



# Plant.Grow.Share. *Bringing Fresh Produce to Local Food Pantries*

**P**lant.Grow.Share. is a collaborative effort of Keohane Funeral Homes, the Weymouth Food Pantry and Interfaith Social Services, bringing fresh food to local food pantries. During the upcoming growing season the Plant.Grow.Share. program offers free Container Gardening workshops along with free seedlings to local gardeners to plant in their own gardens.

## Build Your Own Tomato Container Garden

FREE build-your-own-tomato-container garden workshops are taking place on May 16th in Weymouth, May 25th in Hingham, May 26th in Quincy and June 8th in Weymouth. Anyone interested in learning about container gardening is welcome to attend.

**PLANT.  
GROW.  
SHARE.**

a fresh food initiative  
for food pantries



**"Growing tomatoes can be easy and fun and we love to help people learn how through the Plant.Grow.Share. program. If you have a spot of sunshine, you can grow tomatoes," said Cas Casados**

**Executive Director of the Weymouth Food Pantry. "We would love to provide fresh tomatoes to all our food pantry clients and this program helps."**

During this approximately one-hour long workshop led by local organic farmer Jon Belber of Holly Hill Farm in Cohasset, attendees will be supplied with all the knowledge and supplies needed to create and grow their own free-standing tomato container gardens.

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## HULL GARDEN CLUB BEAUTIFIES TOWN AND PROVIDES KINSHIP THROUGH HORTICULTURE

The Hull Garden Club creates a community of like-minded women who embrace gardens and plants of all kinds. Club members participate in many community projects....

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For nearly seven years, seniors have gathered once a month at the Hingham Senior Center to do brain exercises in a group setting to both improve...

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**Keohane**  
FUNERAL HOME  
Quincy, MA

**McDonald Keohane**  
FUNERAL HOME  
Weymouth, MA

**Pyne Keohane**  
FUNERAL HOME  
Hingham, MA

# HULL GARDEN CLUB BEAUTIFIES TOWN AND PROVIDES KINSHIP THROUGH HORTICULTURE

The Hull Garden Club creates a community of like-minded women who embrace gardens and plants of all kinds. Club members participate in many community projects including planting of annuals and perennials throughout the town and so much more. The Hull Garden Club was founded in 1966 with a mission to encourage interest in home gardening and to promote better horticultural practices, civic beauty and the conservation of natural resources.

**"Our plants are all over the town. Our wreaths during the holidays brighten the winter days and our commitment to a greener Hull is evident. Our members are friendly, kind and enjoy working together," said Betty Trubia, President of the Hull Garden Club in a letter on the club's website [hullgardenclub.com].**

Trubia is a long-time member of the Hull Garden Club and this is Trubia's third time serving as the club's president. She is currently fulfilling the second year of Esther Field's term.

Regular meetings of the Garden Club are held at 1 p.m. on the second Wednesday of each month (except for January, February, July, or August) at the Anne M. Scully Senior Center located at 197A Samoset Avenue in Hull. Executive Board meetings are held two weeks prior to the regular meetings, on the last Wednesday of the month. New members are always welcome.

"We'd love to have some more young members," said Trubia who encouraged anyone interested in joining the club to attend a regular meeting. "We always have food—delicious food," she added.

General meetings include a program or speaker on gardening topics. The club often brings in Master Gardeners to



*Jeanne Morse (back right) assisted seniors in completing this lovely bouquet for the Garden Therapy project at the senior center in Hull.*

speak at monthly meetings. The club also takes fun field trips together, such as visiting the garden at the Abigail Adams House in Quincy and going to the Boston Garden Show.

Trubia also writes up the club's newsletter, "Weeder's Digest." Back issues can be found on the club's website [hullgardenclub.com/weeders-digest].

## May Plant Sale

The Hull Garden Club holds a plant sale each spring as a fundraising event. Plants can be ordered ahead of time or picked out the day of the sale. Geraniums, hanging plants, perennials, annuals and six-packs of herbs and other plants are popular items. This year the sale will be held Saturday, May 20, from 10 a.m. to 3 p.m. in Paragon Park on George Washington Boulevard.

## Garden Therapy

Club members take turns instructing seniors in creating a monthly craft project at 11 a.m. on the second Wednesday of the month at the local senior center. "At our June luncheon, the person who coordinates Garden Therapy asks for volunteers who would like to assist seniors with a floral project.

