

Quincy Rotary Club is Dedicated to Making the World a Better Place

The Quincy Rotary Club is part of an international organization that offers camaraderie for local business owners and also provides a means for community service. The Quincy Rotary Club [<http://www.quincyrotaary.com>] has approximately eighty-five members and meets weekly at the Neighborhood Club on Glendale Road in Quincy.

"It's a great group of people," said Quincy Rotary President Andrew Oatway, who is an attorney at Morisi & Oatway in Quincy. "Our objective is to serve as a vehicle for community service but also for fellowship, which means having a good time."

Oatway's father-in-law has been a member of the Salem Rotary Club for nearly forty years. When he originally asked Oatway to join the Rotary, it wasn't the right timing for his business. But when he asked his son-in-law again eight years later, Oatway decided to join. "It's a high quality group of people, like Ed Keohane, who has been in the Rotary for thirty years or more. He is a past-president and a strong supporter of the club," said Oatway.

Ed Keohane, Chairman of Keohane Funeral Home and past-president of the Quincy Rotary Club agrees with the current president. "It's a wonderful group of people, several of whom I have known for many years and proud to call my friends. We have a lot of fun and we do a lot of good for the community."

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Participants vote for the best slice of pizza in Weymouth during the Weymouth Chamber of Commerce's annual PizzaPalooza competition.

Weymouth Chamber of Commerce: The Voice of the Weymouth Business Community

Established in January 2014, the Weymouth Chamber of Commerce [<http://www.south-shorechamber.org/pages/Weymouth>] is focused on economic development within Weymouth's primary business districts. They maintain a busy schedule of networking and business-to-business events to build strong relationships within the business community from the Landing to Jackson Square. The Chamber grew out of a business council within the South Shore Chamber of Commerce. It maintains an affiliation with the South Shore organization but has established its own Chamber Board with 150 local business members and growing.

"It's a pleasure serving on the board of directors of the Weymouth Chamber of Commerce. There is a great group of people that are passionate about promoting all the

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Hingham Senior Center Has Something for Everyone!

The Hingham Department of Elder Services [<http://www.hingham-ma.gov/353/Elder-Services>] offers programs, services, events and transportation for all seniors sixty and over and is also a resource for information for anyone who may be caring for an elder. The Hingham Senior Center is attached to Town Hall at 224 Central Street and is open to the public Monday to Friday from 8:30 am to 4 pm.



The Hingham Senior Center is attached to Town Hall at 224 Central Street in Hingham.

"We offer a wide range of programs and services," said Director Barbara Farnsworth. "Our mission is to keep people independent and engaged in the community."

The Hingham Senior Center serves 1,800 to 1,900 seniors in a year and offers many programs, with a focus on wellness through fitness classes; health clinics; and support groups. There is currently a support group for victims of stroke that meets every Tuesday. They

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Keohane
FUNERAL HOME
Quincy, MA

McDonald Keohane
FUNERAL HOME
Weymouth MA

Pyne Keohane
FUNERAL HOME
Hingham MA

Screening and Discussion on “Being Mortal” Brings South Shore Residents into National Conversation on End-of-Life Wishes

One of the most difficult topics to discuss with our loved ones is end-of-life care, yet it is one of the most important talks in any of our lives. Using a grant from the Hospice Foundation of America, the Hospice of the South Shore partnered with Linden Ponds, a premier senior living and continuing care retirement community, to bring together medical professionals and community members to engage in such a conversation — part of a nationwide public awareness campaign to educate audiences and encourage people to identify what is most important to them and communicate their wishes for end-of-life care.

“These are the conversations we should be having with key players in our lives such as our family and friends ahead of time and not waiting for a crisis,” said Aubrie Hills, Bereavement Coordinator at Hospice of the South Shore. “These are not once-and-for-all conversations; they’re not final and they can evolve over time.”

The event which ran on October 26 and November 14 included a free screening of *Being Mortal*; a panel of experts, including an oncologist, a geriatrician, a hospice nurse, a social worker and a pastor; as well as a health fair for planning next steps. Both dates were filled to capacity with all 270 seats filled for each event at the Derby Performing Arts Center at Linden Ponds.

