

# You Are Not Alone: Resources to Support You in Your Grief

Grief is a natural reaction following the loss of a loved one. In our grief, we experience a complex web of emotions that can leave us feeling lonely and isolated. But you don't have to go it alone. There are many resources that can provide guidance, support groups, workshops as well as referrals to providers who can best help you through your personal grief journey.

**"The primary thing is that they don't need to grieve alone. There are some things that are very universal in grief yet there are some parts that are really unique at the same time, and we honor that as well," said Karen Gore, Bereavement Coordinator at Norwell VNA and Hospice.**

Local hospice organizations are terrific resources for coping with loss. Most hospices offer bereavement services to the families of their patients, but also to members of the community at large.



Author Allison Gilbert provides crafty ideas for keeping a loved one's memory alive at Hospice of the South Shore's "Memory Bash."

Commonly, hospice agencies offer bereavement support for patients and their families from the time of admission through thirteen months from a patient's death. Those services are usually directed through the Bereavement Coordinator and can include follow up phone calls and mailings; support groups and individual counseling; workshops and special programs; and a memorial service to remember loved ones. Those same agencies also open their services to the public, whether or not you've had a family member in their care.

Bereavement support at Hospice of the South Shore [www.southshorehospital.org/hospice-of-the-south-shore] is provided by nurses, social workers, chaplains, specially

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Keohane

FUNERAL HOME  
Quincy, MA

McDonald Keohane

FUNERAL HOME  
Weymouth MA

Pyne Keohane

FUNERAL HOME  
Hingham MA





Executive Director Herb Newell working with volunteers at the Norwell site of the Friends of the Homeless of the South Shore.

# Friends of the Homeless of the South Shore: *Ending Homelessness One Family at a Time*

**W**hile the number of homeless families staying in motels has dropped since Governor Charlie Baker took office, the need for shelter is still great in Massachusetts. According to the Executive Office of Housing and Economic Development, there were 3,821 families in Massachusetts in emergency shelter at state expense in May of 2016. Friends of the Homeless of the South Shore is dedicated to ending homelessness one family at a time by helping homeless families with emergency shelter, food, clothing, furniture, education and support.

Under contract with the Commonwealth of Massachusetts, their Interfaith Shelters provide emergency shelter up to twenty-three homeless families a night—eight families at the Faith Place Shelter in Weymouth and fifteen families in housekeeping units in the Rehoboth Shelter in Norwell. The Weymouth site includes two multi-story houses with four apartments housing two families in each apartment. The Norwell site is a renovated camp-style motel with fifteen units that include a kitchenette and bathroom for each family.

***"As part of the sheltering program, we assist families with their housing***

***search, and we attempt to help them to navigate the systems by connecting them with any kind of services in the community that they need," said Program Director Ed DiSante.***

Friends of the Homeless of the South Shore [[www.friendsofhomeless.org](http://www.friendsofhomeless.org)], a compassionate ministry center, brings together the resources and energy of many community resources to support families who need hope, love and shelter. They have a small paid staff, an all-volunteer board, and numerous volunteers whose collective goal is to help homeless families become self-sufficient. The

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not-for-profit organization cooperates and affiliates with several homeless shelters in the South Shore area as well as their parent organization, North Street Community Church, [northst.org] and the Nazarene Compassionate Ministries [www.ncm.org/what-we-do.html] to provide additional resources and supervision.

"We're part of a closely cooperative shelter network on the South Shore," said DiSante. "We work very closely with Father Bill's and several other homeless agencies on the South Shore, including Carolina Hill shelter in Marshfield; Plymouth Area Coalition for the Homeless in Kingston; YMCA in Brockton; and Housing Solutions of the South Shore."