We do this Garden Therapy prior to our regular garden club meeting at the senior center," said Shirley Maloney, coordinator of Garden Therapy.

## Wreath Project

The Wreath Project is another one of the major fundraisers for the non-profit Hull Garden Club. Members create holiday wreaths to sell during the holiday season. The wreaths feature a beach theme with shells on greenery.

## More Community Projects and Events

The work of the Hull Garden Club enhances the Town of Hull with projects such as the addition of annuals, perennials, and shrubs to traffic islands and welcome signs; thousands of daffodil bulbs planted throughout Hull on the Daffodil Trail; and flower arrangements in the Town Library throughout the year. Members of the Hull Garden Club also engage various members of the community through the Community Garden; holiday decorations for the Town and the Lions Club Luncheon for Senior Citizens; an annual \$1,000 scholarship awarded to a Hull student and so much more.



## Plant.Grow.Share. Bringing Fresh Produce to Local Food Pantries

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"For the past few years we have been encouraging local residents to donate fresh produce to area food pantries," said Rick Doane, executive director of Interfaith Social Services. "Even if you do not have the land or gardening experience, a container garden is a great way to grow fresh produce."

As the seedlings grow and begin producing tomatoes, participants are encouraged to donate a portion of their harvest to either Interfaith Social Services or the Weymouth Food Pantry, so they can be used to help feed the hungry. "Our goal is to literally have a ton of tomatoes donated to our food pantries this summer," said Doane.

### 2017 Tomato Container Gardening Workshops

**TUESDAY, MAY 16TH AT 6 PM**  
Tufts Library, 46 Broad Street,  
Weymouth

**THURSDAY, MAY 25TH AT 1 PM**  
Hingham Public Library,  
66 Leavitt Street, Hingham

**FRIDAY, MAY 26TH AT 1 PM**  
400 East Squantum Street, Quincy

**THURSDAY, JUNE 8TH AT 6 PM**  
Tufts Library, 46 Broad Street,  
Weymouth

### Grow a Row to Share: Free Seedlings Available to Grow at Home

Local gardeners and food pantry patrons are invited to pick up free vegetable seedlings as part of the Grow a Row to Share program. When vegetables are ready to enjoy, gardeners are encouraged to donate a portion of their harvest to the Weymouth Food Pantry or Interfaith



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Social Services to help local residents in need. "We need fresh produce for people in need in our community," said Doane. "This is not just for gardeners; this is for people who are committed to feeding healthy food to hungry people."

Seedlings will be available for pick-up beginning the week of May 22nd at these locations: Keohane Funeral Home, 785 Hancock St. in Quincy; McDonald Keohane Funeral Home, 809 Main St. in South Weymouth; Interfaith Social Services, 105 Adams St. in Quincy; or the Weymouth Food Pantry's warehouse, 40 Reservoir Park Dr., Unit B, Rockland.

Vegetable gardens will also be planted at Keohane Funeral Homes locations in Quincy and South Weymouth. Interfaith Social Services will have two gardens, one next to their office at 105 Adams Street in Quincy, and one on their rooftop specifically for growing tomatoes.

**"We are very pleased to be a part of Plant.Grow.Share.," said John Keohane, co-president for Keohane Funeral Homes. "Something as simple as people planting an extra row of vegetables in their gardens can make a huge difference for our local food pantries."**

### How You Can Help

For those who would like to help in other ways besides gardening, the food pantries are also happy to receive donations of fresh store-bought produce. Donations of fresh produce for the Weymouth Food Pantry are accepted at all of their

*"This is not just for gardeners; this is for people who are committed to feeding healthy food to hungry people," said Doanne.*

pop-up pantry sites around Weymouth. Visit [weymouthfoodpantry.org](http://weymouthfoodpantry.org) for a complete list of times and locations. Donations are also welcome at their food warehouse at 40 Reservoir Park Drive, Unit B, in Rockland from 9 a.m. to 2 p.m., Tuesday-Friday.

Donations from your garden or supermarket for Interfaith Social Services can be dropped off at 105 Adams Street in Quincy from 8:30 a.m. to 3:30 p.m., Monday-Friday, and until 7 p.m. on Tuesdays.

Monetary donations are also always welcomed. Donations to the Plant. Grow.Share. program can be made online at [interfaithsocialservices.org/donate](http://interfaithsocialservices.org/donate).

