

Nordic Gerontological Federation

GeroNord

News on research, developmental work and education within the
ageing area in the Nordic Countries

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Words from the President

Dear friends & colleagues,

Welcome to the last newsletter of the year from the Nordic Gerontological Association. Since the last newsletter, the 26th Nordic Congress in Gerontology has been held in Odense, Denmark, in June 2022. Consequently, the Danish Gerontological Society (DGS) has taken over the presidency for the next two years. We look forward to that!

A change of presidency also means it is time to extend a warm *thank you* to Steinunn Thordardottir from the Icelandic Geriatric Society, who has done an excellent job as President of the NGF since the 26NKG in 2021. We look forward to collaborating together in the Executive Board of the NGF.

The Nordic Gerontological Federation (NGF) was founded 1974 as an umbrella organization for the gerontological and geriatric organisations in Denmark, Finland, Iceland, Norway and Sweden. The main purpose of NGF is to support and encourage research, developmental work and education within gerontology and geriatrics. This is fulfilled through the organizing of biannual Nordic gerontological congresses, through news and information distribution and through other initiatives.

In general, the Nordic countries have a long tradition of cooperation. This year marks 60 years since the Helsinki Treaty was signed, and with it the foundation was laid for a strong Nordic cooperation. Nordic cooperation is important. The Helsinki Treaty was concluded against a backdrop of international tension and unrest: the Cuba Crisis and the Cold War. Like then, we live in troubled times and the need to strengthen communities and togetherness is more needed than ever. We must strengthen both close and distant cooperation.

The Nordic countries, under the auspices of the Nordic Council, have drawn up a vision for cooperation, in which they state that the Nordic community is a prerequisite for the Nordic countries to be an important player in European and international cooperation.

The same must be the vision for gerontological and geriatric cooperation in the Nordic region. We continue to build bridges between the Nordic countries - and between gerontology and geriatrics. We have a lot to share and to contribute to each other across borders.

Since 1973, biannual congresses have been arranged within the NGF with a rotating schedule between the Nordic countries. In 2024, the 27NKG will take place in Stockholm, Sweden with the theme “Ageing in a transforming world”. The Swedes are well underway with the planning, and we can look forward to a stimulating program and sociable experience in beautiful and historic surroundings at the Karolinska Institutet. In 2024, we will also celebrate the 50th anniversary of NGF. We look forward to that.

Merry Christmas to all of you!



Jette Thuesen

President of the Nordic Gerontological Federation



CHANGE & CONTINUITY

The 26th Nordic Congress of Gerontology

The 26th Nordic Congress of Gerontology took place in Odense, Denmark, on June 8-10 this year. It was organized by the Danish Society of Gerontology and the Danish Geriatric Society and delegates from 29 nations from all over the world attended.

The theme of the congress was CHANGE & CONTINUITY. During those three days back in June, questions of change and continuity in the perspective of ageing and later life were explored in high quality scientific contributions, including keynote speeches, 44 symposia, 95 free oral presentations and 148 posters. In the gerontological and geriatric communities, we share a common interest and will to meet across different disciplines and backgrounds. As geriatricians, gerontologists and others working in related fields, we know that ensuring a good old age takes a will to engage in interdisciplinary discussions. The social program provided rich opportunities for less formal meetings and knowledge sharing across different backgrounds, disciplines and fields of knowledge and experience.

The first element at the congress was two contemporary dance pieces, inspired by two of the most famous sons of Odense, the composer Carl Nielsen, and the storyteller Hans Christian Andersen. The performance was choreographed for this specific occasion by Sarah Pini, SDU. After that, Ejnar Stig Askgaard gave a talk about old age in Hans Christian Andersen's fairytales.

Keynote lectures

The keynote lectures included an overview of trends in the epidemiology of ageing by Kaare Christensen, Professor of Epidemiology, University of Southern Denmark (SDU), followed by an introduction to ageing as perceived in literature by Peter Simonsen, Professor of European Literature, SDU, and reflections on the fruitful meeting between humanities and epidemiology and medical research. Dorthe Nielsen, Professor in Vulnerability, SDU, gave a keynote lecture on vulnerability in minority groups in old age, and Marvin Formosa, Professor in Lifelong Learning, University of the Third Age (Malta), talked about older adults as learners. Mark Tully, Professor of Public Health, Ulster University, asked which benefits count for older people participating in physical activity, and the preconditions for a prolonged working life was explained by Kène Henkens, Professor of Ageing, retirement and the Life course at the University Medical Center Groningen. The opportunities for digital health to support gerontology care was discussed by Karen Andersen-Ranberg, Clinical Professor, SDU, and Tash Masud, Professor of Geriatric Medicine, Nottingham University Hospitals, gave us a summary of progress in the science of falls.

