



Plant.Grow.Share.

Bringing Fresh Food to Our Local Food Pantries



FREE plant seedlings will be available for pick up starting the first week in June.

With the 2021 growing season underway, Plant.Grow.Share. is once again reaching out to the community, asking for help in supplying our area food pantries with fresh produce. Everyone can get involved in this incredible community program, whether or not you have a garden. Even store-bought vegetables are more than welcome!

Plant.Grow.Share., a fresh food initiative for our local food pantries, is co-sponsored by Keohane Funeral Home, Interfaith Social Services, the Weymouth Food Pantry, and the Milton Community Food Pantry.

Plant.Grow.Share. connects the enjoyment of gardening with the need for fresh, healthy food at our area pantries. In addition to hosting an annual seedling giveaway, Plant.Grow.Share. offers free gardening workshops, encourages volunteerism and monetary donations to area food pantries, and provides gardening tips and recipes throughout the growing season.

Continued on page 5

NANTASKET CENTER FOR THE ARTS – PROMOTING LOCAL ARTS AND CRAFTS

Hull Artists recently came another step closer to their dream of having a home base and cultural center to provide more arts and culture to the Hull community.

Story on page 2-3

THE QUINCY CHAMBER OF COMMERCE: WORKING TOGETHER TO HELP THE SOUTH SHORE PROSPER

The Quincy Chamber of Commerce has always worked to support their members and promote local businesses.

Story on page 3

SOUTH SHORE IRISH HERITAGE TRAIL: CELEBRATING IRISH HERITAGE AND PROMOTING LOCAL TOURISM

The South Shore Irish Heritage Trail is a proposed motor trail beginning in Weymouth and ending in Plymouth, Massachusetts. ... with the mission of celebrating Irish and Irish American contributions to life on the South Shore.

Story on page 4

Keohane
FUNERAL HOME
Quincy, MA

McDonald Keohane
FUNERAL HOME
Weymouth, MA

Pyne Keohane
FUNERAL HOME
Hingham, MA

NANTASKET CENTER FOR THE ARTS PROMOTING LOCAL ARTS AND CRAFTS



Hull Artists hope to convert the vacant police barracks at 213 Nantasket Avenue into the Nantasket Center for the Arts.

Hull Artists recently came another step closer to their dream of having a home base and cultural center to provide more arts and culture to the Hull community. Hull Artists have been awarded a \$22,000 matching grant from the Mass Cultural Council Cultural Facilities Fund to support a feasibility study to develop the vacant police barracks, located at 213 Nantasket Avenue, into the Nantasket Center for the Arts.

The grant will help fund a study to determine the feasibility of renovating the building for the purpose of creating a community arts center and to determine the efficacy and sustainability of developing such a center in Hull.

Built in the 1930's, the facility served as a police station for the state police, followed by the Massachusetts Department of Conservation and Recreation (DCR) Police

until 1992, after which it has remained vacant. The building is currently owned by the Commonwealth of Massachusetts and maintained through the DCR.

Irwin Nesoff, Treasurer of the Board of Hull Artists stated, "While Hull is a seasonal tourist destination, a vibrant art and cultural space in this gateway location can serve to draw people to the community in the off season." He continued, "A regional center for the arts can provide an important anchor for the town, drawing people from across the region, and increasing tourism and economic development. Currently, a vacant building does none of this."

Hull Artists, an association of 85 local artists, supports locally produced fine art and crafts and promotes Hull as a seaside arts destination, through exhibits, workshops, partnerships, events, and a year-round gallery for the benefit of artists, visitors and residents of the town

and region. While they currently lease space for their gallery, they have long envisioned finding a larger space and more permanent home to provide even more cultural opportunities for the community.

The grant required Hull Artists to raise a 100 percent match, within one year, to cover the full cost of the feasibility study, estimated to be \$44,000. Even during a pandemic, they were able to complete their fundraising goal within six months, with over 200 individual donations from the community, each around \$100 on average.

"There is a desire and a need for this in the community and a tremendous amount of community support to do that kind of fundraising during a pandemic," said Irwin Nesoff, Treasurer of the Board of Hull Artists.