Hills said it was nice to see families attending the event. “This should be an intergenerational conversation. It’s not all elders who die. You’re not too young to have the conversation or to come to an event like this.”

“The event was a great success! Over 250 registered for each event from residents of Linden Ponds to professionals wanting to learn new ways to care for their patients and clients,” said Joe Reardon, Vice President for Community Development and Advance Planning at Keohane. **“The film itself**

was quite moving and thought provoking. As a whole, our culture does not ‘do death well.’ The reality of life is that death is unavoidable and that, at some point, something will arise that we cannot fix or cure. The film explored responses to that through the eyes of health care providers, individuals who were dying, and their families.”

Each event provided a free screening of *Being Mortal*, a PBS Frontline documentary based on the best-selling book of the same name by Boston physician Atul Gawande. The documentary explores what matters most at the end of life for patients and their families as told by renowned writer and Boston surgeon Dr. Gawande as he shares stories about experiences at the end of life from his patients and his own family.

“The message from Dr. Gawande was that even though he was a renowned surgeon and his father was a doctor, when it came to making these decisions, he was just as unprepared as everyone else,” said Hills.

The screening was followed by a panel of experts to facilitate the discussion on end-of-life care and to be available to answer questions from members of the audience. Panelists included Dr. James Everett, Hospice Medical Director and an oncologist; Dr. Jennifer Tam, Director of Linden Ponds and a geriatrician; Cathy Smith, a hospice nurse at Hospice of the South Shore; Reverend Richard Bauer, a retired reverend and resident at Linden Pond; and Terri Hoitt, a social worker at Linden Pond.

Continuing education credits were offered to professionals attending the event to encourage participation from area professionals along with senior residents at Linden Ponds, their family members and other members of the community at large.

Audience discussion included many personal experiences. “The conversation largely centered around



Allison Zimmer provided information on advanced planning at the Keohane table at the *Being Mortal* events at Linden Ponds.

each person’s experiences — how they had to make difficult decisions for a loved one unable to make those decisions for themselves or how they wish they could have done things differently. Or how much it helped them to know what their loved one wanted ahead of time and not waiting until there was a crisis,” said Hills. “The professionals gave practical advice, such as updating your health care proxy. Sometimes it’s best to select someone outside the family circle so they’re able to take out the emotion and make a decision that follows your wishes.”

Reardon also related to the documentary through his own personal experiences. “I felt a personal connection to the film by virtue of my own experience. My father was 47 when his battle with cancer reached a critical point where it appeared that there were few options left to prolong his

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Screening and Discussion on “Being Mortal” Brings South Shore Residents into National Conversation on End-of-Life Wishes

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life in a meaningful way. It was an extraordinarily difficult time for all of us most especially my father yet with great support from his care team including a chaplain, we were able to make the most of his last days. To this day, I feel that this experience has made me a better funeral director and affirmed my belief that in many ways caring for the deceased and his or her family should

be considered an extension of the healthcare continuum. ‘Being Mortal’ reinforced this,” said Reardon.

The group discussion was followed by a health fair with tables set up by leaders in the community to help audience members develop their next steps in an action plan. Information was provided on advanced planning; elder law; and MOLST (Medical Orders for Life-Sustaining Treatment), a medical document signed by your physician that communicates your decisions regarding life-sustaining treatments for use by your healthcare providers. Keohane Funeral Home was proud to participate in the health fair by providing information on advanced planning and

answering questions about planning funeral arrangements in advance. A popular spot was the Go Wish game, an easy and entertaining way to talk about what is most important to you.

“We want people to be empowered and to be their own best advocate,” said Hills. “It is the best gift to give your family when they are able to execute your wishes without guilt or feeling overwhelmed. When a loved one is incapacitated and can no longer make decisions and dies, their loved ones can’t make peace if they’re not sure what their loved one wanted. If it’s clear what they wanted, that’s a gift.”

Weymouth Chamber of Commerce: The Voice of the Weymouth Business Community

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great things Weymouth has to offer,” said Co-President Dennis Keohane.

