



Plant.Grow.Share.

Encourages Backyard Gardeners to Grow Fresh Food to Help Feed the Hungry

Plant.Grow.Share., a collaborative program between Keohane Funeral Home, Interfaith Social Services and the Weymouth Food Pantry, asks backyard gardeners to plant an extra row of produce in their garden and donate the excess bounty to Interfaith Social Services' Pantry Shelf at 105 Adams Street in Quincy or the Weymouth Food Pantry at any of their pop-up locations.



**PLANT.
GROW.
SHARE.**

for both seasoned and beginning gardeners. This year, Plant.Grow.Share. has added composting to the lineup of free workshops.

"The purpose of this program is threefold: to help reluctant backyard gardeners, to grow vegetables for hungry people, and to increase awareness that food pantries need fresh produce donations," said Interfaith Executive Director Rick Doane.

Vegetable gardens will also be planted at Keohane Funeral Homes locations in Quincy and South Weymouth. "We have grown a garden at our Quincy and South Weymouth locations for several years now to support this program. We hope you will join us!" said Co-President John Keohane.

This year, Interfaith Social Services will dedicate their Food Pantry garden to growing only kale. "One of the best crops for us is kale," said Doane. "It's something that doesn't get donated very often but a number of clients like it and request it."

Keohane Seedling Program

Participating in Plant.Grow.Share. is easy and rewarding and Keohane makes it even easier by donating seedlings to backyard gardeners in the community each spring. Free vegetable seedlings were available at the workshops as well as during seedling week May 22 to 25 at all Keohane locations, at Interfaith Social Services and at the Weymouth Food Pantry Pop-up locations.

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BLUE HILL CEMETERY AND CREMATORY PROVIDES COMPASSIONATE CARE WHEN OUR FAMILIES CHOOSE CREMATION

More and more families are choosing cremation as the final disposition for a loved one. At Keohane, we are proud...

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INTERFAITH SOCIAL SERVICES AND WEYMOUTH FOOD PANTRY DISTRIBUTE MILLIONS OF POUNDS OF FOOD TO FAMILIES IN NEED

Dedicated to improving life for South Shore families and individuals in need, Interfaith Social Services is a multi-service center offering...

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THE WEYMOUTH CHAMBER OF COMMERCE IS GROWING IN NEW DIRECTIONS UNDER CHAIRMAN DENNIS KEOHANE

Our own Dennis Keohane became Chairman of the Weymouth Chamber of Commerce in January...

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Keohane
FUNERAL HOME
Quincy, MA

McDonald Keohane
FUNERAL HOME
Weymouth, MA

Pyne Keohane
FUNERAL HOME
Hingham, MA

Blue Hill Cemetery and Crematory Provides Compassionate Care When Our Families Choose Cremation

More and more families are choosing cremation as the final disposition for a loved one. At Keohane, we are proud to work with Blue Hill Cemetery and Crematory to ensure loved ones are handled with the utmost respect and care. While the cemetery has been in Braintree for generations, Blue Hill opened a state-of-the-art crematory in 2014.

"We have known and worked with Gerry Ridge at Blue Hill for many years and knew if he ran his crematory like he does the cemetery that it would be the type of service that we could get behind. The crematory is in an attractive brand new building and his manager Joe Walker was a former funeral director with our firm in Quincy. By having licensed funeral directors operate the crematory speaks volumes for the level of care and compassion they provide," said Co-President John Keohane.

In the Commonwealth of Massachusetts, only cemeteries can own and operate a crematory, which must be located on cemetery property. Therefore, crematories are service providers to funeral homes, and all cremation arrangements must be made by a Licensed and Registered



Viewing window at Blue Hill Cemetery and Crematory in Braintree

Funeral Home, such as Keohane. Our funeral home places an identification bracelet on each deceased family member. Prior to transferring a person to the crematory, we ask each family to have a private viewing so that they are comfortable that their mom or dad is safely in our care. This lasts only a few moments but the ability to say goodbye and have a few private moments alone is a powerful ceremony. Then we attach a label to the top of the cremation container and match that to the bracelet.

Once your loved one arrives at the crematory, Blue Hill attaches a metal identification disc to the cremation container which then follows your loved one from beginning to end during the cremation process. There are eight separate identification checkpoints throughout the cremation process. "That's not only comforting to the funeral home, it's certainly comforting to the families," said Joseph B. Walker, Crematory Manager.

If you choose, you can witness the actual cremation through a picture window. The final step in the cremation process is for Keohane to retrieve your loved one's cremated remains and return them to your care.

Funeral Service Options

Most families we assist have some sort of services in conjunction with the cremation. That may involve an open casket visitation with a church or funeral home service followed by cremation. Many families have the cremation first followed by a service with the urn present. It might consist of visiting hours or a church or funeral home service. Some families choose cremation without any public services.

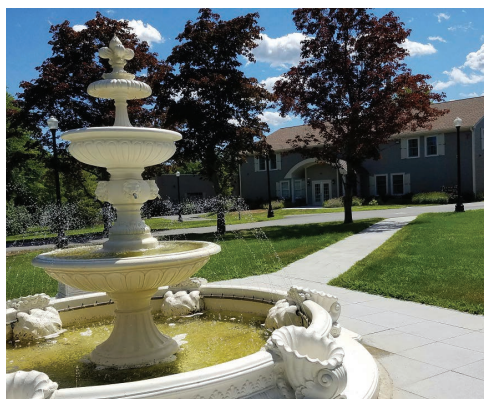
Many Options for Cremated Remains

After the cremated remains are returned to the family, there are many creative options, such as burying the urn in an existing or new burial plot; placing an urn in a niche; scattering the cremains; or incorporating part of the cremains into a personal object, such as jewelry.