The plan for the center will be to provide a wide range of arts programming and services including: classroom space providing a full range of art and performance classes for adults, teens and children; an after-school arts and culture program for area youth; workspace for artists; retail gallery space displaying the work of local artists; and community meeting space.

Hull Artists has been working with Fort Point Consulting, a professional consulting group that specializes in arts organizations and the repurposing of vacant structures, to complete the feasibility study and to develop the concept of a center for the arts, including cost estimates for the project. They have also retained the services of CambridgeSeven, a large architectural firm which found out about the project and approached Hull Artists because the firm enjoys working on community projects. "We feel like we are working with two well qualified groups of professionals that understand what it is that we're trying to do," said Nesoff.

The feasibility study is in progress and they have already received preliminary drawings of the project. The study,

Continued on page 3

THE QUINCY CHAMBER OF COMMERCE: WORKING TOGETHER TO HELP THE SOUTH SHORE PROSPER

The Quincy Chamber of Commerce has always worked to support their members and promote local businesses. But how do you support business during a shut down due to a global pandemic? Having to cancel in-person events, the chamber pivoted by adding three new Zoom events: Morning Brew with You, Lunchtime Stew with You, and Town Hall Webinars.

"So far, we have had over 40 virtual events that have been watched by more than 10,000 viewers across Zoom and our social media channels, which continues to be impactful to our members and local businesses," said Melissa Burke, Events & Membership Director, Quincy Chamber of Commerce, in an email.

The Quincy Chamber supports local businesses by including member happenings in their digital monthly newsletters, highlighting members in their "Member Spotlights," and promoting members on their social media platforms.

The Quincy Chamber also partnered with the City of Quincy to administer the Quincy Hospitality Support Fund and with South Shore Bank to administer the South Shore Bank Community Fund. These two funding programs, which was run by the Quincy Chamber, resulted in a total of over \$1.5 million spent to keep more than 500 families housed throughout the pandemic. "We also worked with

the Mayor's office to open up sidewalks, streets, and riverbanks to create a vibrant outdoor dining experience, helping restaurants survive," said Burke.

Virtual Events and More

The Morning Brew with You Webinar takes place monthly, Fridays at 8:30am, and consists of a guest speaker, or speakers, who are CEO's, government officials, and leaders within the community. They discuss various topics such as leadership, how they pivoted through the pandemic, and helpful business advice and support.

The Lunchtime Stew with You Webinar takes place monthly, Wednesdays at 12pm, and gives chamber members the opportunity to showcase their business and tell their story. These webinars take the "lunch & learn" approach where presenters cover topics such as an overview of their business, slideshow demonstrations of a particular product, how they've had to adapt in the past year, their business plans going forward, and more.

The aim for these monthly events is to have at least two per month, including one Lunchtime Stew and one Morning Brew. **Town Hall Webinars** are added as needed, including various panelists from the City of Quincy, government officials, SBA, and local law firms updating viewers on new developments in Quincy, the vaccine rollout, SBA updates, grant info, and legal updates.



In place of in-person events, the Quincy Chamber added three new Zoom events: Morning Brew with You, Lunchtime Stew with You, and Town Hall webinars.

The virtual events will continue, especially the Lunchtime Stew with You, even when in-person events start back up. For a list of upcoming speakers and events, visit the chamber website at: <https://thequincychamber.com>

"It is the Chamber's priority to continue being advocates for our members. Not only will we be continuing with virtual events, but we have many exciting in-person events planned too, like our upcoming Chamber Golf Tournament on June 7th and Outdoor Annual Meeting on June 22nd, giving members the opportunity to sponsor and participate within the community," said Burke.

Nantasket Center for the Arts Promoting Local Arts and Crafts

Continued from page 2

which is slated to be done by the end of June, will inform how the project will move forward, including how much the project will cost, how the building can be renovated, the types of programming and community spaces that would be feasible in the building, and the resources

necessary to develop programming suited to the facility, as well as ongoing maintenance.

Once the feasibility study is complete and Hull Artists decide to move forward with the project, they will be applying for the DCR Curatorship Program for non-profit and for-profit groups that renovate DCR buildings. The program amortizes the cost of the renovations against the rent, providing free rent for a period of

time that is covered by the cost of the renovations. "It usually comes out to be between 20 to 25 years, which is what we're hoping for, but we don't know what the total cost of the renovations are yet," said Nesoff.