Weymouth-based businesses that join the South Shore Chamber of Commerce automatically enjoy the benefits of Weymouth Chamber membership as well, or businesses in Weymouth can choose to join the Weymouth Chamber of Commerce only without becoming a member of the South Shore Chamber.

“We’re trying to support the increase in economic development and supporting local business,” said Chairman David Robinson, Esq. “We’re a resource for the community and we’re here to be ambassadors to the business community, to the government and to the people.”

Weymouth Chamber Events

The Weymouth Chamber of Commerce works closely with the Mayor and Weymouth town government to give a voice to the business community in each and every business district. The Chamber Board reaches out to the wider community by offering their annual Mayor’s Breakfast, the Landing Breakfast and the annual PizzaPalooza Best Slice Pizza tasting event which is open to all.

This fall, the Weymouth Chamber hosted a **Senate Forum** between the two candidates for state senate,

Pat O’Connor and Paul Gannon, in conjunction with other district-area Chambers. The candidates answered questions from the business community within the senate district that covers Marshfield, Hull, Hingham and Weymouth. Al McDonald moderated the event held at the South Shore Bank.

The popular PizzaPalooza, held in the Weymouth High School cafeteria, is an annual event to support the Weymouth Food Pantry. Local pizza shops and bars compete to win the popular vote for the People’s Award and Kids’ Choice Award for the best pizza in Weymouth. Town officials also volunteer as judges to award “Best Slice of Pizza.” In the last three years, the event has raised nearly \$20,000 for the food pantry.

“I love seeing young families come to **PizzaPalooza**. The look on the kid’s faces is priceless as they realize how many slices of pizza are surrounding them,” said Keohane, who helped organize the judging panel of local VIPs for the event.

The chamber has advocated for businesses with the town board at the annual tax classification discussion in November as well as for other business measures affecting the town. “We’ve spoken in favor of businesses to get certain approvals. For Union Point, we’ve appeared [before the board] on a number of occasions for some of the changes they’ve been requesting,” said Robinson. The Chamber has also advocated for a more favorable shift in the tax burden. “Historically, they’ve

shifted a lot of the real estate taxes to the business community, so we’re trying to get a shift back. Ideally, we’d like to have it back to no shift whatsoever, but recognizing that would be a substantial tax shift for the residents. So, we’re advocating for a more tapered shift. Last year they actually shifted it down somewhat — they tapered it down from 55 to 50 percent, so it’s a good success. It’s the first time in recent memory that that’s happened in Weymouth, and it’s the first time any of the chambers locally were able to advocate for a shift,” said Robinson.

The Landing Breakfast is a joint event with the Braintree Chamber that hosts Mayors from both towns to discuss issues that affect the Weymouth-Braintree Landing. Neighborhood groups are invited as well.

The Mayor’s Breakfast will be coming up in February or March. The Chamber invites the Mayor to speak to the business community each year to find out what the Mayor is envisioning for the coming year in economic development and what the business community can do to help.

As Chairman of the Weymouth Chamber, Robinson has an optimistic view of local business development. He said, **“It’s been a good year for business development as a whole for Weymouth. I’ve been to six ribbon cuttings this year for new businesses. It’s a nice positive change. Weymouth is starting to catch up with the economic improvements that have been hitting the South Shore in general.”**

Quincy Rotary Club is Dedicated to Making the World a Better Place

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Each Tuesday the Rotarians meet for lunch, discuss club business and invite a guest speaker to address the club. Past speakers include Massachusetts Senator John F. Keenan; Carmen Milagros Ortiz, the United States Attorney for the District of Massachusetts; and Michael W. Morrissey, District Attorney of Norfolk County, Massachusetts.

On special occasions, the Rotary Club hosts meals for community groups. Before Thanksgiving, the Rotary hosts a lunch for the North Quincy High School and Quincy High School football teams who have a big matchup on Thanksgiving each year. The club also provides a spaghetti lunch at the Annual Senior Spaghetti Luncheon for seniors at the Kennedy Senior Center in Quincy. Serving over 100 seniors, they provide an afternoon filled with bingo, lunch, music, raffles and most of all, fun. The club also hosts two pancake breakfasts for seniors at the senior housing facility, 1001 Southern Artery.

