



Free Workshops and Seedlings to Grow a Row

In an annual tradition that has lasted over a decade, Keohane Funeral Home kicked off another Plant.Grow.Share. program with free gardening workshops on May 23rd in Weymouth and May 27th in Quincy. A collaborative effort between Keohane Funeral Home, Interfaith Social Services, and Weymouth Food Pantry, the Plant.Grow.Share. initiative encourages backyard growers to donate produce to local food pantries. This community outreach program includes educational workshops, free seedlings,

and opportunities for the community to help neighbors in need by donating fresh produce.

John Keohane, Co-President of Keohane Funeral Home said, "With about 16 percent of Massachusetts residents considered food insecure, we are proud to be able to continue this tradition. Plant.Grow.Share. is for everyone—from backyard gardeners wanting to increase yields to grocery store shoppers willing to share with local food pantry patrons. Our communities have embraced this

program for over ten years, and we look forward to their participation once again."

Gardening Workshops Held in May

Plant.Grow.Share. hosted two free gardening workshops led by local organic farmer Jon Belber of Holly Hill Farm in Cohasset. Held in Weymouth and Quincy the week of May 23rd, attendees learned about vegetable gardening and received a seedling from Holly Hill Farm, donated by Keohane Funeral Home. The information and plants will help neighbors grow more produce at home and share it with the food pantries at Interfaith Social Services and Weymouth Food Pantry.

"We have an invaluable resource in Farmer Jon Belber who is well known for his knowledge and his ability to teach anybody how to grow," said Rick Doane, Executive Director of Interfaith Social Services.

Special thanks to Jon Belber, Holly Hill Farm, Old South Union Church, and Kennedy Senior Center for supporting the workshops, and thanks to the many people who attended! We look forward to the community pitching in extra produce when harvest season rolls around!

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Keohane
FUNERAL HOME
Quincy, MA

McDonald Keohane
FUNERAL HOME
Weymouth, MA

Pyne Keohane
FUNERAL HOME
Hingham, MA

STRETCH YOUR FOOD BUDGET OFFERS MEAL KIT DELIVERY IN HULL



Volunteers for Stretch Your Food Budget can help pack Meal Kits and deliver them to Hull residents. Other opportunities are also available.

Human resources coach and consultant Dennis Zaia was about to turn 75 in 2020 when the pandemic put a stop to his work. With time to spare and an interest in volunteering at the South Shore Community Action Council food warehouse, the Hull resident started brainstorming ideas for increasing the utilization of the emergency meal kits provided by The Outreach Program. Soon, with the help of a few other Hull residents, he started a grassroots initiative, Stretch Your Food Budget (SYFB), to help Hull residents make the most of their grocery budgets.

“My inspiration was to make these packets that don’t always get perceived as desirable food options into a more desirable option,” Zaia said.

He teamed up with others who helped add ingredients to make the kits more interesting and appealing. For example, the minestrone soup kit includes chicken broth, canned diced tomatoes, grated parmesan, and biscotti for crunch. As a food pantry volunteer, Zaia is able to work with them and The Village Market in Hull to get food donated or at cost. The shelf-stable ingredient kits can be cooked at home when a family or individual needs a quick, nutritious meal for 4 to 6 people.

“What a perfect way to help people get through a tough time by using meal kits once or twice a week,” he said. Anyone can order the meal kits online (www.SYFB.space), and the offerings have expanded to include Mexican chicken and tuna noodle casseroles.

Grassroots Growth

Using his birthday as a fundraiser, Zaia raised \$12,000 to launch SYFB in late 2020. During 2021, he and a few others assembled meal kits and delivered them twice a week to the middle school. They also distributed meal kits at the Ann Scully Senior Center and Aunt Dot’s Kitchen at Wellspring. As a result, 30 to 40 meals per week were picked up at the school and up to 30 meal kits per week were distributed from the Hull Senior Center.

