

Local Libraries Offer Hidden Treasures

Today's libraries are treasure troves of new programs and services that have grown way beyond merely lending books. One-on-one technology tutoring; online courses; home delivery for housebound patrons; workshops; art galleries; author talks and databases of local history are just a few of the gems offered at the public libraries in Quincy, Weymouth, Hingham and Hull.

Quincy Public Libraries

Along with loaning DVD's of feature films, TV shows and video games, the Quincy Public Libraries also offer free feature films on a big screen. The Friends of the Thomas Crane Public Library sponsor showings of the latest critically acclaimed films at Billy's Café in the main library atrium, including popcorn and cold drinks. Show times are on Thursdays with a matinee at 1 pm and an evening show at 7 pm. There are also Wednesday Matinees at the North Quincy Branch Library at 2 pm for afternoon screenings of great films both old and new.



Computer classes are a popular choice in adult education at the Thomas Crane Public Library in Quincy.

"One of the things that seniors really like are our matinee movies on Thursday at one o'clock. We do another screening in the evening at seven o'clock, but we find that certain members of our community prefer coming during the day so they're not driving at night," said Clayton Cheever, Assistant Director.

Technology for the New Millennium

Technology is another area that is addressed by local libraries. The Thomas Crane Public Library offers "Device Advice" with one-on-one lessons with a librarian to learn about your particular mobile device be it a smart phone, iPad or laptop. "Seniors can come in any time to get help, but we set aside time every Tuesday from 2:30 to 3:30 pm," said Cheever. Various computer classes are also offered on Wednesday evenings.

The library website [thomascranelibrary.org] hosts a number of fabulous resources as well including an entire section devoted to seniors called "50 Plus"; a variety of "Find it Guides" which are organized by topic, such as business and finance or genealogy, and much more! You can even borrow books, movies and CD's, or download popular magazines from the comfort of your own home, twenty-four hours per day. And there are online courses available too. Library patrons receive free access to more than 3,000 courses if they sign up. Call or go online for more information about how to access these programs and services.

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PLANT. GROW. SHARE. #TONOFTOMATOES

The message is growing about Plant. Grow. Share., formerly known as Harvest Helpers, a grassroots movement to bring fresh produce into local food pantries. The goal for this growing season is to provide a ton of tomatoes for neighbors in need...

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Keohane
FUNERAL HOME
Quincy, MA

McDonald Keohane
FUNERAL HOME
Weymouth MA

Pyne Keohane
FUNERAL HOME
Hingham MA

PLANT. GROW. SHARE.

a Fresh Food Initiative for Our Local Food Pantries — is a Growing Grassroots Movement



Jon Belber from Holly Hill Farm; Pam Harty, Food Pantry Manager at Interfaith Social Services; and Joe Reardon, Vice President at Keohane Funeral Home, fill buckets with organic topsoil at the Tomato Container Gardening Workshop at the Quincy Council on Aging's Kennedy Center for the PLANT. GROW. SHARE. kick-off event.

The message is growing about **PLANT. GROW. SHARE.**, formerly known as Harvest Helpers, a grassroots movement to bring fresh produce into local food pantries. The goal for this growing season is to provide a ton of tomatoes for neighbors in need at Interfaith Social Services and the Weymouth Food Pantry. Even the Quincy Police Department is growing tomatoes in a rooftop garden

at police headquarters, and coverage in local media has helped to get the word out about the need for fresh produce for the hungry.

"PLANT. GROW. SHARE. is an initiative to provide fresh and healthy food to our local food pantries and to encourage local gardeners to help feed the hungry in our community," said Joe Reardon, Vice President for Community Development and Advance Planning at Keohane Funeral Homes. "Now is the time of year when tomatoes are on the vines and they're getting ripe. We'd like to remind people that the goal is to share a row of your plants or whatever you can't use to the food pantries in Quincy and Weymouth."

