



## The “Plant. Grow. Share.” Program Needs Your Help to Feed Neighbors in Need with Donations of Fresh Produce from Gardeners of All Kinds

For the past five years, Keohane has teamed up with Interfaith Social Services and the Weymouth Food Pantry to encourage local gardeners to donate fresh vegetables for the hungry by planting an extra row of produce to be donated to food pantry patrons. This year, the program has been expanded with free tomato container gardening workshops, seedling donations, social media updates, a celebration at the end of the season and the goal of raising a ton of tomatoes in produce donations.



“This year we are embracing tomatoes as the food of choice this summer. It’s something that people love so much — they request tomatoes so much at the food pantry and it’s very difficult for us to get our hands on good, fresh tomatoes,” said Cas Casados, Executive Director of the Weymouth Food Pantry. “It’s something that is so easy for everyone to grow right in a container on a porch. If you have a spot of sunshine, you can grow tomatoes.”

### #tonoftomatoes

Formerly known as Harvest Helpers, the expanded program is now called **Plant. Grow. Share.** — plant seedlings donated by Keohane; grow nutritious fruits and vegetables; enjoy your harvest and share some fresh food with your neighbors in need.

“When we wrapped up the program last year we started talking about ways to improve it,” said Joseph Reardon, Vice President for Community Development and Advance Planning at Keohane. “We’re really trying to step up our game this year and with the help of the community we’re hoping to receive a ton of tomatoes by the end of the season.”

If you don’t have a garden, you can volunteer to rescue produce from the supermarket or simply purchase produce at a grocery store or farm stand to donate to your local food pantry.

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## MEMORIAL DAY 2016 PARADES AND CEREMONIES

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## RELAY FOR LIFE OF QUINCY AND WEYMOUTH

Relay For Life is a relay walk to celebrate cancer survivors, remember loved ones and raise funds and awareness to support the American Cancer Society in the battle against cancer.

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## HULL HARBOR ILLUMINATION 2016: Remembering, Honoring, Celebrating

The 2016 Hull Lifesaving Museum Harbor Illumination Festival, held each summer along the shores of Hull bay, will be on Saturday, July 30 from 2pm to 10pm.

*Story on page 6.*

Keohane  
FUNERAL HOME  
Quincy, MA

McDonald Keohane  
FUNERAL HOME  
Weymouth MA

Pyne Keohane  
FUNERAL HOME  
Hingham MA

# MEMORIAL DAY 2016 PARADES AND CEREMONIES

Memorial Day is a time to honor and remember those who gave their lives for their country and to celebrate the freedoms that they defended. Towns along the South Shore have time honored traditions for celebrating Memorial Day with parades, speakers, ceremonies and special recognition of our Veterans.

## City of Quincy: Mount Wollaston Cemetery

The Quincy Veterans' Council Annual Memorial Day Parade and Ceremonies will be held on Monday, May 30, 2016. Starting at 10:30 a.m., the parade will step off from the Quincy Credit Union, 100 Quincy Avenue, proceeding down Hancock Street past the First Parish Church to Coddington Street to the Mount Wollaston Cemetery.

Memorial Day ceremonies begin at 11:00 a.m. at the WWII Podium. Mayor Thomas Koch will bring the Greetings of the City and there will be a guest speaker, yet to be announced.

The Annual Ceremonies are sponsored by the Quincy Veterans' Council on behalf of the local Veterans' Organizations. George Bouchard, Graves Registration Officer for Quincy Veterans' Services is the Parade Chairman.

## Town of Braintree: Blue Hill Cemetery

The Braintree Annual Memorial Day Veterans Services has been observed since 1970 at Blue Hill Cemetery and will be held in the Veterans Garden of Honor on Sunday May 29, 2016 at 11:00 a.m. Sponsored by the Braintree Veterans' Council, the Braintree Veteran's Agent and Blue Hill Cemetery, the ceremony is a comprehensive hour long program including a guest speaker, local and regional politicians, clergy and the South Middle School choir — and may



The Braintree Annual Memorial Day Veterans Services will be held in the Veterans Garden of Honor at Blue Hill Cemetery.

*Memorial Day is a time to honor and remember those who gave their lives for their country and to celebrate the freedoms that they defended.*

include a flyby. The program will be finalized later in May.

Residents are also invited to visit the Veterans Section at Blue Hill Cemetery from 9 am to 3 pm May 28, 29, and 30 with complimentary coffee, water, soft drinks and donuts available at the tent located at the rear of the Veterans Section. The cemetery and office will

be open the entire holiday weekend and staff will be available Saturday through Monday to assist visitors.