One year and thousands of meal kits later, Zaia raised another \$17,000 and asked his fellow Nantasket-Hull Rotary Club members to become more involved, which they gladly did to support SYFB and enable delivery to Hull residents. When school went back to normal, parents stopped picking up the kits, the Rotary started delivering Meal Kits, and Zaia started a Snacks for School Kids program.

“The teachers said that they spend their own money buying snacks for when students are hungry or need to talk. Supplying a variety of snacks to the schools has been very successful!”

A former teacher, Zaia also learned that children were able to prepare the meal kits themselves, which warmed his heart.

Today, as a Nantasket Hull Rotary Service Project, SYFB’s focus has shifted to home delivery and meal kit cabinets at the Hull Public Library and the Hull Senior Center for individual pickup. Anyone can order as many meal kits as they’d like for delivery, saving a trip to the grocery store or filling kids’ bellies when the money runs out before the next paycheck.

“With inflation and the way people are nervous about the economy, SYFB is one little freebie that may help them. If we give one person the ability to put food on the table, we’re happy to deliver that to them.”

How You Can Help SYFB

DONATE

To donate, send a check to:
SYFB Nantasket-Hull Rotary
P.O. Box 38
Hull, MA 02045

VOLUNTEER

To volunteer, send a message using the message form on the Stretch Your Food Budget website. Opportunities include packing, delivery, inventory, and coordinating certain aspects of SYFB.
www.syfb.space

Stay up to date on Facebook: <https://www.facebook.com/SYFBHull>

ORDER MEAL KITS

Visit www.syfb.space to send a message requesting meal kits to be delivered to you. Orders need to be placed on Thursday of each week for delivery on Tuesdays of the next week.

PICK UP MEAL KITS

See the website for pickup locations.

COMMUNITY EMBRACES HINGHAM ANCHOR NEWS WEBSITE

When Hilary Jenison and Laura Winters decided to launch The Hingham Anchor, www.hinghamanchor.com, in 2018, they envisioned it as a digital resource for other busy moms like themselves. They soon came to realize that their passion for Hingham had even greater potential as a community-wide news outlet.

"Because we live here, we care about this community and the content we feature," said Jenison. "We have filled a need for fresh local news, and we have been blown away by the way the community has embraced it."



Hilary Jenison (left) and Laura Winters (right), co-founders of The Hingham Anchor and Cohasset Anchor.

The pandemic showed these public relations and marketing pros just how important it was to have a Hingham-specific media resource.

"We were set up in the perfect way to share information quickly," said Winters. "The community relied on us for case counts, health department recommendations, testing sites, and local closures, and now they trust us."

Growth of Digital and Social Networks

Winters and Jenison have developed a strong following for the Hingham Anchor, with 35,000 unique visitors per month and an active Instagram account with 8,000 followers. Their two employees work on writing and uploading content to their digital channels. A freelance staff of lifestyle writers, photographers, and sports writers help them continuously publish new content, such as high school sports and local profiles they call "Humans of Hingham."

"We are excited to reach readers as young as middle and high schoolers who follow us to see their sports, arts and academic articles and photos," said Jenison. "Our audience goes all the way up through senior citizens."

Their Home page and News page are typically the most-visited pages. Sometimes, the Obituaries are more popular than the News—another surprise to Jenison and Winters.

"It wasn't part of our original strategy to have obituaries, but once we got the support of Keohane Funeral Home, we were able to provide them free of charge to local residents," said Winters. She added that a free obit posting is a community service — and it's the best way to honor the legacies of people who have been connected to Hingham.

The pair just launched the Cohasset Anchor, www.cohassetanchor.com, with goals similar to those of the Hingham Anchor.

"We're delivering news in a fresh new way," said Jenison. "When you look at our website, it doesn't look like a typical news feed. It looks more like a magazine—fresh, positive, led by beautiful imagery, and followed by inspiring stories."

"Neither one of us had a goal to become publishers, but now that we're in it, we love it," said Winters. "We are figuring it out as we go. Being small, we're nimble and able to change as needed."

