

# THE BRIDGE

Connecting People and Communities



Scott L. Swanson  
President/CEO

Dear Friends and Neighbors:

Spring! We are anxious to enjoy our beautiful gardens and patio but in the meantime we have thoroughly enjoyed each other during the long, cold and snowy winter. Games, crafts, music and much laughter continue to fill the wintry months.

Fortunately, we haven't been homebound. Residents are really enjoying tooling around in our wonderful new 12-passenger bus. We've made trips to the St. Patrick's Day Parade in Norwood Park, Trader Joes, city tours, WalMart and more.

We are excited to introduce our new online magazine, The Hope Chest. Please enjoy reading about it in this newsletter and then subscribe through our website to receive the weekly posts.

I've been spreading the word about The Danish Home to people who want to learn more about how they can be involved with us. I've

attended an event at the Nordic Museum in Washington and visited friends of The Danish Home on the west coast of Florida.

We are fortunate that The Danish Home remains occupied with people who truly appreciate the Danish style of living. This is made possible through gifts to the charitable fund, which may allow people to remain here even if their financial resources have been exhausted. We are spearheading a matching gift campaign to plant a rose garden on our campus, and our most recent allocations from the Foundation allowed us to renovate the Health Care Suite and to purchase the bus.

If you would like to support The Danish Home or resident life, we welcome your involvement financially or as a volunteer. Just call me and we can review what works best for you.

Sincerely,

Scott

## LIFE AT THE DANISH HOME

### Breaking Stereotypes

**B**y literally breaking some boards, a group of residents at The Danish Home of Chicago have figuratively broken some stereotypes about the golden years. Ed Lim, resident life coordinator at The Danish Home has been teaching Tae Kwon Do to a group of women residents.

Ed said that he started offering the martial arts program last fall. "My goal was for the participants to have the ability to disarm me and to break a pine board. Those are two elements of martial arts classes in the



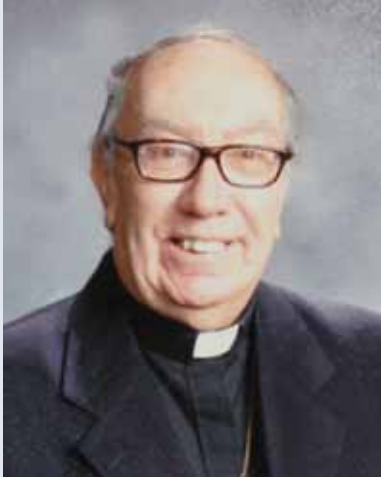
progression to the next belt. I told the residents that even if they never have a physical encounter, Tae Kwon Do helps with balance,

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The  
**Danish  
Home**  
Foundation

773-775-7383



Reverend Doctor  
Warren Frank Best

**The Danish Home  
Loses a Friend**

We are saddened by the loss of Reverend Doctor Warren Frank Best, who for 56 years, attended to the spiritual needs of the residents of The Danish Home. Pastor Best's extensive theological education helped to guide his counsel to those in need at The Danish Home and to the parishes he served. He was known for his ability to cross religious doctrines to relate to people of all faiths and in different places of their spiritual journey. Pastor Best shared his stories of his frequent travels to Holy sites and amused audiences as a puppeteer during the holidays. His very personal and generous touch was greatly appreciated.

Welcome Pastor Michael Starby from the Edison Park Lutheran Church as the new pastor of The Danish Home. He will continue to offer weekly services, visit people in the hospital and tend to the spiritual needs of residents, families and staff. Pastor Starby also plans to expand youth participation into The Danish Home programs.

**A Chest of Treasures  
from the Past...  
and Hope for the Future**



The *Hope Chest* is an entertaining and whimsical online tale created to honor the legacy that the 12 founding women of The Danish Home made culturally and historically, as well as within the long-term care system. Blending facts with a fictional storyline and weaving historical and current day events, this is a celebration of Danish and Scandinavian contributions to American culture (and vice versa). Additionally, it's a way to cultivate and promote The Danish Home, its residents, staff, volunteers, and donors while communicating our mission.