## Town of Hull: Village Cemetery

Hull's Memorial Day observances are a longstanding town tradition. The annual parade begins at 9:30 a.m. at Hull High School, 180 Main Street, and winds its way from Pemberton to the Village Cemetery where there will be a ceremony at the Gold Star Mothers Memorial.

Residents should plan to participate and bring the kids because the fire department opens up the Old Village fire station for ice cream following the ceremony. John Coggins is the Hull Memorial and Veteran's Day Remembrance Coordinator.



## The “Plant. Grow. Share.” Program Needs Your Help to Feed Neighbors in Need with Donations of Fresh Produce from Gardeners of All Kinds

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“We want fresh produce to get to hungry people,” said Rick Doane, Executive Director of Interfaith Social Services. “This is not just for gardeners; this is for people who are committed to feeding healthy food to hungry people.”

### FREE Tomato Container Gardening Workshops

Anyone can help raise fresh produce for the hungry — even if you don’t have room to plant an extra row of seedlings in a garden bed, a container of tomato plants can grow almost anywhere in very little space!

Keohane Funeral Home; Interfaith Food Pantry; and the Weymouth Food Pantry are sponsoring free tomato container gardening workshops during the month of May which will be **facilitated by organic farmer Jon Belber of Holly Hill Farm in Cohasset.**

Participants will walk away with free tomato seedlings, a bucket container and the knowledge of how to grow their tomatoes to yield the best crop. Organic seedlings from Holly Hill farm are being donated by Keohane Funeral Home.

Workshops will be held on Thursday, May 19th at 6:30 pm at the Tufts Library at 46 Broad Street in



Volunteers from Arbella Insurance, Keva Cullen, Amy Audette, Andrew Ferraro, and Sean Flaherty, help to plant raised garden beds at Interfaith Social Services in Quincy.

Weymouth, and on May 20th at 1:00 pm at the Quincy Senior Center at 440 E. Squantum Street in Quincy. **To pre-register for the Weymouth workshop, call the Weymouth Food Pantry at 781-331-7682. To pre-register for the Quincy workshop, call Interfaith Social Services at (617) 773-6203.**

### Grow a Row to Share

Vegetable seedlings from Artery Garden Center and donated by Keohane will be made available free of charge to local gardeners and food pantry patrons at the end of May. Seedlings can be picked up at Keohane Funeral Home at 785 Hancock Street in Quincy and at Interfaith Social Services at 105 Adams Street in Quincy the beginning the week of May 16th. In Weymouth, seedlings will be available at the Weymouth Food Pantry as well as at the McDonald Keohane Funeral Home in South Weymouth..

**“The purpose is for participants to grow some produce for themselves and some produce for hungry people**

**as well to be donated back to the food pantry,” said Doane.**

Vegetable gardens will be planted at Keohane locations in Quincy and Weymouth. Keohane expects to harvest bushels of assorted vegetables as the growing season progresses to be donated to both Interfaith Social Services food pantry and the Weymouth Food Pantry.

With the help of volunteers from Arbella Insurance, Interfaith Social Services will have a garden growing right next to their office at 105 Adams Street in Quincy. And for the first time, Interfaith will plant a rooftop garden, specifically for growing tomato plants this summer.

### Social media updates

Keep updated on the progress of the Plant. Grow. Share. program throughout the growing season through Facebook and Twitter. We will post photos, interviews with gardeners, gardening tips, recipes, and more. Our goal is to receive a ton of tomatoes by the end of the season. **#tonoftomatoes**

### Harvest Celebration

At the end of the growing season, we will be hosting a celebration to say “thank you” to all who donated fresh produce or volunteered their time to help feed the most nutritious food possible to hungry neighbors. Raffle tickets will be awarded for every pound of produce donated for the chance to win fabulous prizes that will be presented at the end of the season. **Stay tuned for more details about our fun and fabulous Harvest Celebration.**

## YOU CAN HELP

**DONATIONS** of fresh produce for the Weymouth Food Pantry are accepted at their food warehouse at 40 Reservoir Park Drive, Unit B, in Rockland between 9:00 a.m. and 2:00 p.m. Tuesday through Friday. For information regarding drop offs to their pop-up pantry sites in Weymouth, please visit their website.

**Donations from your garden or supermarket for Interfaith Social Services** can be dropped off at 105 Adams Street in Quincy from 8:30 a.m. to 3:30 p.m. Monday through Friday and until 7:00 p.m. on Tuesdays.