Two prizes in gerontology were awarded at the congress

The Nordic Prize in Gerontology 2022, the Sohlberg Prize, was awarded to Susanne Iwarsson, Professor of Gerontology at Lund's University. Susanne Iwarsson has served as professor in Gerontology at the University of Lund since 2005 at the Department of Health Sciences. She has greatly contributed to the development of ageing research in the Nordic countries, and more widely. She has had an essential role in capacity building of gerontology in the University of Lund as the founding leader and coordinator of Center for Aging and Supportive Environments (2007). Since 2014 Susanne Iwarsson has been the coordinator of the Swedish National Graduate School for Competitive Science on Ageing and Health (SWEAH).

The Nordic Prize in Gerontology is generously sponsored by the Sohlberg Foundation, Finland.

The prize for the Promising researcher in Gerontology 2022 was awarded to Ida Karlsson, post doc at Karolinska Institutet, Department of Medical Epidemiology and Biostatistics.

Ida Karlsson has a background in biomedicine and has during her PhD studies deepened her knowledge in the fields of epidemiology, gerontology, genetics and more. Ida Karlsson has already worked in several different research environments and has established research collaboration with gerontologists at the University of Edinburgh. Furthermore, she has been a Visiting Fulbright scholar for six months at the Department of Psychology, University of California Riverside, USA under the Fulbright program with Professor Chandra Reynolds.

Innovation in collaboration with the Journal of Ageing and Longevity

The congress included several innovations. Due to a collaboration with the Journal of Ageing and Longevity (JAL), another two awards were made possible: A best oral presentation award and a best poster award. Post Doc Sussi Friis Buhl from the Department of Public Health, Research Unit of General Practice; Center for Active and Healthy Ageing, Department of Sports Science and Clinical Biomechanics, University of Southern Denmark was awarded for her oral presentation on "Relationship between physical frailty, nutritional risk factors and protein intake in self-reliant community-dwelling older adults". Professor emerita Dorly Deeg from the Amsterdam University Medical Centers, Department of Epidemiology & Data Science was awarded for her poster "A 'Blue Zone' in the Netherlands; personal and environmental characteristics".

Thanks to JAL, there will also be a special issue about the congress including abstracts and selected papers. The JAL 26NKG Special Issue is expected to be published spring 2023. Guest editors are Paolo Caserotti, Charlotte Juul Nilsson, and Jette Thuesen, all of us members of the 26NKG organizing committee and the Danish Gerontological Society. We hope that it will be possible to continue the collaboration with JAL in future congresses.

The congress was generously supported by a Gold Sponsorship from InBody and by 6 exhibitors. Please find further info at www.26NKG.dk



We invite you to the 27th Nordic Congress of Gerontology in Stockholm, Sweden, June 12-14, 2024

On behalf of the Swedish Gerontological Society, the Swedish Geriatric Association, the Nordic Gerontological Federation (NGF), and Karolinska Institutet we invite you to join the 27th Nordic Congress of Gerontology (NKG) to share your knowledge and engagement with ageing in a transforming world.

The world is constantly changing, but recent crises including climate change, pandemics and wars suggest rapid and profound transformations in living conditions. During such challenging periods, certain groups in the population including older adults and frail individuals may be particularly susceptible to negative consequences.

At the 27th NKG congress, we want to explore how researchers from different scientific disciplines and practitioners can come together to bring new insights that facilitate better living conditions and well-being for older adults and contribute to the sustainable development of current and future generations.

We believe that the Nordic countries can take a more active role in promoting healthy ageing globally. This includes being forerunners in research and practice on increasingly

important issues with implications for older adults, such as equity, global health, living conditions, migration, welfare technology, and the organisation of health and social care. We invite scholars, professionals, policymakers, NGOs, and other stakeholders to discuss and explore questions related to ageing in a world of profound transformations. Plenary lectures, symposia, oral sessions, posters, and exhibitions will reflect themes from different scientific disciplines and practice, on topics relevant to gerontology and geriatrics.