Local Service Projects

The Quincy Rotary Club, is dedicated to making a difference in their local community and the global community, just like the many Rotary Clubs around the world. They raise money to support local charities; provide youth scholarships and help initiatives sponsored by Rotary International.

Locally, the Quincy Rotary Club supports charities such as the Quincy Community Action Program, a nonprofit organization in the Quincy area dedicated to reducing poverty and helping low-income people achieve self-sufficiency; the Germantown Neighborhood Center at the South Shore YMCA which offers vacation camps for kids in kindergarten through ninth grade; and Interfaith Social Services which is dedicated to improving life for South Shore families and individuals in need. During the holidays, Quincy Rotarians support the Salvation Army by ringing the bell for donations at Roche Bros and other local sites.



New members Daurice Cox, John Mueth, Christine Lott, and Deborah Riley are inducted into the Quincy Rotary Club in January 2016. Pictured with Dolly DiPesa, Mike Shanahan, and Tom Galvin.

The main fundraising event for the Quincy Rotary Club is an annual auction held in the spring at the Neighborhood Club. The event features a live auction, silent auction and dinner. "We raise most of our money through the auction," said Oatway. "Last year we raised \$60,000."

Support for Youth

The club supports literacy and saves lives by participating in the Rotary International program, "Josh the Otter Water Safety and Literacy Project." Rotarians visit kindergarten classes in Quincy dressed in an otter costume to read a special book to educate children about water safety. After hearing the story read aloud, the Rotary provides a book for each child to take home with them. The project was started by parents who lost their beloved two-year-old son, Josh, and want to educate children with the fun and simple message: Stay away from water unless accompanied by an adult. As accidental drowning is the number one cause of death in children ages one to four, Rotarians around the world hope to save lives with this fun and important program.

Another way that the Rotary Club support the youth of Quincy is by donating \$30,000 in scholarships for high school students annually. They provide thirty \$1,000 scholarships to worthy students from Quincy City High School and North Quincy High School to help Quincy High graduates in their first year of college. The club also

participates each year in the **"Credit for Life Fair"** which helps to educate youth about finances, banking and other life skills.

International Initiatives

As a local chapter, the Quincy Rotary Club also supports important programs supported by Rotary International which has identified specific initiatives that maximize both local and global impact. One of those international initiatives includes eradicating polio worldwide. Partnering with the Bill and Melinda Gates Foundation, Rotary International has provided vaccines that have made the world virtually polio-free except for small pockets in Nigeria and Afghanistan.

Another area of focus includes bringing clean water to the 748 million people worldwide that do not have clean drinking water. Rotary International helps to provide clean water through a filtration system that harvests rain water and provides home water treatment capability through filters, solar disinfection or flocculants to make drinking water safe. "Rotary International goes into places that have no plumbing and no filters. They provide filters for rainwater to make it drinkable. The majority of the work is being done in Central America," said Oatway.

The Rotary International website [<https://www.rotary.org/en>] sums it up: "We are neighbors, community leaders, and global citizens uniting for the common good."

Hingham Senior Center Has Something for Everyone!

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also hold monthly Parkinson's and vision support groups. Other offerings include blood pressure clinics; reflexology; hearing screenings; vision screenings and more.

Popular Classes

The Life Long Learning program is well-liked and is offered in both fall and spring semesters. Some topics include a five-week course on presidential elections, which was held last fall; various history courses; and a six-week music course.

The center offers various recreational programs that run the gamut from Scrabble games to oriental rug making. A recent offering included ukulele classes taught by an instructor from the South Shore Conservatory on Tuesday mornings. The initial class proved to be a success. "I wasn't sure how it was going to go, but we actually had twelve people sign up for the twelve-week program and want to continue," said Farnsworth. "As time goes on, I imagine that it will grow."

Fitness classes are one of the most popular offerings and often have limits due to space constraints. They are all drop-in classes with a three-dollar charge for most classes and a five-dollar charge for Tai Chi.