You can also make a donation to support the **Plant. Grow. Share.** program online.

**TO VOLUNTEER** or get more information contact Rick Doane at 617-773-6203 or [rdoane@interfaithsocialservices.org](mailto:rdoane@interfaithsocialservices.org); Joe Reardon at 617-773-3551 or [joe@keohane.com](mailto:joe@keohane.com); or Cas Casados at 781-331-7682 or [cas@weymouthfoodpantry.org](mailto:cas@weymouthfoodpantry.org).

The **Plant. Grow. Share.** program is co-sponsored by Keohane Funeral Home; Interfaith Food Pantry; and the Weymouth Food Pantry.

# RELAY FOR LIFE OF QUINCY AND WEYMOUTH

**R**elay For Life is a relay walk to celebrate cancer survivors, remember loved ones and raise funds and awareness to support the American Cancer Society in the battle against cancer. Teams of participants, including friends, families, schools, businesses, and organizations gather at a local track to take turns walking laps throughout the night. Teams set up campsites around the track and have the opportunity to participate in entertainment, activities, and special ceremonies throughout the night.

## Relay For Life of Quincy

The 2016 Relay For Life of Quincy will be held overnight on Saturday, June 25th with Opening Ceremonies at 2 p.m. at Pageant Field on Vietnam Veterans Drive in Quincy.

The **Survivors Lap** starts around 2:15 p.m. in which cancer survivors take the first lap around the track. Cheered on by the other participants and the sound of upbeat music, the Survivors Lap lets all cancer survivors at the event celebrate their victory over cancer. Then during the **Caregivers Lap**, anyone who ever cared for someone with cancer walks a special lap so they can be honored.

The **Luminaria Ceremony**, a powerful part of the event because it provides an opportunity for people to work through grief and find hope, will be at 9:00 p.m. with the **Closing Ceremonies** at 6:00 a.m. the following morning.

For more information, contact Kate McCarthy at [kate.mccarthy@cancer.org](mailto:kate.mccarthy@cancer.org) or make donation at Relay For Life of Quincy.

## Relay For Life of Weymouth

The 2016 Relay For Life of Weymouth will be held on Saturday, June 4th from 12 p.m. to 12 a.m. at the Weymouth High School track located at 1 Wildcat Way, Weymouth.

According to the Relay for Life Weymouth Facebook "Each year since this event came to Weymouth, we strive to make our Relay for Life better, more impactful, and more memorable than the last. The Relay for Life walk allows the American Cancer Society to make a tangible effect on the lives of those suffering with or recovering from cancer. We strive for a world with less cancer and more birthdays!"

The **Opening Ceremony** kicks off the event at 12 p.m., followed by the **Survivors Lap** and **Caregivers Lap**.

The candlelight **Luminaria Ceremony** will be held at 9:00 p.m. At the Luminaria Ceremony loved ones lost to cancer are remembered, people who currently have cancer are supported, and people who fought cancer in the past are honored.

The **Closing Ceremony** at 11:00 p.m. celebrates what was accomplished together. It's a time to remember the lives of those lost, and to commit to continuing the fight against this disease over the next year.

To make an online donation to Relay For Life Weymouth, go to the web page and click the "donate" button.

For more information, contact Rebecca Ybarra at [rebecca.ybarra@cancer.org](mailto:rebecca.ybarra@cancer.org) or (774) 264-0306.

## Get Involved

Every year, the Relay For Life movement raises more than \$400 million for the American Cancer Society to invest in groundbreaking research in every type of cancer and provide free information and services to cancer patients and their caregivers.

To learn more about Relay For Life go to [www.cancer.org/relay](http://www.cancer.org/relay) or [relayforlife.org](http://relayforlife.org) or call 1.800.227.2345 anytime. To sign up or support a team or participant, visit the Relay For Life website.



Paint Your World Purple



Cancer survivors carry the Relay for Life banner in Quincy.

## OUR TEAM

### Alyssa Croteau



ALYSSA CROTEAU IS ONE OF OUR AMAZING APPRENTICES, and she is on her way to becoming a dedicated, kind and heartfelt funeral director. She spends her time both at school and at our Quincy location during the first year of her funeral director apprenticeship.

"Alyssa is a wonderful addition to our staff. As an apprentice she has the opportunity to not only learn from the families and older staff she works with, but her enthusiasm and commitment enriches our experience in working with her as well," said Co-president John Keohane."