**For questions or to volunteer for the Plant.Grow.Share. program, please contact Joe Reardon, Vice President for Community Development and Advance Planning at Keohane Funeral Homes at (617) 773-3551.**

# HINGHAM CARES PROVIDES SUPPORT AND EDUCATION FOR SUBSTANCE ABUSE PREVENTION



Hingham CARES co-chairs Lori McCarthy, left, Kristen Arute, middle, and Chief Glenn Olsson, right, offer education on substance abuse and prevention and provide resources to those in need.

**H**ingham CARES—which stands for Community Action Resources Education and Support—is a community-based substance abuse prevention coalition, serving the Town of Hingham as a volunteer organization.

**“What we hope to accomplish is to educate and to provide resources for people who are struggling with addiction in one form or another,” said Co-chair Kristen Arute. “We are working with the school system and hoping to incorporate something into their curriculum for next year.”**

Arute serves with her co-chair, Lori McCarthy, who has a background in managing addiction as a substance abuse counselor. The two women were recently tapped by Police Chief Glenn Olsson to serve as co-chairs to get the coalition off the ground. Arute, who has lived in Hingham for the past twenty-five years, manages outreach in

the community as well as collaboration with area substance abuse prevention organizations. McCarthy, a lifetime resident of Hingham, is the main resource on addiction with direct knowledge of the disease and the resources available for prevention and treatment.

Hingham CARES was established two years ago by Selectman Paul Gannon. The Board of Selectmen appointed Chief Olsson as an advisor, but the group faltered without clear leadership. The Chief then asked the two women to come onboard to breathe new life into the group and get the coalition well established in the community and the region.

The issue of addiction is a growing problem both locally and nationally. “It’s a complex issue with lots of moving parts, and it’s a very personal issue that needs to be respected. And there are resources available to people,” said Arute, who urged people

not to hesitate to reach out for help or hide their struggles with addiction from the world.

With the legalization of marijuana in Massachusetts, Arute wants underage children to understand the law; the effects on a growing body; the differences between a teenage brain and an adult brain; and the gravity of substance abuse. “We want our kids to be as educated as can be to navigate the complexities of the current social landscape,” said Arute.

The two women have reached out to collaborate with other area organizations in Hull, Cohasset and Situate to provide a regional endeavor. The regional groups, such as HAPSA in Hull and Safe Harbor in Cohasset, can share resources, events, social media, meetings and an email database.

The regional group is planning an opiate awareness concert, “A Battle for the Ages,” on May 28 at C Note in Hull. Bands both old and young will play at the live music club to draw a crowd of all ages.

Hingham CARES holds monthly meetings at Town Hall and the community is encouraged to attend and become involved. The group does not have a set schedule at this time, but Arute hopes to find a permanent time slot for the monthly meetings. Arute said that they have had a great response from the community so far with people volunteering to work on a website, help with fundraisers, start a yoga class and other programming. The official website is not live yet, but for more information on how to get involved, join the group’s Facebook [facebook.com/hinghamcare] page or email McCarthy at ljm200@gmail.com or Arute at kristenarute@gmail.com.



# MAINTAIN YOUR BRAIN PROGRAM HELPS SENIORS STAY MENTALLY SHARP



Catherine Peterson, an Occupational Therapist at Norwell VNA, leads brain exercises for seniors at the Hingham Senior Center.

For nearly seven years, seniors have gathered once a month at the Hingham Senior Center to do brain exercises in a group setting to both improve memory and have fun. The "Maintain your Brain" program is an open group with single and group tasks, such as memory exercises and puzzles, that facilitate problem solving and creative thinking to stimulate brain function.

**"An increasing number of studies indicate that engaging the brain has positive effects on quality of life in many ways; happiness and health among them," said Catherine Peterson, an Occupational Therapist at Norwell Visiting Nurse Association (NVNA) who currently leads the program.**

"Maintain Your Brain" is offered at the Hingham Senior Center at 224

Central Street on the third Tuesday of the month from 11:30 a.m. to 12:30 p.m. The ongoing program can be joined anytime. The Hingham Senior Center prefers people to sign up ahead of time by calling 781-741-1458, but drop-ins on the day of the class are always welcome. The program is also offered at Norwell Senior Center from 11 a.m. to noon on the second Monday of each month.