*Friends of the Homeless of the South Shore, a compassionate ministry center, brings together the resources and energy of many community resources to support families who need hope, love and shelter.*

### Additional Programs

The mission of the Friends of the Homeless of the South Shore is to build stronger families by helping to secure education and employment opportunities; finding permanent housing that is safe and affordable; and moving families toward self-sufficiency. In addition to providing emergency shelter, they offer

homeless families a variety of other supports and programs:

- **Food Pantry:** In partnership with North Street Community Church, Friends of the Homeless of the South Shore provides emergency resources for families in shelter and others on the South Shore. The NSCC Emergency Food Pantry provides food to families who arrive in shelter without resources. They also serve other South Shore families on a one-time emergency basis followed by a referral to a local food pantry.
- **Furniture Bank:** The Weymouth Furniture Bank provides furniture, linens, kitchenware—and nearly anything else needed to start a new household—for families who are ready to leave shelter and move into permanent housing. The Furniture Bank also provides furniture to families from other local shelters as well as needy families across the South Shore.

The Weymouth Furniture Bank accepts gently used couches, end tables, lamps, chairs, kitchen sets, and bureaus, as well as kitchen and bathroom items such as towels, utensils, dishes, pots, pans, and small appliances. Please feel free to call 781-340-1604 to discuss donations and set up an appointment for drop off. The Weymouth Furniture Bank is unable to pick up donations at this time.

- **Christmas Gifting:** At the holidays, Friends of the Homeless of the South Shore provides gifts for each of the families who are in shelter or who have recently come out of homelessness during the past year. Members of the community "adopt" a family in need and provide gifts for each member of the family including one item of clothing and two additional items under \$20. To help a homeless family at Christmas time please call 781-340-1604 or email [ucb4u@FriendsofHomeless.net](mailto:ucb4u@FriendsofHomeless.net).

## A Compassionate Ministry

Friends of the Homeless of the South Shore is a transitional sheltering ministry with a mission to provide shelter for those families who have found themselves homeless. This ministry grew out of Faith Church of the Nazarene, a small congregation which gathered in a large Victorian home in Hingham in the 1980's and is now known as North Street Community Church of the Nazarene in Hingham.

"Dorothy and Scott Newell were the pastors at the church and recognized the need for sheltering for homeless families at the time. Their son, Herb Newell, is the Executive Director now. Dorothy still works for us, and she's still very active in the program," said DiSanti.

## How to Help

Volunteers [www.friendsofhomeless.org/volunteers/] are an important part of the operations at Friends of the Homeless of the South Shore. People from colleges, grade schools, high schools, churches, corporations, and various civic organizations help out with a variety of needs.

"We have lots of volunteers who work with us. Volunteers provide things like childcare, tutoring, English as a Second Language, budgeting classes, and all kinds of things families can use to become stably housed," said DiSante.

To become a volunteer, call 781-340-1604 or email at [Info@FriendsofHomeless.org](mailto:Info@FriendsofHomeless.org).

Friends of the Homeless of the South Shore has developed a proven approach for breaking the cycle of homelessness. Families' needs are addressed in a well-rounded approach by experienced staff and volunteers who provide aid according to each family's unique needs.

**To become a volunteer, call 781-340-1604 or email at [Info@FriendsofHomeless.org](mailto:Info@FriendsofHomeless.org).**



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trained bereavement volunteers and their bereavement coordinator. They support families of their patients through phone outreach; newsletters and mailings; support groups; special programs; and the Annual Memorial Service. Support groups and special

### ONLINE RESOURCES FOR GRIEF SUPPORT

#### Hospice & Palliative Care Federation of Massachusetts (HPCFM)

[www.hospicefed.org](http://www.hospicefed.org)

HPCFM is comprised of hospice, palliative, associate and individual members. It includes a hospice locator; information on additional resources; publications; and advanced care planning tools.

#### Modern Loss [modernloss.com](http://modernloss.com)

Modern Loss is a candid conversation about grief; an email list; essays from those who have experienced loss; resources on all kinds of grief related topics; links to relevant articles; creative ideas for exploring your own loss; and ways to connect with others sharing a similar experience.

#### What's Your Grief (WYG) [www.whatsyourgrief.com](http://www.whatsyourgrief.com)

WYG has a mission to "promote grief education, exploration, and expression in both practical and creative ways." The website provides grief education; help in moving forward; ways to honor and remember loved ones; and a supportive community.