The Matter of Balance program is an eight-week course designed to teach seniors about home safety focusing on balance and falls prevention. Aging

Mastery is a national program through the National Council on Aging and is ten-week program that helps seniors make minor changes in daily living to improve quality of life with topics such as finances; sleep; and advanced planning for funeral services.

The entire calendar can be found online [<http://ourseniorcenter.com/find/hingham-council-on-aging>] in the newsletter, *Central Times*.

Services Help Keep Seniors Engaged

The Hingham Senior Center provides a variety of services including transportation; counseling; electronic tutoring and tax aide:

- **Transportation:** The Department of Elder Services offers a wide range of transportation services for residents who no longer drive or are unable to drive long distances. Vans provided transportation to medical appointments within Weymouth and surrounding communities. Transportation is also provided for errands such as grocery shopping, hair appointments and to the senior center. Shuttle vans to local shopping areas on a fixed schedule: vans to the senior center run Monday through Thursday and Friday as needed; vans to Baxter Park run on Tuesday; rides to Lincoln Apartments run Wednesday; and to the general community on Wednesday and Thursday. **Call the Senior Center at 781-741-1458 to schedule a ride for medical appointments.**

- **SHINE** (Serving Health Information Needs of Elders): This service provides one on one counseling regarding health insurance benefits including Medicare and other health insurance options. **Call Outreach Coordinator Kathy Glenzel at 781-741-1458 for an appointment.**

- **Outreach:** Glenzel also meets one on one with seniors to provide help completing applications for fuel assistance; guidance on in-home services; and information on alternative housing options.

- **iPad Sessions with MaryEllen:** One on One tutoring is available for iPads and Android devices. Call to schedule an appointment with our volunteer who comes to the Hingham Senior Center a few Wednesdays each month.

- **AARP Foundation Tax-Aide:** The Hingham Senior Center offers free tax preparation help as a designated site for the AARP Foundation Tax-Aide program staffed by a team of IRS-certified volunteers.

Volunteers Make it All Possible

With a core of about 100 to 150 volunteers, the Hingham Senior Center relies on volunteers to help keep the center running from manning the front desk to van drivers and class instructors.

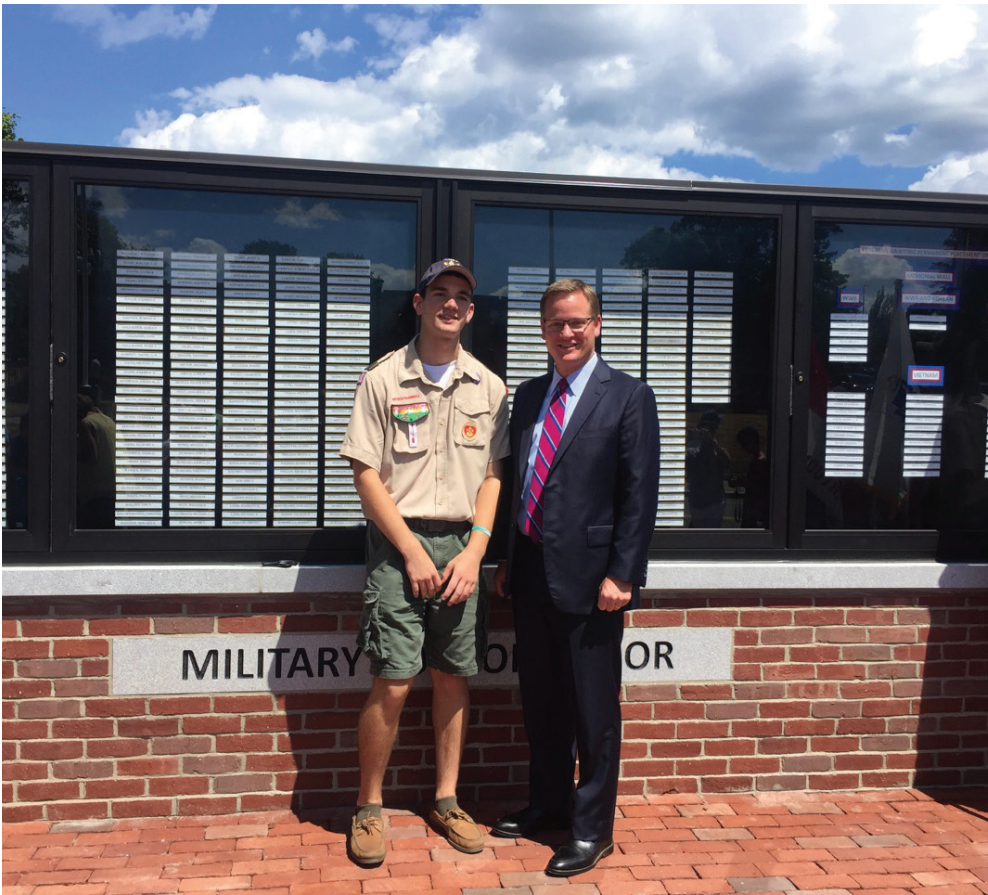
Director Farnsworth sits down with potential volunteers to find out more about their interests. "If they have a specific skill or interest in developing a particular program, then those are always options," said Farnsworth. Many of the programs the center offers, such as the iPad Sessions with MaryEllen, originated with a volunteer stepping forward and offering his or her particular skills.