Hull Artists will be releasing a community survey this month to provide input into how the community would like to see the arts center used, whether for classes, after-school workshops, or other events.

SOUTH SHORE IRISH HERITAGE TRAIL: CELEBRATING IRISH HERITAGE AND PROMOTING LOCAL TOURISM

The South Shore Irish Heritage Trail is a proposed motor trail beginning in Weymouth and ending in Plymouth, Massachusetts. It will include stops in Weymouth, Hingham, Hull, Cohasset, Scituate, Marshfield, Duxbury, Kingston, and Plymouth with the mission of celebrating Irish and Irish American contributions to life on the South Shore. Backed by seed money from the Irish government, the concept of the Scituate West Cork Sister City Committee was to win participation from the communities that boast the highest concentration of residents with Irish roots in the United States. The Trail is projected to open in the summer of 2022.

"The actual formal dedication and launch is not going to be until a year from June. This next year is going to be all nine towns working on our signage, on our print materials, and on our website," said Brenda O'Connor, President of the South Shore Irish Heritage Trail during a Scituate West Cork Sister City Committee/SSIHT Committee meeting in May.

The Trail will extend through the initial nine South Shore towns with possible future expansion into other South Shore communities. Visitors can begin their visit at any point along the trail, follow it from its origin in Weymouth, or even reverse the route and begin in Plymouth. Being located between Boston and Cape Cod makes the Trail an ideal beginning or ending to a Cape Cod vacation. Though family-friendly and suitable for all ages, the trail can also be enjoyed by solo visitors or tour groups.

The planning committee has used two similar trails as models, including the



The recently dedicated monument in Scituate marks the Easter Uprising of 1916, which eventually led to Ireland's independence.

Boston Irish Heritage Trail, located just to the North in Boston, and the Wild Atlantic Way located on Ireland's Atlantic Coast.

Member communities will identify their unique sites to be part of the trail. Hull, for instance, might choose their town library which was once the summer home of John Boyle O'Reilly, an Irish patriot, poet, and Boston Pilot editor. Cohasset is home to the Brig Saint John Memorial Celtic Cross; Scituate houses a museum celebrating the Irish Mossing industry; and the Plymouth Public Library has the only dedicated Irish collection on the South Shore.

Scituate is also home to a recently dedicated monument from the Provisional

Government of the Irish Republic marking the Easter Uprising of 1916. The so-called Easter Rising eventually led to Ireland's independence.

Plans also include creating a South Shore Irish Heritage Trail Passport which visitors can get stamped at each location like an actual passport. The SSHT passport encourages visits to all the sites along the Trail. Smaller sites will benefit from increased traffic and local businesses will benefit from increased tourism.

Preplanning for the South Shore Irish Heritage Trail began back in 2019 by the Scituate West Cork Sister City Committee, along with the support of the Scituate Board of Selectmen, the Scituate Chamber of Commerce, the Scituate

Historical Society, the Scituate Economic Development Commission, and funding from the Government of Ireland Emigrant Support Programme. In addition, nine South Shore towns joined the effort, including Weymouth, Hingham, Hull, Cohasset, Scituate, Marshfield, Duxbury, Kingston, and Plymouth. Recently incorporated into a 501(c)(3), The South Shore Irish Heritage Trail is now a non-profit organization.

A professional website is being developed by Sperling Interactive with a homepage covering general information on the SSIHT and a page for each of the member towns. In the meantime, to learn more about the planning of the Trail, visit the South Shore Irish Heritage Trail's current website.



Plant.Grow.Share. Bringing Fresh Food to Our Local Food Pantries

Continued from page 1

Grow a Row to Share —Help Feed your Family and Your Community

All community members — from green thumbs to first time gardeners — are invited to participate by growing, then donating a portion of their harvest to either Interfaith Social Services or the Weymouth Food Pantry.

"People often want to help out in their community but aren't always sure how. Growing vegetables in their backyard and donating a portion of the harvest to a food pantry is a simple and enjoyable way to help out," says Joe Reardon, V.P. for Community Development and Advance Planning at Keohane Funeral Home.