Do you have a Hingham-related news item or idea? Visit the website to submit a story idea or event: www.hinghamanchor.com ▲

Plant.Grow.Share. Fresh, Free Workshops and Seedlings to Grow a Row

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Join the Plant.Grow.Share. Movement

Produce donations are very important to local food pantries. The Plant.Grow.Share. program encourages people to develop their gardening skills through free workshops and free seedling giveaways, however, there are also options for those who don't garden. Store-bought produce donations, monetary gifts, and volunteering for local food pantries all help reach food insecure households.

"Sometimes people think a small food donation is not enough, but if ten people make that same small donation, we will have quite a bit to share! Every donation is a meaningful part of bringing our community together to help feed those in need," explained Pam Denholm, Executive Director of Weymouth Food Pantry.

Learn more about donating fresh produce to local food pantries by visiting their websites:

Interfaith Social Services — <https://interfaithsocialservices.org/donate-food/>

Weymouth Food Pantry — <https://www.weymouthfoodpantry.org/donate-food>

**PLANT.
GROW.
SHARE.**

a fresh food initiative
for food pantries



For questions or to donate to the Plant.Grow.Share. program, please contact: Rick Doane, Executive Director of Interfaith Social Services, (617) 773-6203; Joe Reardon, Vice President for Community Development and Advance Planning at Keohane Funeral Home, (617) 773-3551; or Pam Denholm, Executive Director of Weymouth Food Pantry, (781) 635-7783.

SOUTH SHORE YMCA FOCUSES ON COMMUNITY HEALTH & WELLNESS HUB

After being closed for months in 2020, the South Shore YMCA is back to full service as a health and wellness hub for the community. With locations in Quincy and Hanover, the Y is working its way back to normal membership levels. During the pandemic, its doors were closed, and member fees were waived for several months. Meanwhile, its food pantry saw a 400% increase in traffic, a startling jump that has not let up.

"We are so thankful that the Y is fully open now. Some parts of it served the community throughout the pandemic. We pivoted and created a satellite homeless shelter in Quincy's gym and opened the food pantry at Germantown Neighborhood Center twice a week," said Mary Orne, Chief Development Officer. With the tremendous need for support, they were grateful to be able to hold their spring fundraiser, and the golf outing is back for this July.

South Shore YMCA 26th Annual Golf Classic

Pine Hills Golf Club

Wednesday, July 13, 2022

Noon shotgun start

\$2500 per foursome

Learn more: <https://ssymca.org/events/>

Seniors and Others Welcome

The Y has always been an inclusive place for communities, and the South Shore YMCA takes that to the next level. Senior



Legendary sportscaster and South Shore YMCA member, Bob Lobel, exercises with staff from the Y Partnership Program.

services range from disease-specific programs such as a Parkinson's exercise class to free blood pressure monitoring.

Both locations have invested a lot of money into purchasing specialized equipment to accommodate persons with disabilities, including those recovering from injury or surgery. With equipment rivaling that of hospital rehabilitation centers, they also formed a partnership with Spaulding Rehabilitation Network to provide rehab services when people come out of a healthcare facility.

"Residents can ask to come here for the insurance-covered portion of their rehab. This is a unique partnership that is very beneficial, because Spaulding coordinates with our staff and orients the patient to our gym as they do the prescribed workouts to recover," said Orne. This allows people to easily navigate the exercise equipment if they decide to join the Y.

For seniors and others, the Y offers the appeal of connecting with others in the community.

"Seniors find purpose here through membership as well as our volunteer opportunities. That may be through monitoring the front desk, working on our farms, helping serve 300 families at Thanksgiving dinner, or volunteering for the Holiday Assistance Program, which served 400 families last year," said Orne.

Orne added that the food pantry is 100 percent funded by donations. There are also arts and science programs as well as camps and two early childhood education centers.

"While we receive some grants from the City to help fund our services, we still need to raise \$3 million per year. Our annual Taste of the Southshore and Golf Outing fundraisers help with that, but we are always grateful to the community for whatever they can give throughout the year," said Orne.