"The program started to help people think about keeping their mind sharp—not for dementia, but just to stay engaged and keep the mind thinking," said Barbara Farnsworth, Director at the Hingham Senior Center.

The NVNA responded to a community need for people who are interested in mental function and concerned about keeping mentally sharp. Pam Talbot, an NVNA speech language pathologist, designed and operated the program until Peterson recently took over.

"The NVNA is a non-profit organization serving many towns on the South Shore. We partnered with the Hingham Senior Center to offer an open program for the community to get introduced to ways of exercising the brain in the same way they might take a group yoga class for the rest of the body," said Peterson. "The strategies we use are simple and straight forward so that participants can easily continue outside the once per month session. The group adds value by creating a social aspect to the exercise and a little competition for some of the answers gets the brain blood flowing."

Memory games and puzzle exercises are the most common tasks. For example, Peterson may ask participants to try naming at least

one Massachusetts town for each letter of the alphabet. "Crossword puzzles work both memory and puzzling, and the Dell Easy Crosswords are like a brisk walk for the brain. Also, adult coloring books have become popular and can be very challenging and creative at the same time," said Peterson.

Attendance at the monthly classes varies with as little as four people and up to ten. But there is a core of regular attendees who enjoy the program, not only for the mental stimulation but for the company as well. "We get a little information on health and do puzzles like "word find" or make as many words from one word as you can," said Kathy Berry, a Hingham resident who regularly attends the program. She likes participating because it is not intimidating and it's fun.

**"The visiting nurse comes and gives us some tips," said Berry. "I like when they give us the tips, but it's also a fun way to socialize. The best part is being with others—you go and do puzzles and then leave with some tips," said Berry.**

In between monthly meetings, seniors can find plenty of material on the internet, and seniors can look for puzzle books and magazines at the grocery store as well.

"For the most part, our informal program utilizes simple exercises in a group setting that encourages a natural stimulation among attendees. Even a simple game of hangman can generate activity in several parts of the brain, and it's fun," said Peterson. "Even if you don't want to participate, please come by and follow along—your brain will thank you for it."

# TEENS CHALLENGE SENIORS IN PLAYING POOL AT THE WHIPPLE SENIOR CENTER IN WEYMOUTH



The Senior Squad and the Teen Squad squared off at the Weymouth Pool Tournament at the Whipple Senior Center.

The pool room at the Whipple Senior Center in Weymouth has seen some extra action ever since the pool league at the Weymouth Teen Center was formed two years ago. Pool games between the seniors and teens were organized to provide extra practice for the pool league to hone their skills in order to compete in tournaments across Massachusetts to try to qualify for state championships. Teen Center co-director Kathy Collins said the ultimate goal is for the league to make it to the National Championships in Las Vegas in August.

**"The seniors love to see the kids come over, and the kids talk about it a lot. The competition at the state is stressful. But it's more relaxed for the kids to play with the seniors, because the seniors are so caring," said Collins.**

Before starting the league, Collins wondered who the teens could play to improve their abilities. Collins emailed Karen Johnston, the Director of the Whipple Senior Center, with the idea of the teens playing the seniors for extra practice. Johnston convinced

the regular pool players at the senior center to give the teens some tips and help them practice pool.

The teen pool league has twelve members with lessons on Saturday mornings at the Weymouth Teen Center on Middle Street provided by a Master Pool Instructor from Ayer. Collins is a certified pool instructor as well. There are two pool tables at the teen center, and the league members practice every afternoon. The fall and spring tournaments at the senior center give them additional practice and a chance to learn from experienced players.

Given the gap in skill level between the two age groups, the seniors have had the edge so far. Collins said the seniors play with different rules than the game is played now, but the kids are amazed at the shots the seniors make.

The teens play a friendly tournament with the seniors twice a year, in the fall and in the spring. The games follow a loose format of teens versus seniors, and the matches are played for "ultimate bragging rights," according

to Johnston. "The seniors have fully gotten into it," said Johnston. "The kids are so respectful to our seniors and enjoy the fun and games. But the seniors don't just let them win."

Bob Briere, manager of the pool room at the senior center, said, "It's great for the teens to see that we're old but we're still alive." A group of seniors play pool regularly at the senior center three times a week on Monday, Wednesday and Friday from 8:30 to 11:30 a.m.