While licensing requirements vary state by state, Massachusetts requires two years of apprenticeship either before or after school, and Alyssa has chosen to start her apprenticeship at Keohane while finishing her Associates Degree in Funeral Science at Fine Mortuary College, a private two-year college in Norwood. Alyssa attends classes once or twice a week in addition to her hours at Keohane as an apprentice. Alyssa graduates in August, and then she will continue with us for her second year as an apprentice.

Following her graduation from mortuary college, Alyssa will take national board exams and then complete her two-year

apprenticeship at Keohane. She will then take state exams before becoming a licensed funeral director in the Commonwealth of Massachusetts.

When Alyssa was in the seventh grade, she experienced a tragic death in the family, and her life was transformed by the experience. "The funeral director made such an impact on my life that I decided to be just like him," said Alyssa about her first desire to become a funeral director.



*Apprentice Alyssa Croteau is the face of the future as an up and coming female funeral director.*

On the advice of her high school guidance counselor, Alyssa first received a certificate of thanatology, the study of death and dying, at Bristol Community College in order to explore her options in funeral service before deciding to finish her degree at mortuary college.

As an apprentice, Alyssa has a greater appreciation for the

amount of work it takes to be a successful funeral director. "It takes a lot of dedication and hard work in order to get everything accomplished that we need to. I like the fact that there is plenty to learn at Keohane," said Alyssa. "But it's definitely something that I would love to do for the rest of my career."

At Keohane, Alyssa spends her time setting up for wakes, running errands, sitting with families as they make arrangements, and providing help and support to the funeral directors. Alyssa plans to continue her profession as a funeral director in Massachusetts and finds it rewarding to help families in their time of need. "I like being able to help the families going through such a tough time," said Alyssa.

Alyssa grew up in Fall River and attended BMC Durfee High School there. She lives at home with her parents, three dogs and a younger brother who is a student and works at a movie theater. Alyssa plays the piano and she is the adventurous type. In her spare time, Alyssa loves being outdoors.

Funeral service is seeing more and more women join the profession, and Alyssa is one of the up and coming female funeral directors of the future. She offered sound advice to anyone, male or female, who is considering a career as a funeral director. "Reach out to local funeral homes to see if you can chat with someone. I wouldn't be discouraged because you are female or because of your size, if anyone tells you differently. You can call the [mortuary] schools to see what they have to offer you and just get some information," advised Alyssa.





# HULL HARBOR ILLUMINATION 2016:

## Remembering, Honoring, Celebrating



An annual tradition, the Hull Harbor Illumination is both a collective celebration and a time of personal remembrance.

The 2016 Hull Lifesaving Museum Harbor Illumination Festival, held each summer along the shores of Hull bay, will be on Saturday, July 30 from 2 p.m. to 10 p.m. This annual event begins with a memorial service at Hull Cemetery commemorating the heroism of Massachusetts Humane Society volunteers, U.S. Lifesaving Servicemen, and the Coast Guard followed by a music festival including children's activities, food, and craft vendors at L-Street Field. At dusk participants gather at the shoreline of Hull Bay for a colorful Parade of Boats followed by the awe-inspiring illumination of 1,000 flares placed along the shoreline from the Spinnaker Island Bridge to the A Street pier lit in tribute to those who have gone before us. It is a truly beautiful and moving event.

Last year, the Hull Harbor Illumination Festival expanded to include the afternoon Music Festival at the L Street Fields, featuring

*"The annual Hull Harbor Illumination is a revival of a tradition that dates back to the turn of the 19th century when residents of Hull, Hingham, North Weymouth and Quincy participated in an annual summer 'Red Fire Display' sponsored by the Hull Division of the Boston Yacht Club that lit the Bay Shores."*

three bands, food and craft vendors, and children's activities. Additionally, a **lighted Boat Parade from A Street to Spinnaker Island that included the Boston Fire Boat** was added. This year's festival builds on the successful event last year with longer hours and an expanded array of attractions at the Music Festival. More than thirty boats are expected to participate in the Boat Parade, showcasing the Boston Fire Boat and sponsored by Russo Marine.

"The annual Hull Harbor Illumination is a revival of a tradition that dates back to the turn of the 19th century when residents of

Hull, Hingham, North Weymouth and Quincy participated in an annual summer 'Red Fire Display' sponsored by the Hull Division of the Boston Yacht Club that lit the Bay Shores," said Corinne Leung, Director of Advancement and Communications for the Hull Lifesaving Museum.