Gardens will also be planted at Keohane Funeral Home's Quincy and South Weymouth locations. Interfaith Social Services will have two gardens — one next to their office at 105 Adams St. in Quincy and one on their rooftop.

Annual Seedling Giveaway

We depend on the generosity of the community and our local gardeners to bring fresh produce to our food pantries to make the Plant.Grow.Share. program successful. To encourage participation, Keohane Funeral Home is once again offering their annual seedling giveaway. Anyone interested may pick up a **FREE** plant seedling during the following dates, times, and locations:

Old South Union Church (distribution by Weymouth Food Pantry): Saturday, June 5 from 9-11 AM & Saturday, June 12 from 9-11 AM, 25 Columbian St., South Weymouth — (781) 331-7682

Interfaith Social Services: Tuesday, June 8 from 4-7 PM; seedling pick up will be via drive-up at 105 Adams St., Quincy — (617) 773-6203

FREE Herb Gardening Workshops

Attend one of our fun and free interactive workshops, taught by organic farmer Jon Belber of Holly Hill Farm, where you'll learn how to grow your own herbs. Attendees will receive a free herb seedling from Holly Hill Farm, donated by Keohane Funeral Home.

Workshops require pre-registration and have a participation limit. For the Tufts Library workshop in Weymouth, registration is through the library; for the St. Mary Church workshop in Quincy, registration is through the Keohane Funeral Home website.

June 2 at St. Mary Church in Quincy from 2 to 3 PM

**June 9 at Tufts Library back parking lot
from 1 to 2 PM in Weymouth**

How You Can Help

Monetary donations can be made through Interfaith Social Service's website: <https://interfaithsocialservices.org/donate/>; Weymouth Food Pantry's website: <https://www.weymouthfoodpantry.org/donation-page>; or the Milton Community Food Pantry website: <https://www.miltonfoodpantryma.org/donate>

Store bought produce and other food items are also always welcomed at Interfaith Social Services and Weymouth Food Pantry. Milton Community Food Pantry is not accepting food donations at this time.

"We are always amazed with the level of interest and community participation in Plant.Grow.Share. From individual volunteers — to organizations such as the Tufts Library, our partner food pantries, and Holly Hill Farm — we are thankful for and inspired by the wonderful partnerships that have been formed over the need to help feed the hungry in our local communities," says Reardon.

Follow us on Facebook @KeohaneFuneralHome for program updates, recipes, and gardening tips.

For questions, or to volunteer or donate to the Plant.Grow.Share. program, please contact: Rick Doane Executive Director of Interfaith Social Services, (617) 773-6203 Ext. 17; Joe Reardon, V.P. for Community Development and Advance Planning at Keohane Funeral Home, 1-800-KEOHANE; or Pam Denholm, Executive Director of Weymouth Food Pantry, (781) 635-7783.

Why it's Important to Create Your Estate Plan Today!

As life constantly presents us with unexpected situations, it is better to be proactive about your estate planning rather than reactive—you will have many more options and it is a lot less stressful! Regardless of your financial status, it is imperative to have at least the basic estate planning documents in place, which include a Health Care Proxy, HIPAA medical authorization, Durable Power of Attorney, and Last Will and Testament in the event of an emergency.

"Having a plan also allows your estate to be settled more efficiently with less costs and delays," said Ron Kearns, Esq., R.N., and Expert Nurse Attorney from Senior Resource Center, Inc.

"Proper estate planning, including naming beneficiaries for various accounts, can help your estate avoid unnecessary fees and delays associated with the probate process, as well as minimizing any Massachusetts estate taxes."

Establishing Health Care Proxies, HIPAA medical authorizations, and Durable Powers of Attorney documents in an estate plan allows you to choose trusted alternative decision makers to act on your behalf and execute your wishes should you become incapacitated.

Funeral Planning as Part of Estate Planning

A prepaid funeral is another important part of advanced planning. Preplanning provides peace of mind to you and your family. There is nothing more stressful than having a loved one pass, but the burden can be eased by planning in advance, allowing the family to properly grieve rather than frantically plan.