The story begins as our narrator finds an old chest brimming with letters, photos, and personal effects belonging to one of the founding women of The Danish Society for Old People (which eventually became The Danish Old People's Home, and then The Danish Home of Chicago). This find

launches a journey to find out more about the amazing founding women and their significant contribution to Danish and American

history. Along the way the narrator contemplates the cultural and social similarities and differences between this time in history, and our present society. She is inspired by frequent trips to visit her grandmother, lovingly referred to as Mormor, who is a resident of The Danish Home.

Come along on this journey by visiting our website [www.DanishHomeOfChicago.org](http://www.DanishHomeOfChicago.org) and selecting *The Hope Chest* from the homepage. Then subscribe to receive weekly updates to this delightful, informative and fanciful tale. There is so much happening at The Danish Home of Chicago, and we have such a rich history to share. Visit [DanishHomeOfChicago.org/the-hope-chest/](http://DanishHomeOfChicago.org/the-hope-chest/)

**Breaking Stereotypes**

*Continued from page 1*

coordination and motor skills," Ed said. Last month, he had the residents demonstrate their skills during The Danish Home Olympics event. "I think they forgot their strength. My arm is still sore. The fact that my wrist still hurts a week later means that they disarmed me properly. They also all broke ¾ inch thick official pine boards," he said.

Martial arts is not the only non-traditional program that Ed ran for the residents in honor of the Olympics. "We had a target shooting competition with Nerf revolvers and I also introduced the residents to fencing. We had a lot of fun doing this," said Ed. "These were different activities than we normally do. There's a stigma attached to senior living. People think all we do is BINGO and beanbag tosses. Those are fine and some of our residents enjoy them, but we do so much more."



# CELEBRATIONS

## Annual Benefit

Our annual benefit was held on the exquisite grounds of Cantigny, where Colonel McCormick's home and the 1st Division Military museum can be experienced. Our event honored the Danish and American militaries in *A Salute to Freedom*.



During the event where a delicious brunch and award ceremony took place, our clever magician and other entertainment delighted every generation. Even the Royal Danish Guard was present for exhibition and a Civil War re-enactor spoke about the Scandinavian immigrants' role in the Civil War.

This year's recipient for the Essence Award was the Women's Auxiliary. They were honored for their tireless and generous donation of time and resources to The Danish Home residents.

With nearly \$40,000 raised from the event, The Danish Home is yet again reminded that the health of the organization and our community is largely due to our generous benefactors and the tireless efforts of our volunteers.



Our new 12-passenger bus is fully equipped with a wheelchair lift and generous room so residents from every level of care are able to enjoy our outings. We used it to attend a play at DePaul's Merle Reskin Theatre called "Number the Stars."

# From Our Kitchen

## Danish Wilted Salad

Serves 8

- 1/2 lb bacon
- 1 medium cabbage, shredded
- 1 onion, chopped
- 1 garlic clove, minced
- 1/2 cup tarragon vinegar
- 1 cup sour cream



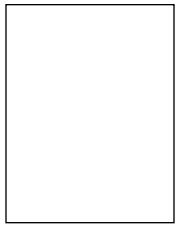
1. Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown. Remove bacon, crumble and set aside. Reserve bacon fat.
2. Add the onion and garlic and fry in the bacon fat until browned.
3. Add the vinegar. Bring to a simmer and add the cabbage and bacon. Saute briefly and add sour cream. Serve warm.

# HOLIDAYS

## The Danish Home Celebrates Christmas

Christmas begins on December 23 for our residents and their families as they celebrate Lillejuleaften or "Little Christmas" with traditional woven red hearts and Christmas goats (Julbok) made of straw.





## UPCOMING EVENTS



### **Annual Summer Fest**

Sunday, June 22, 2014

On the grounds of The Danish Home of Chicago

### **The Danish Home Foundation Annual Benefit**

Sunday, September 21, 2014

Arlington International

### **Annual Fall Fest**

Sunday, November 2, 2014

At The Danish Home of Chicago

### **WOMEN'S AUXILIARY EVENTS**

#### **Spring Luncheon**

Saturday, April 12, 2014

At the Old Orchard Country Club

#### **Salad Luncheon**

Wednesday, May 14, 2014

At The Danish Home of Chicago

#### **Annual Membership Meeting and Brunch**

Saturday, October 11, 2014

At The Danish Home of Chicago



**Sponsorship opportunities for the Annual Brunch and Benefit at Arlington Park and Racetrack are available now. Please call Scott for more information (773-775-7383).**