#### The Association for Death Education and Counseling (ADEC) [www.adec.org/adec](http://www.adec.org/adec)

ADEC is an international and professional organization dedicated to promoting excellence in death education, care of the dying, grief counseling and research in thanatology. The website has an extensive resources page for anyone seeking more information on the grief process.

programs are open to members of the community as well.

The "Memory Bash" was a special book event last summer in which author Allison Gilbert presented legacy-based craft projects based on her book, *Passed and Present: Keeping Memories of Loved Ones Alive*.

Aubrie Hills, Bereavement Coordinator at Hospice of the South Shore, is working on another program called "Grief Reflected" partnering grieving loved ones with art students at Emmanuel College. There will be a community reception at the end of April. "I'm interested in doing creative, community projects," said Hills.

Author Allison Gilbert provides crafty ideas for keeping a loved one's memory alive at Hospice of the South Shore's "Memory Bash."

### Support Groups and Counseling

While grief is a normal reaction to loss, it can be a difficult journey filled with ups and downs that can be confusing and difficult to cope with on your own. Sharing your grief, either with others in a support group or one-on-one with a counselor, can provide you with both understanding and comfort.

Hospices offer both ongoing and structured support groups—often centered around a specific loss, such as loss of a spouse or adult child—as well as limited one-on-one counseling with licensed social workers. And if they don't have a group or program that fits your situation, their experts will refer you to the agency or therapist that is right for you.

Old Colony Hospice offers support groups and one-on-one counseling, go to [www.oldcolonyhospice.org](http://www.oldcolonyhospice.org), under the "Our Services" tab select "Grief and Lost Support". Monthly support groups are both ongoing and six-session groups and are offered during the day and in the evenings for those who work. There are groups for widows and widowers as well as general grief groups. Their ongoing support groups are can be joined at any time. Short-term individual counseling sessions can be arranged to discuss coping with grief and loss with **their Bereavement**

**Coordinator, Tricia O'Brien who can be contacted at 781-341-4145** or [pobrien@oldcolonyhospice.com](mailto:pobrien@oldcolonyhospice.com). All Old Colony Hospice's Bereavement Support Services are available to the community at no charge.

Ongoing support groups at the Norwell VNA and Hospice [[www.nvna.org/index.php/services-programs/bereavement-services](http://www.nvna.org/index.php/services-programs/bereavement-services)] have open enrollment but require **pre-registration by phone at 781-659-2342**. Weekly and bi-weekly groups meet in the afternoons and evenings and center around the loss of a spouse or significant other and adults grieving a parent. The Bereavement Program at NVNA and Hospice is open to anyone in the community grieving a loss.

Hospice of the South Shore runs seasonal support groups in the fall, winter and spring that run for eight weeks. Groups bring individuals together who have experienced a similar loss, such as spousal loss; sudden loss; loss of an adult child and an evening group for any type of loss.

**For current information, please call 781-624-7080.**

### Memorial Services

Most hospice agencies provide a memorial service for the families of their patients to remember their loved ones who have died during the past year. Families at the Hospice of the South Shore are invited to attend the Annual Memorial Service at the homecare office in Rockland in the fall.

Norwell VNA and Hospice also offers an annual Afternoon of Remembrance at Linden Ponds in the fall to honor the lives of those who have passed that includes a beautiful slideshow set to music.

### Grieving Children

Children process grief differently at different stages of development. Joanna's Place, founded in memory of Joanna Mullin, is a South Shore based grief and loss center for kids and their caregivers that helps parents and families support children of all ages and all stages of development. "Our programs are designed to promote resilience in children who are facing some of life's most stressful events, of

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# CARE Act: Supports Caregivers in Massachusetts

Photo credit: Obencem/123RF.com



The CARE Act ensures that caretakers will be provided with appropriate training and education to help loved ones live independently at home.

At the end of last year, the Massachusetts legislature passed the Caregiver Advise, Record and Enable Act, commonly known as the CARE Act, which was then signed into law by Governor Charlie Baker—excellent news for family caregivers in the state. Massachusetts was the 34th state to pass the CARE Act.