We welcome multidisciplinary contributions reflecting the pillars of the NGF's scientific orientations: behavioural and social sciences; biological, health and medical sciences; humanities; social research, policy, and practice. There will also be an enjoyable social programme.

The congress will be located at Karolinska Institutet (KI), one of the world's leading medical universities. KI Solna campus is just 10 minutes from Stockholm city. We hope that you will find time to enjoy what Stockholm has to offer, including its sights and attractions, shopping areas, night life and beautiful surroundings. For those with more time, the wonderful country of Sweden rewards exploration.

We look forward to welcoming you to Stockholm in 2024!

[Go here to learn more about the 27NKG](#)

From the Organising Committee:

Carin Lennartsson, Congress President

Amaia Calderón-Larrañaga, Secretary General

Joy Torgé, Swedish Gerontological Society

Charlotta Nilsen, Swedish Gerontological Society

Peter Johnson, Swedish Geriatric Association

Dorota Religa, Swedish Geriatric Association



Gerontology in the Nordic countries: Sweden

In this third feature in the series of brief insights into gerontology in the Nordic countries, we will take a look at Sweden - the host country of the next NKG.

In Sweden, the members of the Nordic Gerontological Federation are the Swedish Gerontological Society (SGS) and the Swedish Geriatric Society (SGF). The Swedish Gerontological Society, together with The Swedish Geriatric Society and Karolinska Institutet (KI), are together planning for the next Nordic Congress of Gerontology. It will take place in Stockholm on June 12-14, 2024.

This feature is written by Joy Torgé, chair of the Swedish Gerontological Society.

On 28th November 1997, 64 researchers interested in gerontology, not mainly from a medical or biological perspective, met and decided to form a Swedish gerontological society. On the front line of this work was Peter Öberg and Marianne Winqvist from the Department of Sociology at Uppsala university, and Lars Andersson from the the Stockholm Gerontology Research Center (Stiftelsen Äldrecentrum) in Stockholm. Thus, on

the 12th May 1998, the Swedish Gerontological Society was formed. This means that this coming May 2023, SGS will celebrate 25 years!

Like many societies, Sweden has an ageing population. In 2020, there were more than 2.6 million older adults over 60 years old in Sweden. The proportion of older people in the population is increasing, especially among the oldest old (90+ years), where the number has doubled since 50 years ago (Statistics Sweden, 2022). Of course, however, the population of older adults is not a homogenous group. Different groups have different opportunities as well as challenges, which is important to remember so as not to lump together older people into one category. At the same time, it is an eye opener towards inequalities in later life. For example, 5% of women and 12% of men over 80 years, mostly those with higher education, are still active in working life, which gives reason to question the stereotypical “old age” as characterized by disengagement. But there are also health and income inequalities within this positive picture: Among older adults, the ones with the highest income are those that are still gainfully employed, the majority are men with higher education (Ibid.). Women, as well as older adults born outside Sweden, still have lower income – perhaps because of exclusion from extended working life.

Likewise, the research on ageing and later life in Sweden stretches through many areas. Gerontology is a multidisciplinary discipline after all. But demographics also tend to shape issues and research questions. As a result of the proportionately growing ageing population, many of whom maintain health and productivity in later years, extended working life and the extension of pension age are pertinent issues for researchers. The covid-19 pandemic that shed light on ageism and fragmented structure of old age care in Sweden, has also raised the importance of research on these issues, as well as quality and competence in old age care. At the wake of the covid-19 pandemic, the Swedish government has proposed a new Old age care law, as well as a National strategy for informal carers, which will likely also form the research and debate on issues of old age care and older adults in the next years.

The Swedish Gerontological Society (SGS), together with The Swedish Geriatric Society (SGF) and Karolinska Institutet (KI), are together planning for the next Nordic Congress of Gerontology. It will take place in Stockholm on June 12-14, 2024. The organizing committee for the congress is in the middle of planning for this important hub for Nordic research on ageing and later life.

The Yearly Gerontology Day in Norrköping 2023

On March 27, 2023, SGS will also organize the yearly Gerontology Day in Norrköping, Sweden. Every year, the Gerontology Prize (Stora Gerontologipriset) is awarded to a researcher, person or group who has made a valuable contribution in gerontology, and we are happy to announce that 2023's prize winner is now decided. The 2023 Stora Gerontologipriset goes to Laura Fratiglioni, a medical doctor and professor at KI, who has had a formative role in several consortiums and centers such as Aging Research Center (ARC) and NEAR - nationella e-infrastrukturen inom åldrandeforskning, and has had excellent contributions to the study of dementia. We invite all interested to listen to her talk as she receives the prize on Gerontology Day. See you in Norrköping in March 2023 and in Stockholm in July 2024!