The center is actively recruiting van drivers at this time. Extensive training will be provided before going out into the field. If you have a good driving record and are comfortable driving a van, or if you would like to give your time in another way to the Hingham Senior Center, please contact Director Farnsworth at the main number at 781-741-1458.



Volunteers enjoy the annual 2016 volunteer appreciation luncheon. Ruth Scully (far left) received recognition for 20 years of service.

Weymouth Teen Rebuilds Military Honor Roll Wall for Eagle Scout Project



Brendan Quinn with Dennis Keohane at the dedication of Weymouth's new Military Honor Roll Wall, completed as Quinn's Eagle Scout project.

Weymouth High School senior, Brendan Quinn, needed a project to benefit the community as a requirement to reach the highest rank in Scouting — Eagle Scout. When Quinn saw the dilapidated condition of a wall on Middle Street dedicated as a Military Honor Roll of Weymouth Veterans, he knew that he wanted to rebuild the wall to create a monument befitting the men and women who have served our country.

"I was driving down Middle Street one day, and my mom pointed it out and I said that the wall that was there was kind of disrespectful of the men and women that served the country," said Quinn, now 18. "So, I said I want to fix that. So I went to the Eagle Coach

Peter O'Hare who is the one who guided me along the way and helped me with every step of the project. I proposed it to him and the troop committee, but I had to go to the town and they approved it."

The new wall constructed of brick and granite was dedicated in August and Quinn went before a Boy Scout review board in September which approved his finished project and awarded him the rank of Eagle Scout. The wall currently displays more than 500 names of Veterans with room for several hundred more in the future.

"A lot of people didn't want to put their names up on the old wall because it wasn't maintained. After I rebuilt the wall, the Veterans Association got a

huge amount of people calling to say they served in Desert Storm; or Iraqi Freedom or wherever they served. As long as they met the parameters, they could be put on the wall," said Quinn.

Quinn said that most people didn't even know Weymouth had a Military Honor Roll Wall before his restoration project. "Now it's so prominent that people are noticing it more, which makes me feel good that people are noticing that our town pays its respects to all veterans — not just people who served in WWII or Vietnam or Korea — it's all the wars and conflicts going on right now. The only other wall like that is in South Boston. There's no other wall on the South Shore that has something like that."

Quinn was able to raise \$4,000 in his own fundraising efforts which was matched by Keohane Funeral Home for a total of \$8,000 for the Eagle Scout project. Most of the labor for building the wall was donated by local masons and other volunteers while the monetary funds were used for the purchase of materials such as the bricks, cement, and landscaping materials.

Quinn had a double pronged approach to raise the money for his project. He created a fundraising campaign on YouCaring.com, a compassionate crowdfunding website, and he also sent letters to area business owners to ask for their help.