Sponsors of the bill, Senator Linda Dorcena Forry (D-Dorchester) and Representative Chris Walsh (D-Framingham), worked closely with AARP Massachusetts to pass the law that provides critical support needed for unpaid caregivers who are often asked to deliver complex medical care for loved ones with little or no

instructions. According to AARP, family caregivers provided 786 million hours of unpaid care valued at approximately \$11.6 billion in Massachusetts in 2015. Over half of those caregivers reported being overwhelmed by the amount of care their family member needs.

**"This new law is an important step in helping family caregivers undertake the enormous responsibility of caring for loved ones. The CARE Act is an example of the commitment we have in our state in keeping our seniors healthy and happy in their homes, while alleviating burdens on hospitals and nursing facilities,"** Sen. Forry stated on the AARP website. [[www.aarp.org](http://www.aarp.org)]

## CARE Act

Over 844,000 state residents are caring for an aging parent or loved one helping them to live independently in their own homes and keeping them out of more expensive institutions. According to AARP the CARE Act supports those family caregivers in these ways:

"The law features three important provisions related to the family caregiver's role when their loved one is hospitalized:

- The hospital patient is provided with an opportunity to designate a family caregiver;
- The family caregiver is notified if the patient is to be discharged to another facility or back home; and,
- The facility must provide an explanation and live instruction of the medical tasks—such as medication management, injections, wound care, and transfers—that the family caregiver will perform at home."

**"I am proud to have supported Massachusetts' caregivers through my support of the CARE Act, and look forward to witnessing myself the good work the legislation allows these caregivers to do more easily,"** said Representative James Miceli as reported in *Your Tewksbury Today*. [[www.yourtewksburytoday.com/2016/12/31/131943/legislature-passes-care-act](http://www.yourtewksburytoday.com/2016/12/31/131943/legislature-passes-care-act)]

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course including the loss of a parent or sibling," said Mary Boyle. All Joanna's Place programs are at no cost for South Shore families.

The grief support group at Joanna's Place, Circle-G, follows a school calendar and meets every other week

in Hingham. Children, five to thirteen years, and their parent or guardian meet with other children who have lost a parent or a sibling. Families enjoy a pizza dinner and then children meet in developmentally appropriate groups to talk about, share with, and lend support to each other. At the same time, their parents meet in their own group and gain support for parenting while facing a loss.

**So, don't go it alone. Grief and bereavement support services provide valuable guidance and support. "There is help out there," said Tricia O'Brien, Bereavement Program Coordinator at Old Colony Hospice and Palliative Care. "We as a hospice and an agency are able to provide support."**



# The Anne Scully Senior Center in Hull Provides Services for Seniors



*Celebrating the royal wedding of Prince William and Kate Middleton with handmade fascinators at the Anne Scully Senior Center in Hull.*

**T**he Anne Scully Senior Center in Hull is a drop-in center for seniors to have lunch, take classes, get free blood pressure screenings, and even shop for affordable clothing in the thrift store. Located at 197A Samoset Avenue in Hull, the center is open Monday through Thursday from 9 am to 4 pm, and serves nearly 300 local seniors.

Many senior residents go to the center for the daily hot lunch. Seniors who don't drive often arrive in the van about 9:30 am to have coffee, tea, and pastry. They socialize, make crafts, and exercise before they eat lunch and return home. Some even stay after lunch for the card clubs, bingo, Mah Jong or the afternoon programming.

**"For over 25 years, at the center, many new friendships have been established over lunch. As we become the generation losing old friends, it is nice to have a place to meet new friends," per the town website.**

The Hull Council on Aging [[www.town.hull.ma.us](http://www.town.hull.ma.us)], an agency that advocates for seniors and provides referrals,

advice, and comfort to Hull residents, oversees the Anne Scully Senior Center.

## Services for Seniors

The Anne Scully Senior Center provides a variety of services for residents sixty and over including transportation; exercise classes; nutrition programs; tax and legal counseling; health and medical programs; and social and supportive programs:

- **Transportation:** The Hull Council on Aging offers a variety of transportation services, including daily rides to the senior center for those attending lunch and activities; rides for medical appointments, both locally and in Boston; weekly grocery shopping at Stop and Shop; and recreation trips. Because of the price of van maintenance, donations are requested for rides. Rides for medical appointments should be made six business days in advance. Call 781-925-1239.
- **Map 5 Transportation Program:** A contract with MAP provided through a grant from South Shore Elder Services provides trips into Boston as well as some trips out of town.