The Word is Growing

Detective Karyn Barkas of the Quincy Police Department was inspired to help provide fresh produce for the needy when she picked up a flyer about the Tomato Container Gardening Workshops while attending a service at Keohane Funeral Home. She brought the idea back to her workplace and as a result, the Quincy Police Department is now growing containers of tomatoes on the rooftop of the police headquarters. All of the produce will be donated to Interfaith Social Services, and Barkas is hoping for a large yield.

"A story made it into the Patriot Ledger, our daily paper here, that showed the police officer on the roof of the station watering her containers of tomatoes.

That kind of grass roots growth catching from one person to the next is really starting to make a difference," said Co-President John Keohane. "Our goal is ton of tomatoes."

You Can Help

Donations from your garden or supermarket can be dropped off at Interfaith's offices at 105 Adams Street in Quincy from 8:30 am to 3:30 pm, Monday-Friday, and until 7 pm on Tuesdays; or at the Weymouth Food Pantry food warehouse at 40 Reservoir Park Drive, Unit B, in Rockland between 9 am and 2 pm Tuesday through Friday. For information regarding drop offs to their pop-up pantry sites in Weymouth, please visit the Weymouth Food Pantry website. [weymouthfoodpantry.org/contact/]

Monetary donations to the Plant. Grow. Share. program are also always welcomed and can be made online [interfaithsocialservices.org/donate/].

To volunteer or get more information contact Rick Doane at 617-773-6203 or rdoane@interfaithsocialservices.org; Joe Reardon at 617-773-3551 or joe@keohane.com; or Cas Casados at 781-331-7682 or cas@weymouthfoodpantry.org.

Facebook Fundraiser

We are delighted to sponsor a Facebook campaign to benefit the local food pantries: For every new "like" on our Facebook page, Keohane Funeral Home will donate one pound of tomatoes to Weymouth Food Pantry for the month of August. As of August 5, we donated 40 pounds of tomatoes thanks to your page likes! Be sure to like our page to help us reach our goal of 300 lbs. of tomatoes!

Click on this link to "like" us and donate another pound: facebook.com/KeohaneFuneralHome and share it with your friends, too!

The **PLANT. GROW. SHARE.** program is co-sponsored by Keohane Funeral Home; Interfaith Food Pantry; and the Weymouth Food Pantry.



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Weymouth Public Libraries

A wide variety of adaptive technology for seniors and patrons with disabilities are available at the Weymouth Public Libraries. As you enter the main building, there is a walker device for those who have trouble walking long distances around the library. And all of the libraries offer low-vision magnification readers as well.

The library also has an extensive large print collection. **"We have a larger collection than most libraries and we take requests. Not everybody knows that if they ask us for something that we don't have, we always consider purchasing it,"** said Kristy Lockhart, Head of Reference & Adult Services. "But usually we can get it somewhere else in the library system that we belong to, or we can get it somewhere else in the state or often we can get it somewhere else in the country."

Lockhart said that some people don't know that there are two ways to electronically borrow e-books and audio books, which is through the overdrive application and also through Access 360. A streaming service called Hoopla allows patrons to stream TV shows and movies as well. Lockhart describes it as "Netflix for libraries."

"Once they know how to download e-books, if they are homebound or even

if they just can't make it to the library, it's really easy to download an e-book from the comfort of their own home," said Lockhart.

If you're not sure how to use the electronic system, the reference department at the Tufts Library takes one-on-one appointments to help patrons with their electronic devices, whether it's learning how to set them up, how to download e-books or just how to use them in general. Library patrons can call 781-337-1402 to make an appointment for thirty minute blocks.

The library offers many databases, such as **ancestry.com**; Boston Globe; Encyclopedia Britannica and many more. These databases can be accessed from any computer or device with internet access so seniors and other patrons can conduct research from the comfort of their own homes.

Fall Programming

The library has a focus on adult programming including book talks, recommended reading and a variety of events, including the How-To Festival. In the fall, the Weymouth Public Libraries are collaborating with South Shore Hospital in a three-part series on health and wellness on Thursday evenings at 7 pm, including falls prevention on September 22; cancer and nutrition on October 27; and stress on November 17.