### Life Savers Remembrance Ceremony

The day of commemoration and celebration on July 30 will begin at 2:00 p.m. as museum members, friends and descendants gather at Hull Village Cemetery, accompanied by the Point Allerton Coast Guard Color Guard, to honor

Joshua James, who devoted sixty years to saving over 1,000 lives from shipwrecks at the mouth of Boston Harbor, including a brief recounting of one his crew's valiant rescues. Following the ceremony all attendees are invited to place Coast Guard flags at all graves of the sixty members of the Mass Humane Society volunteers, U.S. Life-Saving Service, and USCG personnel.

### Light Up the Night

Each year the public is invited to sponsor a flare for the Harbor Illumination. The flares help to Remember, Honor, and Celebrate — for some it's to honor a beloved family member, for others to mark a special event in their lives and for some merely to be a part of this marvelous celebration.

This year the festival has added the **Forever Flare**, a special level of participation proudly sponsored by Pyne Keohane. A onetime donation of \$300 allows the donor to commemorate someone special in his or her life with a flare that will be lit at each succeeding Illumination celebration. The flare will be placed in a special holder inscribed with the donor's memorial name and a commemorative plaque will be permanently displayed at the Hull Lifesaving Museum with the name of the honoree for all to see.

Additionally, in commemoration of Boston Light's 300th anniversary, the Hull facing shores of Little Brewster will also be lit with flares this year.



*Forever Flares will be placed in a special holder inscribed with the memorial and lit each year during the Hull Harbor Illumination.*

## EVENT SCHEDULE

### JULY 30, 2016

Be a part of this spectacular Hull tradition:

- 2:00 p.m. . . . . Life Savers Remembrance Ceremony at Hull Village Cemetery
- 3:00 – 8:00 p.m. . . . Kids Activities, Music Festival with Food & Craft Vendors at L Street Field
- 8:00 P.M. . . . . Boat Parade of Lights
- 8:00 – 10:00 p.m. . . . Viewing Bash & After-Party
- 8:30 p.m. . . . . Illumination!

For more information about the annual Hull Harbor Illumination Festival visit their website: [www.hulllifesavingmuseum.org](http://www.hulllifesavingmuseum.org)



# FREQUENTLY ASKED QUESTION

## *What do I Say to Someone Who is Grieving?*

**I**t can be difficult to find the right words to comfort someone who is grieving a loss. You might even wonder if it is best to say nothing at all for fear of upsetting the person who has lost a loved one, but not acknowledging the loss can be just as painful.

**"It is important to acknowledge the death of a loved one," said Co-president John Keohane. "Even though expressing your condolences to someone who has experienced a loss is not easy, it should not be avoided all together."**

*So what should be said to someone who has lost a loved one?*

Because it is understandably challenging to find the right words to comfort someone, it is best to keep things short and from the heart. A simple expression such as, "I'm sorry for your loss" can be all that is needed to express your sympathy in way that tactfully acknowledges the loss.

You can also offer your support to the person in mourning with phrases such as, "Can I do anything for you?" or "Please let me know if you need anything." Often someone who has experienced a loss just needs to talk about their feelings, and you can offer a sympathetic ear by telling them, "I'm here for you any time you need to talk."

And remember, it's okay to admit that you just don't have the words to express your feelings, especially in the case of a sudden loss or accidental death in which the mourner may be in shock and disbelief. You can confess to the griever, "I'm so sorry. I just don't know what to say."

Physical gestures can also convey your sympathy when words just aren't enough. A warm hug, a squeeze of the hand or a kiss on the cheek can express your feelings non-verbally.



*What should be avoided when expressing sympathy?*

While there is no set prescription to saying the right thing to someone who has lost a loved one, there are some phrases that people often convey during a loss that should be avoided in order not to offend the mourner.

You might be tempted to show support by telling the person grieving that you have experienced grief, too, but everyone experiences grief differently. So, rather than telling someone, "I know how you feel," you might start with an acknowledgment that loss is painful, and that you know what he or she is experiencing is difficult. And while the acute pain of a loss usually diminishes over time, avoid saying things like "time will heal" or "at least he's not suffering" which can appear to minimize the mourner's pain. Instead, say something that relates to the difficulty of the loss such as, "I realize that this is must be a very difficult time for you."

When conveying your condolences to someone who has lost a loved one, express yourself simply and with heartfelt emotion to express your sympathies and acknowledge the difficulty of the experience of loss.

If you have any additional questions about expressing your condolences or you would like to make an appointment to meet with one of our experienced funeral directors, please contact our office and we will be happy to set up a convenient time to meet with you.

In Quincy, call 617-773-3551. In Weymouth, call 781-335-0045. In Hingham, call 781-749-0310.