Setting aside financial resources relieves family members of the burden of paying for funeral expenses and protects assets for Medicaid eligibility, but the greatest benefit of advance funeral planning is peace of mind. "I have personally experienced arrangements with and

without advance planning in place. Advance planning allows families to focus solely on creating a personal and meaningful experience," said Joe Reardon, Funeral Director at Keohane Funeral Home and Certified Pre-Planning Consultant.

Many professionals like Ron, a specialist in elder law and Medicaid planning, recommend advance funeral planning as a part of estate planning. "We always recommend prepaying a funeral if a loved one needs MassHealth and is in a nursing home. This is an allowable spenddown," said Ron.

Who Should Consider an Estate Plan?

Anyone can execute an estate plan once they reach the age of adulthood, which is 18 years old. However, most people wait to do planning until they are more established and have a family and have accumulated some assets. Unfortunately, a good percentage of people never do any estate planning at all and then their assets are distributed by the probate court according to the commonwealth's plan, which is referred to as the laws of intestacy or dying without a will.

Virtual Advance Planning Seminars

Keohane Funeral Home presented several FREE virtual seminars this spring about making funeral plans in advance.

Participants learned how planning final arrangements in advance can save their family from much of the emotional and financial burden. The live seminars featured our two experts, Joe Reardon, who discussed the options available and the benefits of planning for funeral and cremation services, and Ron Kearns, who discussed financial and legal strategies and requirements for effective estate planning and asset protection, including Medicaid and veteran's funding benefits.



Joe Reardon
Funeral Director and Certified
Pre-Planning Consultant

Ron Kearns, Esq., R.N.,
and Expert Nurse Attorney from
Senior Resource Center, Inc.

The Virtual Pre-Planning Seminar is a safe and convenient way to learn and interact with Joe and Ron from the comfort of your home.

Continued on page 7

OUR TEAM

Siobhan Marshall



Siobhan Marshall is a funeral director apprentice at Keohane working in our Quincy location. She started her apprenticeship in June 2020 at McDonald Keohane in South Weymouth and transitioned to Keohane Funeral Home in Quincy in November of 2020.

Massachusetts licensing requirements include two years of apprenticeship - which Siobhan has been fulfilling through her work at Keohane. She is also finishing up her last few classes for her degree from SUNY Canton University in Canton, New York. Upon graduation at the end of this summer, Siobhan will continue to work with our funeral directors to serve families in need, while also studying for her board exams to receive her funeral director license.

"Siobhan has not been shy about participating in all aspects of funeral service — from helping families, funeral directors, and the entire team. She is always aware of what needs to be accomplished and manages her time like a seasoned professional," said Co-president John Keohane. "She was inspired to begin a career in funeral service as a way of helping others."

Siobhan first thought about getting into funeral service when she was going

into her sophomore year of college. She transferred to Mount Ida College in Newton, but sadly the school shut down that year. As the only option left on the East Coast to finish her bachelor's degree in funeral service administration, Siobhan transferred for a second time to SUNY Canton University.

Siobhan was drawn to becoming a funeral director because she wanted to work hand in hand with families, truly providing them with help and support during a difficult time. "As funeral personnel, we have the ability to help a family in a time of loss to help them remember those memories they will never lose. The best thing about Keohane is that we have a staff that truly does care about each and



Siobhan Marshall is a funeral director apprentice at Keohane Funeral Home.

every family, and they give their all every single day," said Siobhan.

Her responsibilities as an apprentice encompasses many jobs from creating stationary, to helping with funerals, to learning everything behind the scenes, and assisting with anything that is asked of her. "My job is to be helpful in all aspects, no matter whom I'm assisting. When families tell us 'thank you,' it's everything I need to keep going for the next one, and the one after that," said Siobhan. "Such a simple phrase, that to me, holds all the meaning in the world. That's why I'm doing this, to provide the care, respect, and compassion every family going through a loss deserves, and through it, all my hope is that the families I serve can feel a sense of peace."

"Siobhan has a creative side which allows her to design prayer cards and other printed materials that truly represents the deceased and their family. She also has a compassionate side which helps families begin their grief journey," said John.

Siobhan grew up in North Quincy, where she continues to live. "One of the guys we work with at Keohane actually used to be my golf coach in High School — strange how life works out," said Siobhan. She is 23 years old and has been learning about everything funeral related for about four years, including schooling and work at the funeral home. When she's not at work, Siobhan loves to draw, paint, and be outside as much as the weather allows.