There will also be a fall movie series with afternoon and evening show times of two movies per month.



Library patrons learn how to fly a drone during the 2015 How-To Festival outside the Tufts Library in Weymouth.

See the Weymouth library calendar [libraryinsight.com/calendar.asp?jx=lf] for details.

Lockhart said that the Weymouth Public Library is a popular stop for authors on book tours. While the fall schedule is still being finalized for all the author talks, Louise Miller, a debut author and professional baker, will be at the library in September. "We're excited about planning the cookies to go along with that," said Lockhart.

Juliette Fay is also coming to speak about her historical fiction novel called *The Tumbling Turner Sisters* about a family of acrobats. Another new author, Serena Burdick, is coming at the end of the month to talk about her book *Girl in the Afternoon*.

Weymouth Art Association [weymouthartassociation.org] sponsors a rotating exhibit at Tufts Library, featuring South Shore artists. The exhibit

Hingham Public Library

The Hingham Public Library offers a number of different services for Hingham residents. For seniors or other housebound patrons, the library provides home delivery of books and other library items. **"We have a team of volunteers that check out books and drive over to drop them off at people's houses. They talk to them and find out what they like to read or watch and then they'll pick out things and drop them off every other week,"** said Linda Harper, Director.

The library offers an extensive collection of large print books for anyone who has difficulty reading due to eyesight

issues. They also provide low-vision magnification readers which project enlarged text onto a screen.

For those patrons with electronic devices, the library offers downloadable audio books and e-books which can be accessed from home right to the mobile devices. "If they're on the go and can't make it into the library and they just want to pick something up quickly, they can get digital magazines, they can get books — even bestseller books they can get right away — and audio books, which is a nice feature," said Harper.

For those patrons who aren't comfortable using electronic devices,

the library has a technology lab in which they offer one-on-one training. Patrons can get a personal tutorial from the Technology Librarian for any questions they may have.

The Hingham Public Library is a host to the Osher Life Long Learning Institute [umb.edu/olli], or OLLI. Those 50 and over can sign up for membership in OLLI through the the University of Massachusetts for an affordable fee. The program offers on-campus and online courses, brown bag seminars, day trips, theater excursions, and more, including classes taught at the Hingham library

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FOR YOUR CONVENIENCE

Keohane Funeral Home Improvements

At Keohane, we are constantly improving our facilities to make sure everything is safe, clean, convenient and fresh. We have recently made upgrades to our parking, our interiors and our properties in Quincy, Weymouth and Hingham to improve safety issues, provide much needed parking spaces and brighten up our buildings.



Improvements in South Weymouth include replacing the outside stairs and increasing parking.

In Hingham and Quincy, we repaved and restriped our parking lots to make the pavement smooth and the parking spots easily delineable. We also replaced a fence that runs from our Quincy property to St. Ann's Church and connects our two lots. The new fence improves both parcels and saves the church the expense of replacing the fence on their property.

We're also completing an interior design project at our Quincy location by replacing

the entire main floor with new wall paper to brighten up the interior and make the entire building more comfortable. **"We like to go through our facilities every ten years and change the paint and wall paper to make sure that they're always fresh and clean for the families that we serve," said Co-president John Keohane.**

We've made several improvements in South Weymouth by expanding parking and replacing a set of stairs that connect the funeral home and the parking lot. When we bought the facility in 2011, the set of center stairs to the parking lot were crumbling. While we tried patching and resurfacing the stairs, they continued to crumble. There were significant safety issues as well due to uneven heights of the stair steps. In the end, we demolished the stairs and replaced them with a whole new set of center stairs for your convenience and safety.

We have also significantly increased parking in South Weymouth by adding over two dozen new parking spaces. In order to create more space, we pushed the border of the parking lot closer to the property lines and freed up the much needed space. "We recognize that parking was an issue for our families in South Weymouth and to rectify that, we created more spaces for the families to park," said John.