Johnston said the senior center recently refurbished the pool room to accommodate the regulars who play pool there and "deserved a better room." The room was painted; new carpeting was put down; and the three pool tables were refelted. "The new home is wonderful," said Johnston of the refurbished space.

**"I like to see how the kids improve from the fall to the spring," said Collins. "The seniors see the improvement, too. The first couple of times, the kids weren't able to beat them, but now they can."**

Briere has noticed an improvement in the teens' skill level as well. "The seniors have fifty to sixty years of experience, so it's not much of a competition. But the teens are getting better, and they are enthusiastic," he said.

After the first teen vs. senior tournament, the teen pool league made it to the state championships and one young man qualified for nationals. Briere put a two-piece pool cue together, added a new tip and sent it to the young man so he would have his own cue for the national competition.

"I think it's fun, and it's good for both groups," said Briere of the teens and seniors. "It's competitive but there's no animosity."



## OUR TEAM

### John Keohane



*John Keohane grew up in the family business and now runs Keohane Funeral Home with his younger brother, Dennis.*

John Keohane and his younger brother Dennis serve as co-presidents and partners in running the overall operation of the family business, each taking responsibility for their own areas of expertise. They receive support and advice from their father, Ed, who serves as Chairman. John has a background in finance and ensures business operations are being run smoothly while he helps families plan funeral services for loved ones and keeps the company engaged in the wider community.

John and Dennis overlapped some of their college years at Providence College, but had friends at their own grade level. "We were together but separate," said John. "We each have different skill sets. Dennis is the creative one and I have the business background. We bring those skill sets to work and it's a nice balance."

John's father, Ed, put him to work at the funeral home at an early age. John remembers cleaning up the parking lot, mowing the lawn and doing all sorts of odd jobs around Keohane Funeral Home as a child. In high school, John worked part time for his father for extra spending money, and he continued working part time through college as well.

**"We grew up right across the street from the funeral home so it has been part of our lives since we were little," said John. "In the back of my mind,**

**I always wanted to make the funeral business a career, but I wanted to try something else first."**

John attended Providence College for a four-year program in business administration. After graduation, he lived in Boston with friends for a couple of years while working at an entry-level job in banking. John had an interest in financial planning and pursued all the requirements to receive a license in that profession in 1995. At that time, John realized he had a skill set that would be an asset to the family business.

"The realization I came to was that there is something special about the family business, but I didn't appreciate it until I was away from it for a while," said John.

John went back to school at New England Institute at Mount Ida College to become a licensed funeral director, and he joined the family business a few years after his brother Dennis came onboard.

John married his wife, Karen—a third-grade elementary school teacher at Quincy Catholic Academy—in 1995. They've been married for twenty-two years and have three sons: Patrick, a sophomore at John Carroll University in Ohio; Timothy, a senior at Boston College High School who will be attending Marquette University in Wisconsin in the fall; and Mathew, a freshman at Boston College High School. John also graduated from Boston College High School, a Jesuit school in Dorchester, and he continues to be active in the high school community. "It was a very special part of my life," said John.

John and Karen are both Quincy natives, but didn't know each other growing up. They met through Karen's brother who was a year ahead of John at Boston College High School and then at Providence College. John was in college and Karen was in high school at the time. She asked John to her senior prom, and they continued dating when Karen also went to Providence College the next year. They purchased a home for their young family in 1999 and still reside in Quincy today.

### Funerals Are Not What They Used to Be

One of the biggest challenges as a funeral director is balancing current attitudes while maintaining some of the best traditions. John is constantly making

changes to remain relevant to present-day expectations and keep Keohane Funeral Home moving toward the future.

**"Traditions are changing now. Religion used to be a big part of a funeral, but we've been seeing a shift. We try to balance tradition with what families are looking for now. We can't keep doing things the way we've done them," said John. "The most important thing is meeting families where they are."**

John never assumes what is important in any given situation. He sits down with each family to discuss their needs and expectations, often gently guiding them through the process. John tries to be "the calm in the storm for them" and help them feel at peace.

While his work and his family keep John extremely busy, he is expecting some free time when two of his three children are away at college next year. In anticipation of some upcoming leisure time, John bought two kayaks last Christmas.