How You Can Help

JOIN

The South Shore Y offers programs for people of all ages, from infants

to centenarians! With a sliding scale for membership, no one is denied membership for inability to pay. There are programs galore, and you can try before you buy. There are virtual and in-person classes as well as access to the gym, sports courts, and pool. Learn more about this affordable way to keep healthcare costs down.

<https://ssymca.org>

DONATE

Donating to the YMCA's numerous programs is easy on their website, and you can designate your gift to the causes that mean the most to you, now or as a planned gift. Are you interested in sponsoring a child for summer camp? Participating on the golf committee? Fighting food insecurity in the community?

Go online or mail your donation to:

South Shore YMCA

ATTN: Development
79 Coddington Street
Quincy, MA 02169

<https://ssymca.org/give/donate/>

VOLUNTEER

In addition to joining the YMCA, many seniors find it rewarding to volunteer at the Y. Due to the breadth of services, you may have a difficult time choosing where you want to contribute your time. Great ideas include the Partnership Program where you will help someone with a disability navigate the Y, committees, or the food pantry at Germantown Neighborhood Center. Wherever you decide to volunteer at the Y, you will be welcomed and appreciated for your time!

<https://ssymca.org/give/volunteer/>

Work for the Y

Are you a retiree with experience teaching children in the classroom? Or, perhaps you'd like to drive a van or gain the skills to become a lifeguard? These are just a few examples of the amazing part-time job opportunities at the YMCA. What a great way to help your community and earn some pocket money!

<https://ssymca.org/employment/>

The Biggest Misconceptions About Cremation

Cremation has not only become a lot more common since the turn of the millennium. It is well on its way to becoming the norm. In 2021, nearly 60 percent of families opted for cremation, according to the National Funeral Directors Association.

While there is a clear appeal to cremation—it is faster and less expensive than a traditional burial, for example—there are still large gaps in the public understanding of what cremation means for families, and what services are available to those who choose it.

The fact is, contrary to what many believe, cremation isn't the end of the process. It's part of a broader and more meaningful package that brings families and friends together and helps them cope with their loss and honor the memory of their loved one. Viewings, ceremonies, and final resting places can and should be considered, even with cremation.

“Many people have the misconception that cremation must take place before any other services are planned,” said John Keohane, Co-President. “There are several ways to plan a service while honoring a person’s wish to be cremated. Most of our families choose to honor past traditions by having a viewing in the funeral home, followed by a ceremony either in a church, at the funeral home or an alternative location.”

Many people feel rushed by the speed of the process because they haven't thought about what they're going to do with the remains. Fortunately, there are many options.

“When we work with families on advance planning for cremation, they often come to us thinking that cremation is a simpler alternative to casket burial,” said Joe Reardon, VP for Community Development and Advance Planning at Keohane Funeral Home. “However, once we ask them where the person will go after they have been cremated, they quickly learn that they have many more options. Families can choose urn burial, scattering, keepsake items like jewelry, or even all three!



A family that chooses cremation can still have a memorial service. This graveside service provides one example of how a family lovingly gathered to remember their loved one with music and a service.



The Keohane team is careful to explain all of the options available, because families have told us that there are more permanent and meaningful disposition options than someone's mantle."

For instance, many families want a permanent place where family members can go to remember their loved one—such as a plot or an above-ground burial niche at a cemetery. Others may want to keep the ashes, or even a small portion of them, in a keepsake urn or necklace. Others still may be interested in scattering the remains in a place important to the individual. Some want to do all three. Whatever the preference, Keohane's can work with your family to make it a reality.

There's also the matter of a ceremony or ritual, which is important to many people as they begin to cope with a loss. This can be anything from a religious service to simply gathering to light a candle and share memories.

Ceremonies and rituals have been around for millennia for a reason: They help us

process grief in the company of others. Rituals give us closure and catharsis.