Our families are important to us and we strive to make our facilities as convenient and safe as possible. We welcome any suggestions you might have to make improvements to any of our facilities in the future.

KEOHANE FUNERAL HOME HOSPICE GUIDE

A Wealth of Information About a Rich Resource

We realize that many of our families are grappling with difficult end-of-life issues, and we want to provide information that will make their journey just a little bit easier. With that in mind, we put together a compressive guide to hospice care in partnership with South Shore Hospital Hospice of the South Shore; NVNA and Hospice; and Old Colony Hospice.

Hospice: A Wealth of Information About a Rich Resource answers questions such as: What is Hospice? When and How do I choose a Hospice? and How Will I Pay for Hospice? The guide also covers important topics, such as the benefits of hospice; bereavement services; meeting

the needs of terminally ill patients and grieving children, as well as a directory of important agencies and services for further information.

The hospice guide will be available at all Keohane Funeral Home locations as well as senior centers and hospice groups in the South Shore area. It will also be available in .pdf format via email or downloadable directly from our website.

"We just want to be a good resource for people encountering end-of-life issues in their own families by gathering critical information from local hospices as well as our own experiences to help them make the right decisions along their journey," said Vice President Joe Reardon.



The Keohane Hospice Guide provides a much needed resource for anyone considering hospice care for themselves or a loved one.

OUR TEAM

Tara O'Brien



TARA O'BRIEN, a fourth generation funeral director, joined Keohane in 2013 after working for her family's funeral home for many years. Being a funeral director is not only a legacy passed down through the generations, but it is a calling for Tara who feels blessed to help grieving families to create memorable and moving tributes for their loved ones. She enjoys working with her team at our Weymouth locations and is passionate about caring for the families that she serves during a time when they need empathy, compassion and care.

"From the moment I met Tara it was apparent that funeral service was a strong calling in her life and that her passion for helping families would be a wonderful addition to our team of young professionals," said Co-President John Keohane.

Tara's great-grandparents founded O'Brien & Sons Funeral Home in South Boston in 1910 which is still operating today under the management of Tara's brother, Edward.

After graduating college, Tara helped her father with the operations of the family business and later decided to go to mortuary school to become a funeral director.

"I always worked for my dad behind the scenes and then I decided to become a funeral director after I was married with children," said Tara. "To be able assist anyone who has lost a loved one is the highest honor for me."

Tara graduated from Merrimack College in 1990 with a BA degree, specializing in psychology. She continued her studies at FINE Mortuary College program where she earned an AS degree in Funeral Directing and Embalming. During her studies, Tara continued to work at her family's funeral home doing office work, book keeping and other managerial tasks. After completing the two-year associates program at FINE Mortuary College and passing the national and state boards, Tara became a licensed funeral director.

In order to find a healthy work-life balance, Tara began working as a funeral director at Keohane Funeral Home three years ago.

"Funeral service from a generation ago was a 24 hour a day commitment. Everything else had to take a back seat when a family in need called upon us for service. While our attitude towards service is still the same we have chosen to become more flexible in balancing our team's work life with their personal life," said John. "Tara understands that delicate balance and also appreciates the fact that she can step away from work to charge her batteries and return refreshed. The lessons she learned from her father at an early age also guide her to this day. She truly understands what it means to serve."

Tara values working at Keohane Funeral Home because she enjoys meeting new people, especially the families in the area. It's important to Tara to do everything that she can to make it as easy as possible for grieving families in their time of need. On any given day, Tara can be found meeting with families, caring for families, running funerals and making sure all her families' requests about funerals come to fruition.

"Her ability to connect with people and walk with them on their journey has endeared her to many families. She takes the time to listen and then recommend a service that fits perfectly with the spiritual, emotional, and financial needs of the family," said John.