Both John's parents and Karen's parents live in Quincy, and they spend much of their time outside of work at family dinners and events. They may even bump into John's parents at church and decide spontaneously to go out for brunch after services. Having extended family in the area is special to John. His sister, a bookkeeper at Keohane, lives in Scituate with her family, and his brother Dennis lives with his family next to the Pyne Keohane Funeral Home in Hingham. Eight of nine of his parents' grandchildren currently live in the South Shore. His younger brother, Joe and his wife Jean live in New York and just welcomed their first child, June, this past August.

Outside of work, John belongs to several community organizations, including: Knights of Columbus, Massachusetts Funeral Directors Association, Selected Independent Funeral Homes, Graystone Associates, and South Shore Chamber of Commerce.

From his early days of working at the funeral home to his experience in financial planning, John always had a special place in his heart for the family business. He is honored to be part of his family's tradition of helping so many people in their time of need. **"Each situation is unique. Our job is to sit and listen to help families design a service for their loved one that honors the individual that lived," said John.**



# FREQUENTLY ASKED QUESTION

## *How Do I Choose Music for a Funeral?*



Photo credit: serezhnyy/123RF.com

**C**hoosing the right music for a funeral or memorial can make the service enormously personal while creating a moving and meaningful experience for those who attend, but it can be a daunting task. Start by looking for music that evokes memories of your loved one or roots your service in the traditions of your family to provide a powerful vehicle for expressing emotion, setting a mood and bringing people together.

**Choosing music or songs that were meaningful to the deceased helps to express the personality of your loved one and makes the service personal.**

Funerals are no longer limited to just organ music. Families may choose to have musical instruments, such as guitar or violin, to accompany chosen musical selections. They may ask family members to sing, hire a professional singer or enlist the help of their community's choir. And most venues have a modern sound system to play recordings—with digital music, the choice is nearly unlimited!

### **Appropriate Music for a Funeral**

Traditional hymns and songs commonly used for a funeral are not the only music suitable for the occasion. Appropriate musical selections can be found in almost any genre. The deeper the personal connection to the music, the deeper the meaning of the service will be. It's become more common for people to choose music that is not traditional for funerals, such as music from Broadway, country, rock or pop. In fact, finding music that has some connection to your loved one, such as one of his or her favorite tunes or a song that express

your loved one's unique perspective on life, adds a truly personal touch to the service.

One critical aspect when considering if a song is appropriate is to look at the lyrics to the musical selection. Be sure to read or listen to all the lyrics ahead of time to make sure the words are appropriate for the occasion and will not offend anyone who attends the service.

Religious services often have prescribed moments for music with a range of traditional selections, so ask your religious leader for suggestions. If you have a piece of music in mind, talk to your religious leader to make sure your selection is appropriate for the traditions of your community.

### **Suggestions for Musical Selections**

It is important to find the music that best reflects the life and personality of your loved one, but it may seem overwhelming with so many songs available. If you need specific suggestions for musical selections, here is a list of the Top 40 Funeral Songs [[resources.yourtribute.com/funeral-songs/good-funeral-songs](https://resources.yourtribute.com/funeral-songs/good-funeral-songs)] from Your Tribute website. Selections include "Bridge Over Troubled Waters" by Simon and Garfunkel; "My Heart Will Go On" by Celine Dion; "Morning Has Broken" by Cat Stevens and many more.

For selections for a funeral mass—such as the processional; presentation of gifts; or recessional—try some of these suggestions from Peter Paul Catholic Church: In Loving Memory—Musical Selections for a Funeral Mass [[peterpaulchurchcary.org/documents/need-help/46-funeral-mass-music-selection/file](https://peterpaulchurchcary.org/documents/need-help/46-funeral-mass-music-selection/file)].

For more suggestions, Funeral Wise [[funeralwise.com/plan/ceremony/music](https://funeralwise.com/plan/ceremony/music)] provides titles in various musical genres.

**Choosing musical selections which represent the life of the individual can mean more to family and friends than simply choosing standard funeral music. It's always appropriate to utilize traditional funeral music, but it's acceptable to play the deceased's favorite tunes; use popular music to convey certain periods of a loved one's life; or employ a specific musical genre to create the right mood.**

To speak to one of our knowledgeable funeral directors for help in choosing musical selections for your own service or for the funeral of a loved one, please contact us [[keohane.com/locations](https://keohane.com/locations)] at any of our locations or call our main office at 1-800-Keohane (800-536-4263).