Many people assume that they are not able to have a service with cremation, or they say they're going to have some kind of gathering later on, and never do. Or, they may believe that because they are not religious, that a service is simply not an option. That's not true. Whether a family is religious or not, Keohane works closely with those who have chosen cremation to create a beautiful, memorable, customized service to properly honor the memory of the person they have lost.

There's also the matter of a viewing, and the Family Farewell gathering that Keohane offers is a way to invite family members to see the deceased prior to cremation. This can be very important to some individuals as they face the loss.

“The funeral directors at Keohane Funeral Home educate each family on the different types of services families can select when choosing cremation,” Keohane said. “Education is the key to making the best choice for your family.”

WEYMOUTH COMMEMORATES 400 YEARS AS A COMMUNITY



An historic view of Weymouth's Washington Square.

Can you believe that Weymouth has been around since 1622? It's the second-oldest community in Massachusetts, and it turns 400 this year!

As our community reaches this historic milestone, the Weymouth 400 organization is hosting community events all year. In fact, there will be a series of commemorative events over the next four years, and there are plenty of fun and educational events so everyone can join in the festivities.

The organization started in May with weekly Food Truck Fridays and the first of four Village Festivals in Jackson Square. In June, Food Truck Fridays at Weymouth High School will include car shows and a movie night. The next Village Festival takes place on June 11th, when a Glow Ball Golf Tournament at Weathervane Golf Course will also light up the evening.

Upcoming Village Festivals

Live music, vendors, and local shops will all be open on select Saturdays throughout the summer in Weymouth's four villages. Put the dates on your calendar so you can be sure to stop by and enjoy a sweet summer afternoon at these free, family-friendly events.

- May 14 Jackson Square
- June 11 Columbian Square
- July 9 Bicknell Square
- August 13 Weymouth Landing



Weymouth 400 Glow Ball Tournament

Have you ever golfed in the dark? Bring your flashlight to golf at night in the Weymouth 400 Glow Ball Tournament on June 11th! Single players and foursomes welcome to register for this fundraiser for the commemorative events.

Glow Ball Tournament 2022

Saturday, June 11
Weathervane Golf Club
Registration & dinner at 7:30 pm; 8:45 pm tee off

Register for the event as a single player or foursome, purchase raffle tickets, or sponsor a cart or dinner at the golf outing website: <https://weymouth400.square.site>

How You Can Help

To ensure that many of the events remain free to the public, Keohane Funeral Home became an executive sponsor of Weymouth 400. If you're looking for something to do, volunteers are needed for a variety of tasks for the Village Festivals and this fall for the Water Lantern Festival on October 8th. It's another way for community members to be part of the milestone event. Check out www.weymouth400.org for volunteer opportunities.



Have your picture taken with the 400th Anniversary Adirondack Chair as it travels to each Village this summer. Weymouth High School senior Kenny Glavin built the chair.

Stay up to date on all the events on their Facebook page:
www.facebook.com/Weymouth400

OUR TEAM

Francesca DeVito



In 2020, Francesca DeVito was in her final semester at Southern New Hampshire University when the COVID-19 pandemic began sweeping the country. While she was studying business for her bachelor's program, she realized that mortuary school would enable her to have a career that makes a difference in the world.

"If I can make someone's worst day just a little bit better, I have done my job," said Francesca. "Not many people are built for this job. It is a career that is desperately needed."

In August 2020, after receiving her undergraduate degree, Francesca began attending FINE Mortuary College. In February 2021, she started working at Keohane Funeral Home in Quincy. As an apprentice funeral director and embalmer, she performs a variety of tasks, from making prayer cards and registers to transferring and preparing the deceased.

"Now that I'm an up-and-coming funeral director, I am meeting with families to plan arrangements for their loved ones, setting up the casket, and flowers for a wake, assisting other funeral directors, and helping in any way I can," she said.

Having been brought up in a loving Italian-American home and with experience in a high-end restaurant, Francesca appreciates the family-owned environment at Keohane Funeral Home. She says there's nothing better than her kind, compassionate coworkers and the funeral home's welcoming, comforting environment for families.