Tara knows that her job would not be possible without the amazing team of funeral attendants, or dress men, at Keohane. "Basically, my success would not be possible without them," said Tara. "Many of them have been here a long time and they've helped me along the way."

Funeral Attendants perform a variety of tasks before and after the funeral as well as during visiting hours, such as placing the casket in the funeral

home or church prior to the service; placing floral arrangements around the casket; directing and escorting mourners; closing the casket; opening and closing doors for mourners; driving the limousines; and storing funeral equipment. They are also instrumental at the cemetery.

The long-standing team of funeral attendants at the Weymouth locations include, Greg Byron; Bob Cole; Al Mitchem; Tom White; George Jackson; Ed Miller; Bill Foley; Dan McGarry and his dad, Bernie, who just retired at the age of 93.

"I'd also like to add one more to that; Paul Gallagher just recently passed away and he was a big help until recently when he got sick, and I'd like to recognize him as well," said Tara. "The morning of the funeral you become a team. They are here to meet all the families needs and to make sure everything runs smoothly for them. They've been a great asset for me at Keohane, and I just wanted to recognize each one of them as they have made my transition to Weymouth seamless. I really enjoy working with all of them."

Tara grew up in Hingham. She now lives in South Boston in the upstairs living quarters of her family's funeral home with her father and her two daughters, twenty-year old Cailin who attends Salem State College and fifteen-year-old Rose who is a student at Mansfield High School.

Tara was a competitive ice skater from the time she was seven-years-old and into her twenties. She was a United States Figure Skating Gold Medalist and later became a coach for competitive figure skating. From her senior year in college until recently, she coached private figure skating students at Commonwealth Figure Skating Club; Skating Club of Hingham; and Pilgrim Skating Club. Tara recently retired from coaching to spend more time with her daughters and concentrate on her duties serving families in their time of need in the funeral industry.

Tara appreciates everyone at Keohane from the office support, apprentices, funeral directors, as well as the facilities management team, and graciously acknowledges everyone's support to make each day run smoothly. "I just wanted to take an opportunity to recognize my team. Since I've been here, they've been outstanding and if it wasn't for them I wouldn't be able to care for my families the way I do," said Tara.



CORPORATE WELLNESS PROGRAMS GROWING IN POPULARITY

The Keohane FitBit Challenge



A nurse from South Shore Hospital's Home & Health Resources administers a flu shot during a corporate flu shot clinic.

Wellness programs have become an ever-growing feature of company benefits. In fact, more than two-thirds of employers in the United States currently offer wellness programs, according to a 2015 report by the Society for Human Resource Management.

Home & Health Resources, a program of South Shore Hospital's home care division, provides Corporate Wellness Programs to local businesses and organizations which provide preventive measures to help keep employees healthy. The Home & Health Resources website [southshorehospital.org/corporate-wellness-programs] claims that healthy employees mean higher morale, reduced absenteeism, increased productivity, and lower medical costs.

The Keohane Fitbit Challenge

At Keohane, we wanted to encourage our employees to become more active after the long New England winter and started a team wellness program — the FitBit Challenge — last spring. The majority of our full-time employees opted into the program in which two teams, one from Quincy and Hingham and one from Weymouth, competed for the most steps and the most active minutes for the month of April. The pilot program was so successful that we want to keep the momentum going throughout the year.

"It was a nice team building process where people were encouraging each other to keep active," said Co-President John Keohane.

Keohane provided \$100 toward the purchase of a Fitbit [fitbit.com/home] for those employees who opted into the challenge. Each participant put \$25 into the kitty and Keohane matched the employees' contributions, raising the prize money to more than \$1,000. At the end of the month, one team won for the most steps and one team won for the most active minutes, so the prize money was split down the middle with \$500 going to each team.

"The month when everyone was involved there was a definite increase in activity where the next month you could see things tail off. It just goes to show you that someone else to work out with or forming a group of people to hold each other accountable really does help," said John.