Appointments must be made one week in advance. Call 781-925-1239.

- **Meals:** Lunch is served Monday through Thursday at 11:45 am at the Anne Scully Senior Center. Call the Wednesday before the week you'd like to attend at 781-925-1129, extension 2. Requested donation \$2.00.
- **Meals-on-Wheels:** The Ann Scully Senior Center is the home base of the South Shore Elder Services Meals-on-Wheels program for Hull, where lunches are set up for delivery to home bound seniors and disabled. If you're house bound or temporarily disabled and need Meal-on-Wheels, please call SSES at 781-848-3910.
- **Josie's Boutique:** Located on the second floor of the senior center, this thrift shop offers affordable clothing and gifts. All receipts are used for senior activities.
- **SHINE** (Serving Health Information Needs of Elders): A free health insurance counseling service. Call 800-243-4636 and press or say "3" and leave a message.

## Volunteers make it possible

Volunteers help keep the Anne Scully Senior Center running. Volunteers are needed for the daily lunch service and Meals-on-Wheels as well as other programs. **If you can spare an hour or two each week to deliver meals to housebound seniors in Hull, call South Shore Elder Services 781-848-3910 extension 354.**

To stay connected with all the happenings at the Anne Scully Senior Center, sign up for their newsletter by calling 781-925-1239 extension 5.

## OUR TEAM

### Dennis Keohane



Dennis Keohane—along with his brother, John—is a third-generation owner of Keohane Funeral Home.

ALTHOUGH DENNIS KEOHANE GREW UP WITH HIS FATHER AT THE HELM OF KEOHANE FUNERAL HOME, he never imagined himself taking over the family business until after college. As a young man, he was interested in film and is a huge film buff to this day. Dennis started his college education at Providence College. After graduation, he went to the School of the Museum of Fine Arts Boston to study film. When his father, Ed, suggested he become part of the family business, Dennis went back to school at Mount Ida College in Newton for funeral service and now runs the funeral home as Co-President with his older brother, John.

"At some point, I realized that I wanted to get married and have a family, and I figured that making films was probably not the best way of supporting a family," said Dennis. "As I was thinking about things, my dad asked if I was interested in going into funeral service—for the first time in my life. I'd honestly never thought about it as a career until that point. I always enjoyed it, so when he mentioned that to me, I spent some time thinking about it, and I realized that I love working with people, so I decided to go to school for it."

Dennis has the dual position of both funeral director and small business owner,

and he loves both jobs. He especially loves working with families and is inspired by the stories they tell him of all the unsung heroes in their lives.

**"I love what I do is because I get to hear these stories about people who live their lives quietly and do the right thing and work hard and take care of their family. And we get to hear those stories every day," said Dennis. "It's a real blessing."**

Dennis started working part time for his father when he was just fifteen-years-old, helping with funerals and maintenance of the facilities. He continued working part time through high school and college. For summer jobs, Dennis worked for his father during the day and as a vendor at Fenway Park at night. He continued part time at Keohane Funeral Home until becoming a licensed funeral director.

Dennis finished mortuary school one month before he married his wife, Sarah, in January of 1996. They've been married for twenty-one years and have three beautiful children, Will, 17, Neil, 15, and Colleen, 14. The boys are both at Boston College High School, and his daughter, Colleen, is in the eighth grade in middle school.

Dennis grew up in Quincy, and his wife grew up in Hingham. When they were first married, they lived in Hull but now live next door to the Keohane Funeral Home in Hingham. "My wife grew up in Hingham and her family still lives there so it was a good move," said Dennis.

### All in the Family

A few years after Dennis made the career move to Keohane Funeral Home, his brother, John, also joined the family business following a profession in financial planning. Dennis couldn't be happier with the way things have worked out between them. "We work together extremely well—a lot of family businesses don't work out so well when you move onto the next generation, but the two of us balance each other out perfectly," said Dennis. "It's been a really good experience. We have a great partnership, and our dad has been amazing in letting us learn at our own pace. We're very lucky that way."