Reference: Statistics Sweden (2022). *Efter 60. En beskrivning av äldre i Sverige*. Rerport 2022:2. Available at: [urn:nbn:se:scb-2022-be51br2202_pdf](https://nbn-resolving.org/urn:nbn:se:scb-2022-be51br2202_pdf)



Ageing researchers and experts working with older people are meeting in Tampere in February 2023

The Finnish Gerontology Congress is organized every third year in Finland to gather a multi-professional group of people working on aging issues. The event will be held the 10th time on February 8-10, 2023 in Tampere. Annual Geriatric Days will also be organized in connection with the event.

The theme of the congress is 'The new era of aging', which can be interpreted in many ways. Population is aging rapidly, and it is changing the whole society in a way that we do not yet fully understand. But old age and our perceptions of it are also changing.

The Changing Landscape of Aging

How long a life could be harnessed as a tool of well-being? In what ways could a long life be seen as an advantage, rather than a disadvantage? Among other things, Tampere University professor Anu Siren will consider these questions in her keynote lecture on the

changing landscape of aging on Wednesday, February 8. Siren deals in particular with the cultural change and societal challenges that follow from longer lifespans.

Professor Teppo Kröger from the University of Jyväskylä is one of the keynote speakers on Thursday, February 9. According to him, the future of elderly care is marked by many open questions and concerns.

“Funding is lagging behind, and there is a shortage of services and personnel at the same time as needs are growing rapidly. However, the problems in the field have been made aware, all political parties recognize the needs of the elderly at least in their speeches,” Professor Kröger says.

In his speech at the congress, Kröger will ponder whether there is light at the end of the tunnel.

A comprehensive package of research findings and results of development projects is available

New reform of social and health services and its' role in the development of services for the older people is one of the current topics of the congress. Several presentations deal with older people care from the perspective of both customers and staff. Nursing management and organization are also featured in the program. Brain health, memory disorders and mental well-being are discussed from the perspective of several different scientific fields. For example, in the geriatrics session, the latest information on brain degeneration diseases is shared.

[Read more \(in Finnish\) about The Finnish Gerontology Congress](#)



Healthy Aging in the Changing World

In 2023, the congress of the European Geriatric Medicine Society will take place in September 20-22 in Helsinki, Finland.

The society of the Finnish Geriatricians are partly involved in the arrangements aside the EuGMS itself. More information can be found at the congress website during late winter or spring 2023.

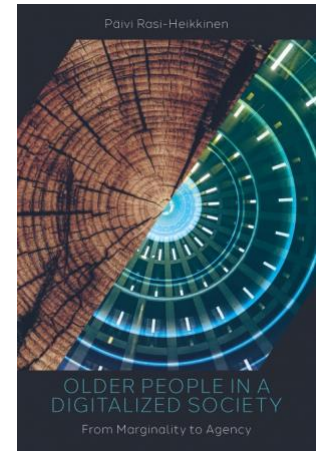
[Go here to learn more about the congress](#)

NEW BOOKS

Older People in a Digitalized Society: From Marginality to Agency

Päivi Rasi-Heikkinen

University of Lapland, Finland



The digitalization of society is constructed as a necessary leap that governments and citizens need to take. However, with many older people lacking adequate digital competences to support their full participation in today's digitalized society, how is the marginalisation of older people in digital society socially constructed? How can we promote older people's digital inclusion and agency?

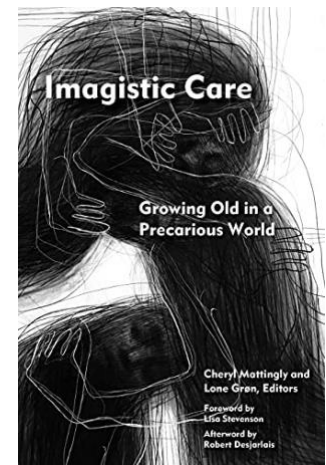
Presenting case studies from Finland, one of the top performers in the supply and demand of digital public services, *Older People in a Digitalized Society* outlines internationally relevant implications for promoting the social construction of older people's agency. Delving into their digital competences, and use and non-use of Internet and eHealth technologies, Rasi-Heikkinen showcases the potential exclusionary effects of digitalization, and highlights the implications for digital inclusion practice and policy. Contesting the dominant discourses which suggest digital technologies and media play central roles in the learning, well-being, everyday life, and participation in society for individuals throughout their lifespan, *Older People in a Digitalized Society* addresses the digital gap faced by older generations that do not welcome digitalization, or even see it as a positive marginality: a choice that they have consciously made.