Dennis Keohane, Co-President of Keohane Funeral Home, was struck by the teen's efforts to honor Weymouth Veterans. "I'd driven by the Veterans' memorial there so many times and it was in really bad disrepair. So much of what we do is honoring Veterans when we have their funerals. It seemed like a really good way to continue to honor the Veterans in the community. We were looking for a project that we could

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Weymouth Teen Rebuilds Military Honor Roll Wall for Eagle Scout Project

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get behind that would do something physical in the town that people could see, and it just made really good sense. And we really liked Brendan's plan — his plan was amazing," said Keohane.

Quinn was grateful in return. "I sent a letter to Mr. Keohane and he read it; when I got the letter from him — you ask anybody in my house — when I read the letter, my face just lit up, and I can't thank him and Keohane Funeral Home enough for the donation. It was a truly amazing and generous gift," said Quinn.

Becoming an Eagle Scout

Quinn has been in Troop 9 in South Weymouth with Scout Master Phil Barthel since the fall of 2011. Quinn was a Cub scout for a time but dropped out of Boy Scouts only to return when one of his friends, who is also now an Eagle Scout, got him involved in Scouting again.

Quinn completed the first step to becoming an eagle Scout which

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is attaining all the previous ranks, including Life, the second highest rank. Quinn then submitted his proposed Eagle Scout project of rebuilding the Military Honor Roll wall which was approved by the troop board and then by the Mayor's office. There is no minimum age requirement, but candidates must complete the Eagle Scout project by the time they turn 18 when a Scout becomes an adult in the troop. While the wall was built in April, Quinn was not able to get the necessary signatures on the completed project until just three days before his

eighteenth birthday in June. "It was getting close but luckily everything fell into place," said Quinn.

Quinn is planning a Court of Honor — possibly during the week between Christmas and New Year — as a ceremony to recognize all his accomplishments in Scouting, including becoming an Eagle Scout. He is currently a senior in high school and plans to go to college next year. "I want go to school for criminal justice and hopefully pursue a career in intelligence — either for the government or a private company," said Quinn.

Quinn is proud of his Eagle Scout project, and has been gratified by the reaction to it from local Veterans. "The day of the dedication I had so many parents and people who were actually on the wall coming up to me and saying how grateful they were that somebody my age did a project like that for them," said Quinn. **"And it made me feel like even small things that I do — I mean it's big to the town, but small in respect to the world — that small things like that can really change the outcome of a future generation, and make people feel like they are appreciated for all the work that they did in previous generations."**

Quincy Mayor's Good Scout Breakfast Honors Police Chief and Bank CEO

The Quincy Mayor's Good Scout Breakfast is an annual event where local leaders gather to honor people in the community that espouse the values of scouting. The honorees for 2016 were Quincy Police Chief Paul Keenan and the President/CEO of Bank of Canton Stephen P. Costello.

John Keohane participated in the committee to plan the event, select honorees, and coordinate with the Spirit of Adventure Council in order to raise funds for their programs and support Scouting in the City of Quincy. The Quincy Mayor's Good Scout Breakfast has been a tradition in the City of Quincy for 23 years and raised \$23,000 at the event in October at the Granite Links Golf Club in Quincy.



The Quincy Mayor's Good Scout Breakfast is an annual fundraiser in conjunction with the Spirit of Adventure Council, pictured here with John Keohane (back row middle) along with Mayor Thomas Koch, two Boy Scouts, and their Scout leader.

OUR TEAM

Carolyn Lewis



CAROLYN LEWIS IS OUR NEWEST FUNERAL DIRECTOR and works primarily in Quincy and Hingham. Since she is from Quincy, Carolyn has the opportunity to help family and friends which makes what she does such a personal and rewarding experience.

Carolyn realized that she wanted to help people at the most difficult time in their lives after taking a course on death and dying in college which sparked her interest in funeral service. "We toured a funeral home in Rhode Island and it was just fascinating to me," said Carolyn. "So I finished my biology degree and interviewed at Keohane, and they took me right in."

Five years ago, a family friend who worked at Keohane as a funeral director at the Quincy location at the time, gave Carolyn a tip that Keohane was looking to hire new people after merging with McDonald Keohane Funeral Home in Weymouth. Carolyn started at Keohane as an apprentice in Weymouth during the summer months to make sure she really enjoyed working in funeral service. She decided it was her calling and enrolled in mortuary college in the fall. After finishing her degree, Carolyn went on to become a licensed Funeral Director two years ago and now works as a Funeral Director in both our Quincy and Hingham facilities.