The goal is to set up a bi-monthly corporate challenge to keep the momentum going throughout the year. Employees are encouraged to set up their own mini-challenges during the months where there is no company-wide challenge. The Fitbit platform provides a function in which employees can create groups of 2 to 10 people to join those mini-challenges for the day or the week.

South Shore Hospital Corporate Wellness Program

As part of the South Shore Hospital's healthcare system, Home & Health Resources brings healthcare prevention into the workplace. Through corporate wellness programs — **such as the Living Life Well programs which include presentations on healthy living, balance and mobility choices, among others** — companies can improve their employees' lives and also make a positive impact in the workplace by bringing on-site preventative health care services and health education to the workplace.

While Home & Health Resources offer popular programs such as flu clinics, blood pressure clinics, and health fairs, Lisa Gouthro, Director of Home and Health Resources said that creativity is important in order for companies to design a program that works best for their employees, such as the Keohane Fitbit challenge.

"The employer knows the staff population the best," said Gouthro. "As partners with the employer, we may be able to provide some ideas and guidance to tailor a program together to get the best reach."

Corporate wellness programs are designed to protect the health and wellbeing of all employees. The goal is to detect potential health problems, educate about health issues, and inspire healthy lifestyles.



Entrance to the Hingham Public Library at 66 Leavitt Street in Hingham.

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in the large meeting room. In an effort to reach out to the senior population, the University of Massachusetts chose Hingham as a satellite community. "Some seniors have trouble getting into Boston and it's a hassle for them to go there for classes," said Harper. "A number of residents in Hingham who would otherwise not be able to take advantage of the opportunities because they can't get into Boston come here and take amazing courses. It really brings quality programming outside of the city and into the local area."

Starting in the fall, **the library will partner with the Boston Classical Guitar Society for their Sunday Guitar Series.**

"They are amazing musicians who come in, either singly or with other musicians, sometimes another guitar or a flute player, and they put on lovely concerts," said Harper. Sunday afternoon concerts will be held approximately monthly. For dates and times, check the calendar [hinghamlibrary.org/calendar.aspx] on the library website.

The library offers other adult programs, such as book clubs, author talks, and lectures. The library features two popular art galleries, including The Dolphin Gallery and the Clemens Gallery which showcase monthly art exhibits.

What's New

The library recently implemented a **technology lending program**. Whether it's an e-reader, laptop, camera, or projector, the library lets patrons check them out just like a book. The library has acquired an extensive collection of electronic devices to allow patrons to try them out before buying for themselves or to use for a special project or event.

Coming in the fall, the **art loaning program** will be re-launched. Patrons can check out a painting or a print, take it home, and put it on their walls for a six-week period. This has been popular with homeowners selling a property or people who just want to rotate the artwork on their walls.

The library website provides rich resources for those with an interest in local history, and the local history librarian works with the local history collection to help people do research into the area. The library recently digitized an amazing collection of

glass slides of early photographs of the area from the 1800's. Images from the glass slides will be accessible through a link to the Massachusetts Digital Commonwealth website [digitalcommonwealth.org/collections/commonwealth:rn301r67g].

The Hull Public Library

The Hull Public Library sponsors a monthly book group for all residents as well as **the monthly Nantasket Beach Lecture Series at the Nantasket Beach Resort Hotel** in conjunction with the Life Saving Museum and the Massachusetts Department of Conservation and Recreation. Lectures are presented on different topics, such as history, gardening, architecture, maritime subjects or may feature an author with a new book. **"We've been doing this for about six or seven years and it's proven very popular," said Daniel Johnson, Director. "It's usually the second Thursday of the month at 7 pm, but occasionally we have to change the date to accommodate the speaker. It really has been a great success."**

Upcoming lectures include: Stephen Puleo, American Treasures, on September 15; Maureen Meister, Arts and Crafts Architecture of New England, on October 13; and Connie Mayo, The Island of the Worthy Boys, on November 10.

The library also provides an informal home delivery service. Patrons may call the library at 781-925-2295 to reserve books and the library will find someone willing to deliver materials to them.

