a young age. For most of her life, Ardeith has known the mealtime appeal of lasagna and latkes. And, she fondly recalls how excited she was when Uncle Jay built the special coop for her bantam chickens.

After she graduated from Byrant College in Providence, Rhode Island, Ardeith embarked on a business career that led to administrative positions in three Connecticut companies.

A second marriage brought Ardeith to Massachusetts where she and her husband met Scandinavian Charitable Society past presidents John and Ruth Elander at Waltham's First Lutheran Church. Over the years, the couples became friends.

During this time, Ardeith also became the loving matriarch of her blended family. Ardeith's adventurous spirit has inspired her to travel to Saudi Arabia and Jordan and to explore the pleasures and challenges of bird carving.

As she settles into life at the Scandinavian Living Center, a community she already describes as "home", Ardeith looks forward to sharing her interests with appreciative, caring neighbors and friends.



BETSY GERMANOTTA

A native of Milwaukee, Wisconsin, Betsy Germanotta grew up in a musical family. Betsy's father was a church organist and high school music teacher, and her mother was a pianist. On weekends, Betsy, her parents, and her twin brothers regularly gathered around their home piano. Forming an appreciative ensemble, each family member contributed his or her respective instrument: piano, violin, clarinet, and French horn to create a deeply satisfying sound. Betsy's family thoroughly enjoyed creating classical and popular music together.



While becoming a life-long music lover, high-school-aged Betsy played in her school's marching band and spent fulfilling hours exploring her skills as a visual artist.

Betsy graduated from North Central College in Naperville, Illinois with a degree in English and French. She then enjoyed her career as an elementary education teacher as she inspired third and fourth graders to learn and grow.

A teaching position at Curry College in Milton brought Betsy's husband to Eastern Massachusetts where the couple established their home and raised four children.

In addition to enjoying music, Betsy writes poetry and short stories. And, she's building relationships with fellow Scandinavian Living Center residents. Each resident has a story to tell.



KARL BYSTROM

Karl Bystrom and his two sisters grew up near Nabba Hill, a popular overlook that faces a beautiful lake. Karl's father, who was born in Michigan and had worked construction in New York City, felt called by his heritage to purchase a small farm in the scenic countryside of Finland's Swedish-speaking region.

During Finland's Winter War and World War II, Karl's family opened their home to refugees who fled their country's Soviet Union-facing East Coast. And, Karl was unable to attend first and second grade because displaced families were living in the town's school.

As he grew up, Karl enjoyed playing league and pick-up sports, and he learned cabinet making at a technical high school. Following graduation, Karl opened a sawmill in Finland and then worked in Sweden for five years. After hearing old-timers reminisce about their adventure-filled days in the United States, Karl decided to move to America. He settled in Central New Jersey where he married, built a house, and raised a son and daughter.

Finding enjoyment in exploring new places, Karl has travelled extensively. He's taken photographs of the North Pole and Antarctica, South Africa and South America, and Northern China.

As Karl settles into life at the Scandinavian Living Center, he will greatly enjoy opportunities to chat with fellow Swedish Finns.

LETTER FROM THE EXECUTIVE DIRECTOR

Continued from page 2

- When we merged the Cultural Center and Library at the end of 2023, that too was part of our plan to strengthen our programmatic and institutional forces and focus on fundraising for future successes.
- In October of this year, we started another part of our journey toward the future with a legacy giving and financial planning event with Kathy Sablone, an expert estate planner and trusted friend. We discussed ways to protect ourself and our loved ones while supporting nonprofit organizations like the Scandinavian Charitable Society of Greater Boston.
- And soon we'll be launching the last phase of our marathon that began in 2019—a comprehensive campaign with Big Hairy Audacious Goals for capital improvement, growth, and sustainability long into the future.

Just like training for the marathon, securing the future will take a few phases—modest goals before we get to the big one. As a community I know we will succeed. Many of you have been with us every time we've started a new project and celebrated its completion, most recently our beautiful new front porch—the Frederick

Veranda—which has been enjoyed by residents and their families all summer and fall. You'll see a magnificent new front lawn the next time you visit, and some wonderful new landscaping in the spring!

And what's next? Here we go. Over the summer we worked on plans for two new projects and submitted proposals to 15 foundations to help support our progress. It will take time before we hear back from these foundations, but you can be most helpful to our success in the meantime.