Paying attention to how digitalization is a contested issue constructed with various, ambivalent, and paradoxical representations, Rasi-Heikkinen shines an important light on how older people are constructed as being on the margins of digitalization by researchers and the media.

[Learn more about the book](#)

Imagistic Care: Growing Old in a Precarious World (Thinking from Elsewhere)

Edited by Cheryl Mattingly, Aarhus University & [Lone Grøn](#), the
Danish Center for Social Science Research, Denmark



Imagistic Care explores ethnographically how images function in our concepts, our writing, our fieldwork, and our lives. With contributions from anthropologists, philosophers and an artist, the volume asks: How can imagistic inquiries help us understand the complex entanglements of self and other, dependence and independency, frailty and charisma, notions of good and bad aging, and norms and practices of care in old age? And how can imagistic inquiries offer grounds for critique?

Cutting between ethnography, phenomenology and art, this volume offers a powerful contribution to understandings of growing old. The images created in words and drawings are used to complicate rather than simplify the world. The contributors advance an understanding of care, and of aging itself, marked by alterity, spectral presences and uncertainty.

Contributors: Rasmus Dyring, Harmandeep Kaur Gill, Lone Grøn, Maria Louw, Cheryl Mattingly, Lotte Meinert, Maria Speyer, Helle S. Wentzer, Susan Reynolds Whyte.

[Learn more about the book.](#)

Recent doctoral dissertations

Exploring person-attuned musical interactions in dementia care. A flexible research design

Julie Koble Krøier, Aalborg University, The Faculty of Social Sciences and Humanities, Denmark

This article-based PhD thesis constitutes an exploration of person-attuned musical interaction (PAMI) with persons with advanced dementia living in nursing homes. The thesis consists of three studies all exploring PAMI or elements of PAMI from different perspectives to ensure an understanding of the concept that can be applied in an interdisciplinary context. The findings of the three studies are presented in three articles.

The thesis aims to generate knowledge concerning interdisciplinary use of PAMI in dementia care. Research has shown that music therapy and music-based activities can have a positive effect on well-being and decrease neuropsychiatric symptoms for persons with dementia. The positive effects of music therapy and music-based activities may be transferred to caregiving contexts, with music therapists to supervise the application of musical interactions. From this indirect practice, in which music therapists support and supervise caregivers in how to apply musical interactions, it is still not clear which nonverbal elements caregivers can apply in their practice, and how caregivers experience the application of musical interactions in their practice.

The concept of PAMI served as a reflexive starting point for exploring nonverbal and musical interaction between the person with dementia and caregivers. The concept is grounded in the person-centered approach to care formulated by the psychologist Tom Kitwood and the theory of communicative musicality by Colwyn Trevarthen and Stephen Malloch.

The thesis is part of the PAMI project located at Aalborg University and is funded by the Velux Foundation and Alzheimer-forskningsfonden.

Source: www.kommunikation.aau.dk

[Go here to read more about the study and download the thesis](#)

Involving professionals in research. In the field of ageing and health

Christine Etzerodt Laustsen, Active and Healthy Ageing Research Group, Department of Health Sciences, Lund University

Involving professionals in research can ensure the acquisition of knowledge, that is relevant, applicable and sustainable. Professionals are people who work in health systems, or organisations that contribute to health systems, such as practitioners, managers or other decision-makers. They have context-specific knowledge which the researchers often lack. Therefore, when they are involved in research, the perspective from research and the perspective from practice can be integrated, helping to bridge the gap between research and practice and strengthening health systems.

However, there is a lack of knowledge about professionals' involvement in research in the field of ageing and health. Furthermore, demographic changes in society, which will lead to an increase in the number of older people, are expected to result in greater demand for care and services from health systems. Hence, it is important to bridge the gap between research and practice, ensuring that research in the field of ageing and health is useful in practice to improve conditions for ageing populations and society at large. There is a need for further exploration of the involvement of professionals in research in the field of ageing and health in order to harness potential and address challenges with the aim of creating successful conditions for the involvement of professionals in the research process.