His sister, Kristin Nelson, joined the family business a few years ago as a bookkeeper, and his younger brother, Joe, works and lives in New York City. The family remains very close and often has family trips and get-togethers, like the Super Bowl party at Dennis' house when the Patriots won their fifth Lombardi Trophy.

Outside of work, Dennis is on the Board of Directors of the Weymouth Chamber of Commerce which he joined a year ago. He finds the community service rewarding and enjoyed being a part of the 2016 Pizzapalooza, a fundraiser for the Weymouth Food Pantry which raised \$20,000 for the non-profit organization. The event invites local pizza parlors and restaurants to serve slices of their pizza so that participants can vote on the best slice of pizza in Weymouth.

A self-described music- and movie-aholic, Dennis enjoys catching a movie, going to live shows, and listening to an eclectic variety of music. "I'm a member of the Coolidge Corner Cinema in Coolidge Corner. I go to movies there all the time; I go to shows and concerts all the time. It's an addiction," said Dennis.

One of the most enjoyable pastimes is taking annual trips with each of his children. Dennis and his boys are trying to see every ball park on the East coast, so their annual trip is usually to a baseball park. Because his daughter enjoys musicals, they often go to New York City to take in a show with Uncle Joe. Last year they saw *Fun Home*, the Tony-award winning musical about a funeral home. For this summer, Dennis scored tickets to *Hamilton*, the hottest musical on Broadway, which he bought as a Christmas present for his daughter.

From his early love of film to listening to the stories of his families at the funeral home, Dennis has always paid attention to the people around him and the way they live their lives. "I think the reason I love my job is because I love customer service, first and foremost," said Dennis. **"I love hearing people's stories, and I love serving people, and I love exceeding their expectations of what funeral service is all about. It's not perfect every day, but I love what I do."**



# FREQUENTLY ASKED QUESTION

## *What Are the Benefits of Having a Viewing?*



Photo credit: kzenon/123RF

A funeral service plays many important roles, but providing closure through the opportunity to say goodbye to a loved one in a safe and supportive way is one of the most important purposes. Having the chance to view the deceased before burial or cremation provides that opportunity to say a final farewell and can help loved ones accept the reality of loss in order to begin transforming their grief into healing.

**"For as long as there have been people on this earth, there have been funeral rites. It is a fundamental human need to pay tribute to the deceased and to provide closure as friends and family deal with their loss," said Joe Reardon, Vice President for Community Development and Advance Planning. "Having a viewing provides the opportunity for closure and healing in a particularly concrete way."**

A viewing is especially important to the healing process if the loved one faced any complications at the end of life, such as battling a prolonged illness or enduring 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 in order to give loved ones the opportunity to say goodbye. A viewing need not be open to the public and can be reserved just for immediate family, depending on the circumstances of the death and the preference of the family members.

Immediately after a death occurs, it can be difficult for many people to grasp the reality of a deep loss, and a viewing provides the chance to smooth the initial shock of loss and move toward acceptance. Whether it is a private viewing or a public viewing, the chance to say goodbye to a loved one and to actually see the fact that death has occurred helps mourners acknowledge the reality of loss and facilitate their journey toward healing.

### *Is a viewing always appropriate?*

The decision as to whether a viewing is suitable is a highly personal one, and there is no right or wrong way to conduct a funeral. Decisions about a viewing can be discussed between the family and the funeral director to make the best choice for each family.

There are certainly circumstances when a public viewing with an open casket is not a fitting option, however a viewing for immediate family may still be appropriate. If the loved one had been ill over a period of time or was severely injured in an accident, family may opt for a closed casket at the funeral. However, an open casket viewing for immediate family before the funeral services provides the opportunity for family members to say goodbye and to see their loved one bathed, dressed and at peace. Placing a photograph next to the closed casket is a lovely option for the public service and provides a memory of the way in which the loved one would want to be remembered.

If you have any additional questions about the benefits of a viewing or would like to make an appointment to meet with one of our experienced funeral directors, please contact us [[keohane.com/locations](http://keohane.com/locations)] at any of our locations or call our main office at 800-536-4263.