- Project 1 includes renovating the Resident Library, the Chapel, the Private Dining Room, the Resident Care Office, and two public bathrooms.
- Project 2 includes renovating the Dining Room, the Kaffestugan, Reception, two public bathrooms, and improvements to the Nordic Hall.

These upgrades will be appreciated by everyone who enjoys the Living Center and Cultural Center & Library for years to come. So far, we have raised about \$300,000 of the \$1 – \$1.3 million we require. It's exciting to launch projects that will benefit our community for decades—and I invite you to join us as we shape the future! We can't do this without you.

My personal journey confirmed for me the value of reaching higher than we think possible to experience the joy and satisfaction of confidence.

I'm happy to report that on October 12, I exceeded my audacious marathon goal of 26.2 miles and ran 28.07! And I am now inviting you to be part of our next challenge.

I look forward to our ongoing adventure, and I thank you for the contributions you have made.



Executive Director Joe Carella Addresses Concerns of Aging Societies

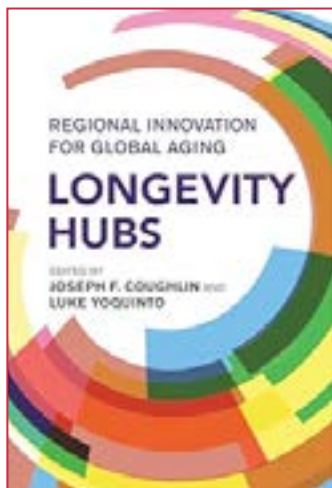
Arriving November 19 from MIT Press

We're thrilled to announce that Joe Carella is among the entrepreneurs, researchers, designers, public servants, and others included in this collection of essays on solutions to the challenges of aging societies. Joe's chapter, *Community-Centered Senior Living Works for Seniors and Communities*, is part of the section on Housing.

The essays explore the idea that specific regions around the world will soon distinguish themselves as *longevity hubs*—homes to high economic and innovative activity for older populations. The book opens on Greater Boston,

with the collected articles comprising the "Longevity Hub" special project that ran in the Boston Globe in 2021 and 2022. Then it zooms out to take in a more global stage, written by representatives of cities staking a claim as international models of aging innovation.

To purchase, please [click here](#) or use the QR code to your right



New Chaplain Services for Residents and Families



Our chaplaincy services are now being provided through Marketplace Chaplains. What that means is that in addition to having weekly chaplain visits at the Scandinavian Living Center which include alternating weeks for Worship services and Bible studies, we also have access to chaplains from across the country. Therefore, if a resident has a family member in another state who needs support, arrangements can

be made to have a chaplain in that area reach out to them there.

Our Chaplain is available to serve residents and your family in any situation – at no cost – while extending care, concern, compassion, and hope.

Chaplain Cheryl Turner is the local chaplain who is serving residents and family members in the area. She is generally on site on Thursdays from 9:30 am – 1pm. Available at other times as needs arise, she will also make hospital visits and provide care for grief, funerals, and memorial services for residents and families.

New Offering:

Ecumenical Bible Study with Chaplain Cheryl Turner

Engaging with the Psalms

Designated Thursdays at 11 am in the Chapel December 5th and December 19th

The Psalms often resonate with readers because they reflect a range of human emotions – thankfulness, frustration, joy, sorrow, fear, trust. You're invited to join Chaplain Cheryl Turner as we read and discuss various psalms together.



Honoring 15 Terms: A Journey of Dedication and Service



As she wraps up her 15th and final term as State Representative of the 11th Middlesex District, Kay Khan has touched many lives in the Commonwealth since serving the city of Newton since 1995.

Kay began her career as a nurse, earning her bachelor's degree from Boston University School of Nursing and a master's degree in psychiatric Mental Health Nursing in 1981, graduating with honors. She worked at Boston Children's Hospital in pediatrics, spent some time teaching at Boston University School of Nursing, and later became a therapist in private practice in Newton for many years. As her children grew, she began volunteering for the Newton Democratic City Committee, served as an advisor to Family ACCESS (formerly the Newton Community Services Center), and joined the Boards of the Newton Cultural Alliance and the New Philharmonia Orchestra.