Therefore, the overall aim of this thesis was to explore professionals' involvement in research on ageing and health, from the perspective of professionals and researchers and to contribute strategies for involving professionals in research. The experiences of professionals were explored in study I through interviews which were analysed using grounded theory. A participatory and mixed method called group concept mapping was used in studies II & III to collect and analyse the experiences of both researchers and professionals. The results of studies I-III were reviewed scientifically using content analysis, and a guide for collaboration between professionals and researchers was developed by collaborating with professionals through research circles. The results of this thesis show three important areas in terms of involving professionals in research in the field of ageing and health: the prerequisites for involvement, the process of involvement and the outcome

of the involvement. Furthermore, this thesis reveals an interplay between these areas. It highlights the importance of ensuring that the process aligns with the intended outcome of the involvement, and that the prerequisites align with the process of involvement. External prerequisites for enabling professionals to be involved in research include the organisation where they worked, the politics that governed their work, having time for involvement within ordinary working hours and receiving support from their managers and colleagues. Internal prerequisites influencing professionals' involvement in research included belief and confidence in their own ability to get involved in research. During the process of involvement, research and practice adapt to one another. The different roles the professionals and the researchers had during the process entailed different responsibilities and expectations.

Equally, the process was influenced by the relationships between professionals and researchers and how they interacted. Hence, the process of involvement can either enable or challenge opportunities for mutual learning and development. The involvement of professionals was experienced as influencing the research process and the usability of the research results, as well as influencing the professionals involved and their practice. Together, these outcomes were considered to ultimately benefit the older people who were the intended beneficiaries of the research.

In conclusion, there should be systematic consideration of the interplay between the prerequisites for involving professionals, the process of involvement and the intended outcome of the involvement. This thesis provides useful strategies for involving professionals in designing and conducting research projects.

[Learn more about the thesis](#)

Source: www.sweah.lu.se

Open positions

Professor in Ageing and Social Change at Linköping University, Sweden and 2-5 PhD candidates at Lund University, Sweden

- **The Division Ageing and Social Change (ASC, www.ageing.se), Department of Culture and Society (IKOS), at Linköping University, Sweden,** is seeking to recruit to the following position:

Professor in Ageing and Social Change

Application deadline: January 25th, 2023

Informal enquiries may be made to Andreas Motel-Klingebiel at andreas.motel-klingebiel@liu.se

[Go here for further details](#) about the advertised position and the application form.

- **The School of Social Work at Lund University** will appoint 2-5 PhD candidates who will be employed with a salary for four years.

Application deadline: 06.Feb. 2023.

[Go here for further details.](#)

The executive committee and NGF representatives

Executive committee

Jette Thuesen: President

Carin Lennartsson: 1. Vice president

Steinunn Þórðardóttir: 2. Vice president

Pia Kannegaard: Secretary General of the 26NKG

Representatives from the member organizations

Denmark

Danish Gerontological Society (Dansk Gerontologisk Selskab): Jette Thuesen.

Danish Society for Geriatrics (Dansk Selskab for Geriatri): Pia Nimann Kannegaard.

Finland

Societas Gerontologica Fennica: Mikaela von Bonsdorff.

Finnish Geriatricians (Suomen Geriatri ry - Finlands Geriatriker rf): Eija Lönnroos.

Finnish Society for Growth and Ageing Research (Kasvun ja vanhenemisen tutkijat ry - Föreningen för forskning i uppväxt och åldrande): Linda Enroth.

Iceland

The Icelandic Gerontological Society (Öldrunarfræðafélag Íslands): Sírý Sif Sigurlaugardóttir & Sigrún Huld Þorgrímsdóttir.

The Icelandic Geriatrics Society (Félag Íslenskra Öldrunarlækna): Steinunn Þórðardóttir.

Norway

Norwegian Society for Aging Research (Norsk selskap for aldersforskning): Marijke Veenstra.

Norwegian Geriatrics Association (Norsk geriatriisk forening): Nils Holand.

Sweden

Swedish Gerontological Society (Sveriges Gerontologiska Sällskap): Cristina Joy Torgé.

Swedish Geriatrics Society (Svensk Geriatrisk Förening): Peter Nordström.

Secretary and treasurer

Louise Scheel Thomasen.

The editorial staff of the GeroNord

Jette Thuesen & Louise Scheel Thomasen

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