"New funeral directors have the immediate challenge of how to be both professional and experienced all from day one. We have found that the best instructor is experience, and we see firsthand how a new funeral director grows by assisting one family at a time. Carolyn's skill level continues to soar and the families have remarked to us about her level of care and compassion," said Co-President John Keohane.

Carolyn faces challenges as a newly licensed funeral director, but

also has some advantages. "As the new and younger generation, I'm very open to the different technology that is around. I'm more familiar with new trends in the funeral business because that's all I know," said Carolyn. "I'm coming in when all these options are readily available, so I'm learning the business with all these options such as personalization, DVD's, music, and live streaming."

Her biggest challenge is being able to separate herself from the difficult emotions her families face. "I get so invested in them. I'm only with them a few days, but they go through every emotion, and sometimes it's hard to separate that," said Carolyn. When she feels overwhelmed, she talks to the other funeral directors to find out how they handle it. "We talk a lot about different situations. Talking to the more experienced funeral directors definitely helps a lot."

As a Funeral Director, Carolyn sits down with families who have lost a loved one and goes through every aspect regarding the type of service that they want and gets to know their loved one as well as she can through listening to their memories. "I enjoy connecting with them — asking about their loved one's life and what they're passionate about," said Carolyn. "I like getting that connection with them and being able to do something that I can make more personal about the funeral. If they happen to mention that mom's favorite candy was Jolly Ranchers, or just something simple like that, I'll have a basket of Jolly Ranchers at the wake. Just those little things make a difference — connecting with them; showing them that you're listening; and showing them that you're there and care about making the service personalized."

Carolyn also helps with the obituary and co-ordinates with churches, cemeteries, clergy and other officials as well as directing everything that goes into a funeral whether it be in a church, a funeral home or a private service. After the funeral, Carolyn follows up with the families. "I call them up a week later and see how they're doing," she said. One quieter day, Carolyn completes paper work or goes to the crematory.

Carolyn enjoys working at Keohane Funeral Home because it feels like a family and being family-owned fosters that close-knit feeling. "I really love my co-workers. All the funeral directors and apprentices get along really well and help each other out. I can go to any of the more experienced funeral directors with any question and they'll give me

advice," said Carolyn. "It feels like we're all a little family and we can rely on each other; depend on each other. If anyone comes down with too much to do, the rest of the team is really good about asking what they can do to help. It's nice to have that kind of support from each other."

"Carolyn is focused and dedicated to always learn from each new experience. The best team members understand that each day is a lesson and that we can all improve," said John. "Carolyn is self-aware and understands the importance of growing into her role every day. In fact, our most senior team members continue to learn new lessons for the benefit of the families we serve. She is also willing to help those around her because she understands that teamwork is paramount in everything we do."

Carolyn has a bachelor's degree in Biology from Rhode Island College and is a graduate of the FINE Mortuary College, which began as the Funeral Institute of the North East in 1996, with a degree in Funeral Service.

Carolyn grew up in Quincy and graduated from Quincy High School in 2006. She still lives in Quincy and shares an apartment with her sister and her sister's boyfriend. "We all get along really well," said Carolyn.

Carolyn is trying to be more active and appreciates the fitness challenges at work, such as the FitBit challenge in which Keohane provided FitBit trackers for employees to compete in teams for most steps and most active minutes in a given month.

Her family is local and Carolyn enjoys spending time with them, including the family cat, Nina, or "Neen" for short. "I talk about her all the time," said Carolyn. "They tease me at work about being the cat lady!"

Her mother is an Occupational Therapist in the Quincy area, and often-times her mother's patients or patients' families pass away. "When families come into Keohane, I often know them from the area. It's a good connection to have a Quincy background," said Carolyn, referring to her mother's patients and the families from the neighborhood where she grew up.

Carolyn appreciates how the staff at Keohane works as a team and she tries to pick up as much experience and knowledge from them as she can. She takes great pride in doing everything possible to help families through all of the stages and emotions it takes to plan a service for a loved one.