Why it's Important to Create Your Estate Plan Today!

Continued from page 6

"I thoroughly enjoy presenting these seminars, as I think it demystifies estate planning for some people, giving them knowledge and empowering them to feel comfortable about making informed estate planning decisions," said Ron.

In the seminar, Ron discusses Medicaid, also known as MassHealth, which is a governmental program in Massachusetts

that pays for a range of benefits for individuals in need of extra help when it comes to care at home and/or long-term care in a nursing home.

Funeral planning is exempt from the MassHealth (Medicaid) Five Year Look Back, a government audit that examines gifts and transfers that were made within five years of applying for MassHealth (Medicaid) which may disqualify an individual from obtaining benefits. Funeral planning is always allowed.

Keohane will present at least two more virtual seminars during the remainder of the year. Everyone who registers for the live webinar will receive a FREE Planning Guide as our gift to you. To learn more, please call us at: 1-800-KEOHANE (1-800-536-4263).

FREQUENTLY ASKED QUESTION

How Can I Help Teens Cope with Grief?

Photo credit: Karel Miragaya/123RF.com



The best way to support a grieving teen is to be a compassionate companion on their grief journey.

Adolescent years can be a confusing time as teens move from childhood to adulthood. Add in the loss of a loved one, or friend, and the teen years can be even more tumultuous. In the era of COVID-19 and social distancing, teens may be feeling many types of loss from the removal of friends and social interactions to the loss of normal routines, such as school and sports teams, to the tragedy of a death or long-term health issue of a loved one.

Teenagers may have an understanding of death and mortality, but many have not yet built up the coping skills to effectively and safely deal with grief. As a caring adult, how can you best help a teenager deal with loss and grief? And what do you need to look for if the teen may be overwhelmed and in trouble?

Experts say that the best way to support a grieving adolescent is to 'companion' them, which means to be a sympathetic companion on their journey of grief. Most teens do not respond well to being directed in their grief journey, so it's best to allow them to set their own course, within safe limits, of course. To 'companion' a teen, you need to support them, talk openly and honestly, listen to them, allow them to grieve in their own way, and let them decide how they will cope, as long as they don't get involved in self-destructive or harmful behaviors.

Adults wanting to support a teenager need to remember that there are a wide range of behaviors which are considered normal responses to grief and there's no one right or wrong way for providing support. They can have emotional outbursts one moment and become withdrawn the next. They may question their faith or purpose in life, just as adults do when faced with loss. Vitas Healthcare reports some common reactions of grieving teens.

According to Alan D. Wolfelt, Ph.D. at the Center For Loss & Life Transition, caring adults can help teens cope by confirming that it's okay to be sad and to feel a variety of emotions when

someone they love dies. Teens often need help understanding that the pain they feel doesn't last forever.

The Dougy Center provides information for adults wanting to help a grieving teen, including helpful articles, tips for supporting teens, and books. They also provide resources and support for teens, including tips for grieving teens, books and journals.

Warning Signs

Most grieving teenagers are eventually able to get back to the normal routines of daily living, although there are always ups and downs—one day they may be fine and the next day they are not. When it comes to grief in teens, some may continue to struggle and need additional support.

Look for these signs that your teen may need more help: problems with normal activities; suicidal thoughts; self-medicating with drugs or alcohol; frequent angry outbursts; long-term restlessness or any other long-term changes in sleep, appetite and motivation. If a teenager asks you for help, be proud of them. Many people, especially teens, do not like to admit that they need help, so this is a big step.

A good first move might be a support group which allows a grieving teenager to talk about the person they've lost, to realize that they are not alone, and to have the chance to help others. Individual therapy can also be helpful in processing grief for teens.

The main thing to remember is that grief comes and goes. Grief is not something teens simply overcome, but something that they can eventually learn to live with. Even when they have resumed their daily lives, grief can come in waves during life events as they grow, such as graduation, college, and marriage. Being there for your teen means sticking with them as they grow and mature, always ready to lend a hand or a sympathetic ear, knowing that their journey will have its ups and downs.