As the library does not have a meeting room, most of the programming is done off-site. There is a children's program at the Nantasket Beach Saltwater Club as well as the adult lecture series.

Whether you need help with technology or want to research your genealogy or find out more about the local history, today's libraries offer enhanced services for all patrons and all abilities. Don't let this local treasure go undiscovered. Visit your local library and see what golden opportunities await you there.

FREQUENTLY ASKED QUESTION

How Do I Start the Conversation About Funeral Planning with My Elderly Relatives?

One important aspect of funeral planning is memorialization of a loved one — honoring the life of a loved one in a meaningful way — and learning how your relative wants to be remembered is an important part of planning for that loving tribute at the end of life. Finding out more about your elderly relative's life can be a fun and enjoyable way to enter into a conversation about planning for the future. While it may seem awkward at first, once the conversation starts, it might be hard to stop!

"If you don't start the conversation you'll never know how its going to end. Sometimes it's just the fear of having the conversation that makes people uncomfortable. It's not a natural everyday type of conversation so, people tend to shy away from it," said Co-president John Keohane. "But by having that conversation, you might find out things about your relatives that you never knew. Those stories create their legacy that you can share with the next generation."

You can have the conversation with anyone you hold dear — parents, grandparents, aunts and uncles, or a spouse. It can take place anywhere you and your loved one feel comfortable — over a meal, at home, on a walk, or while playing a game. The talk can be between you and your loved one, or you could include others, like family or friends. Your conversation can take place at any time — not just at the end of life. And it doesn't have to stop there. You can continue the conversation any time.

Memorialization planning is about becoming reacquainted with the life and memories of a loved one. To start the conversation flowing, a visual aid such as a photo album or memento can help a loved one open up. Even a memorable location such as the church where your loved one was married or the park where family outings were taken can prompt important memories.

You could share a special memory about your loved one, a piece of advice that he or she gave you, a song that reminds you of them or the ways you will never forget them to get the conversation started.

Have the Talk of a Lifetime™

Sharing stories with those who matter most in your life isn't just important for today — it will become especially helpful when it's time to commemorate their lives. The Funeral and Memorial Information Council, FAMIC, has developed some tools to help you begin that important conversation.

"Have the Talk of a Lifetime" encourages families to have conversations about life and what matters most. These discussions can help families make important decisions about how they wish to remember and honor the lives of their loved ones.

To download a free brochure to help you begin the talk of a lifetime, visit the FAMIC website [talkofalifetime.org].

According to FAMIC, meaningful memorialization helps families and friends along the journey toward healing after the loss of a loved one. Today, individuals and their families have more options for memorializing their loved one at the end of life. Memorialization can reflect a person's life story, their values, interests, and experiences. It is transformative, healing, and comforting. Meaningful memorialization planning starts when loved ones talk about what matters most: memories made, lessons learned, and how they hope to be remembered.

Some questions you could ask to start the talk are:

- What is your proudest achievement?
- What was the one piece of advice you received from your parents or grandparents that you never forgot.
- Tell me about the most memorable summer you had growing up.
- Tell me about your favorite teacher; what did you learn from him or her?
- If you could spend a day doing anything you like, what would it be?
- Who has been your greatest inspiration?

Download a Free Workbook

It may be helpful to record the conversation in some way for future reference. You can jot down notes or use an audio recording, depending on what seems the most appropriate and comfortable at the time of the conversation.

Download a free workbook [talkofalifetime.org/have-the-talk/?utm_source=Front%20Page%202&utm_medium=Website&utm_campaign=Front%20Page%202] to use as a guide. You can use the workbook to write your answers online, or print the workbook as a guide.

"If you start the conversation, you might learn quite a bit of information that is amazing to share with the rest of the family that creates a legacy for your relatives and a legacy for your own family," said John.

For more information on starting the conversation of a lifetime, please contact one of our knowledgeable funeral directors at 617-773-3551 for assistance in making funeral or memorial arrangements.