In 1994, Kay successfully ran for State Representative believing that her background in health care had readied her for the challenges of policymaking and fighting for equal rights for all. "Every move I make considers the psychological and physical health of Massachusetts residents as well as the economic impact on their livelihood." She also attributes her interest in politics to her father, an immigrant who grew up in Nazi Germany but completed his medical residency in America. As State Representative, Kay

With close to 30 years of public service, she remarks, "It has been a great privilege to help so many across the Commonwealth while serving on committees that affect public policy issues such as homelessness, criminal justice reform, and early childhood education and care. I've worked on so many levels to support educational initiatives, press for affordable housing, advocate for better access to transportation, and bring back state dollars to help enhance parks and recreational spaces.

We are so grateful to Kay for her strength, her wisdom, and her lifetime of dedication, and wish her the very best as she enters into her next act.

has held a multitude of positions addressing equality and inclusion, and in 2009 was appointed to serve as the House Chair of the Joint Committee on Children, Families and Persons with Disabilities, serving in this capacity for 12 years. Some of her recent legislative victories include a ban on conversion therapy for minors, the creation of the Special Commission on Racial Inequities in Maternal Health and a complete ban on child marriage under 18 without exception. Of the 45 bills she filed at the beginning of the current session, she says "there is still important work to be done... until my final day in office comes to an end."

As a founding member of the Newton Cultural Alliance, Kay met Joe Carella in early 2000 when she heard of his interest in bringing the arts to the residents of the newly expanded Scandinavian Living Center. "We at NCA invited him to join our board, and he was delighted with this idea. We are still big supporters of Joe and his vision for older residents living at the center, a wonderful example of how best to age in a place that reaches out and brings community to the residents." She admires Joe's view of Community Centered Living and the odyssey he has so passionately undertaken to introduce it to the field of eldercare. Kay says, "Joe Carella was part of this movement from

Opportunities to Support Our Work

Fund the Future: for long-term capital and program needs. Our latest renovation plans include:

Project 1: the Resident Library, the Chapel, the Private Dining Room, the Resident Care Office, and two public bathrooms.

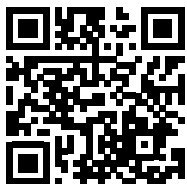
Project 2: the Dining Room, the Kaffestugan, Reception, two public bathrooms, and improvements to the Nordic Hall.

Having raised about \$300,000 so far, we have \$1 million still to raise to complete both projects!

Scholarship Fund: named for **Dr. Erling and Inger Johansen**, provides critical support to residents if they become unable to afford their monthly fees.

Friendship Fund: named for **Suzanne and Albert Frederick Jr.**, supports resident and community programs, including classes, trips, lectures, and performances.

Scandinavian Cultural Fund: supports the myriad programs that run throughout the year for the entire community.



[Click here to donate today!](#)

Astrid Carliner Book Fund: supports the ongoing acquisitions of the Scandinavian Library.

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.

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, or Richard Teller, Director of Philanthropy, at 917-340-9952 or richard@slcenter.org

COMMUNITY PARTNER

Continued from page 10

the beginning and is still a force in the arts and cultural world."

We are so grateful to Kay for her strength, her wisdom, and her lifetime of dedication, and wish her the very best as she enters into her next act. We know she'll be as productive as ever!

Celebrating the Memory of our Friends

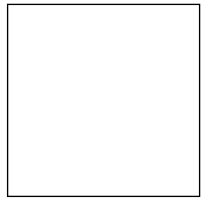
DORIS ZAPPALA
GEORGE MARTINS
LINDA MAHONEY
MARGARETHA JACOBSON



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206 Waltham Street
West Newton, MA 02465



PLEASE JOIN US

CHARCUTERIE BOARD WORKSHOP

Join us at the Scandinavian Living Center for a fun and delicious event where you get to curate your own charcuterie board with Chef Dan Panaggio and enjoy some wine pairings! Learn the art of pairing meats, cheeses, fruits, and more to create a masterpiece that will impress your friends and family. Whether you're a charcuterie connoisseur or a beginner, this event is perfect for anyone looking to up their hosting game. Don't miss out on this opportunity to indulge in some tasty treats and unleash your creativity!

THURSDAY, DECEMBER 5

Cost: \$15 | Time: 6pm-7pm

Register by November 22!



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