"Nowadays, many funeral homes are run by large companies and have lost that personal touch. I appreciate all

the smaller, personal touches that we can add that some larger funeral homes simply cannot."

One small gesture at Keohane is the memory candle that every family receives. These candles have a picture of the deceased and their obituary on the glass container. Francesca also notes that the Family Farewell option for people who chose cremation offers another personal touch exclusive to Keohane.



Francesca DeVito is a funeral director and embalming apprentice at Keohane Funeral Home.

"People can spend time with their loved one prior to cremation, which is very important," Francesca said.

Francesca grew up in Braintree, Massachusetts, with her parents, who are Italian immigrants and her older brother, Marco. She loves to make dinner for family and friends, including her partner, Jason, and 5-year-old stepdaughter. She also enjoys baking, movies, and being outside with her Chihuahua-Dachshund mix, Bella.

Francesca will graduate from mortuary school and complete her two-year apprenticeship by early 2023. Her work may move to the Weymouth location sometime this year, which would bring her closer to her current residence.

"Francesca has that innate ability to connect with people in any situation," said Co-President John Keohane. "Her training in the restaurant industry allows her to make people comfortable from their first interaction. She is a hard worker, with an engaging personality and is always available to help everyone on the Keohane team."

"If I can make someone's worst day just a little bit better, I have done my job," said Francesca. "Not many people are built for this job. It is a career that is desperately needed."



FREQUENTLY ASKED QUESTION

Why is it Important to Hold a Viewing?

One of the most important purposes of a funeral is to provide the opportunity to say a final farewell to a loved one in a safe and supportive setting.

Being able to view the deceased before burial or cremation provides that opportunity to say goodbye. It can be important as loved ones begin to accept the reality of loss and transform grief into healing.

It can often be difficult to grasp the reality of a deep loss, and a viewing provides the opportunity for closure and healing in a particularly concrete way. Whether it is a private viewing for immediate family only or a public viewing open to all family and friends, the chance to say goodbye to a loved one and to see that death has in fact occurred helps mourners acknowledge the reality of loss and come to a place of acceptance as they begin their journey toward healing.

A viewing is especially important to the grieving process if the loved one faced difficulties at the end of life, such as battling a prolonged illness or enduring through pain. Seeing the body in a state of peacefulness brings comfort to family and friends with the knowledge that their loved one now rests in peace. It is also important in the instance of a sudden death or accident to give loved ones the opportunity to say goodbye.

When is a viewing appropriate?

The decision as to whether a viewing is suitable is a highly personal one, but your funeral director is always available for guidance. If you are unsure about the emotional effect of a viewing or if you are otherwise uncomfortable about it for any reason, don't hesitate to ask your funeral director whether a viewing would be possible or helpful in the given circumstances. There may be ways to accommodate the need for personal goodbyes and still achieve an outcome that will be healing, personal, and helpful for those in attendance.

There certainly are circumstances when a public viewing with an open casket is not suitable, but



A viewing is an important starting point for a family's final farewell. Private and public viewings are possible before cremation or prior to traditional funeral services.

it may still be appropriate for immediate family, especially if they have witnessed their loved one suffer at the end of life. If the loved one had been ill for a long time or was severely damaged in an accident, family may opt for a closed casket at the funeral. However, an open casket viewing for immediate family only before the funeral services provides the opportunity for family members to say goodbye; see their loved one bathed, dressed and at peace; and make it easier to accept that the death has occurred. A lovely option would be to place a photograph next to the closed casket to provide a memory of the way in which the loved one would want to be remembered.

There is no right or wrong way to conduct a funeral. A funeral that offers a true opportunity to honor, remember, and bid farewell helps us heal. Decisions about a viewing can be discussed between the family and the funeral director to make the best choice for each individual.

If you have questions about the importance of a viewing or would like to meet with one of our experienced funeral directors, please contact us at any of our locations or call our main office at 1-800-Keohane (800-536-4263).