At Blue Hill Cemetery, urns can be placed in their outdoor columbarium, a niche for urns. Names and dates can be inscribed in black granite on the front of the niche. An urn can be buried in an existing plot along with another family member or several urns can be buried in a plot dedicated just for urns.

Blue Hill is also considering future development of special sections where only urns are buried, called urn gardens. Another future spot for cremated remains at Blue Hill might be in a scattering garden, which would provide a lovely, natural setting for families to scatter cremated remains and then inscribe their loved one's name on a common marker.

"Whether they are buried in the ground with an upright marker; go into a niche carved in the front; buried in an urn garden; or scattered in a scattering garden, there's going to be a place for their name to be inscribed or designated to mark their presence here in some capacity," said Walker.



Blue Hill Cemetery and Crematory in Braintree

Holly Hill Farm

What do organic vegetables, school field trips, wooded trails, and yoga on the farm all have in common? They can all be found at Holly Hill Farm in Cohasset. Holly Hill Farm is an organic farm that has been in the White family for five generations. It's located on 140 acres that include 7 acres of open fields, 3 acres of growing fields, as well as 120 acres of wooded areas. Holly Hill Farm grows certified organic produce, herbs, and flowers; hosts school field trips, summer camp, and a successful teen community service program; participates in over 40 school farm gardens; and holds community workshops, programs and events.

"We're pleased to be a vital resource in the community. The ability of people to know where their food comes from is diminishing, and we want to help change that trend," said Education Director Jon Belber.

The farm sells their organic vegetables, herbs and flowers at their own Farm Stand and at local Farmers Markets in Scituate and Cohasset, as well as to select restaurants. The Farm Stand is open once a month in the winter and every weekend from May to December. Organic seedlings are sold at their annual plant sales, and the historic trails on the farm are open from dawn to dusk.

The farm hosts field trips for schools from eleven neighboring towns. They also teach at twenty-five public and independent schools for students in K to 12 and help students plant their own gardens at school. Belber has also been a guest lecturer at Massachusetts College of Art for their "Eating and the Environment" course. In the summer, the farm runs one-week summer camps for kids to enjoy being in nature and to learn the importance of healthy food.

Holly Hill Farm also runs programs about sustainable agriculture and organic farming for the community at

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Plant.Grow.Share. Encourages Backyard Gardeners to Grow Fresh Food to Help Feed the Hungry

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Jon Belber from Holly Hill Farm fills buckets with organic seedlings at a free workshop for Plant.Grow.Share.

When vegetables are ready to enjoy, gardeners are encouraged to donate a portion of their harvest to the Weymouth Food Pantry or Interfaith Social Services to help local residents in need. Even if gardeners do not have the opportunity to pick up seedlings during the week of May 22, donations of any extra produce throughout the growing season will be gratefully accepted at either Keohane or directly to either of the community food pantries. 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.

FREE Gardening Workshops

Plant.Grow.Share. has teamed up with farmer Jon Belber of Holly Hill Farm in Cohasset to provide free gardening workshops for backyard gardeners. On May 14, Belber led a free workshop on planting tomatoes in a container garden at Tufts Library in Weymouth. Participants walked away with free tomato seedlings, a bucket container and the knowledge to grow their tomatoes to yield the best crop. Organic tomato seedlings from Holly Hill farm were donated by Keohane

Funeral Home. At harvest time, gardeners can enjoy their tomatoes at home and then donate a portion to their local food pantries.

New this year, Plant.Grow.Share. is offering three composting workshops to teach participants all about the benefits of composting for the home garden. This insightful program, led by Farmer Belber, provides valuable insights on what materials are good for composting, choosing a location for compost, and how best to use the compost to get the most out of the garden. Attendees received a free organic tomato plant from Holly Hill Farm at the workshop, donated by Keohane Funeral Home.

Composting for Better Gardens took place Monday, May 21 at the Hingham Library; Friday, May 25th at the Kennedy Senior Center in Quincy; and Tuesday, June 5 at the Whipple Senior Center in Weymouth.

How You Can Help

Donations of fresh produce 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 to Friday, and until 7 p.m. on Tuesdays.

Donations of fresh produce for the Weymouth Food Pantry are accepted at all their pop-up pantry sites. Visit 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 to Friday.

Monetary donations are also always welcomed. Donations to the Plant.Grow.Share. program can be made online at interfaithsocialservices.org/donate.

For questions or to volunteer for 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 Homes, 617-773-3551; or The Weymouth Food Pantry, 781-331-7682, info@weymouthfoodpantry.org.

Interfaith Food Pantry Distributes Millions of Pounds of Food to Families in Need on the South Shore

Dedicated to improving life for South Shore families and individuals in need, Interfaith Social Services is a multi-service center offering a variety of programs and services including rent and utilities assistance, a thrift shop and various other emergency assistance programs. Interfaith Social Services also operates one of the largest emergency food programs in Greater Boston. The Pantry Shelf, which has been providing emergency food to those in need since 1975, serves more than 18,000 residents in ten communities each year and distributes the equivalent of about 500,000 meals per year.

Nearly half of the food that is distributed by the Food Pantry comes from the Greater Boston Food Bank. The other half comes from food salvage. The Interfaith Social Services food rescue van picks up produce, meat and baked goods donated daily from various local Supermarkets, such as Trader Joe's; B.J.'s; Big Y; Stop and Shop; and Star Market.

"We are picking up every day at local supermarkets. We are filling up our van three to four times and bringing it back to the food pantry," said Interfaith Executive Director Rick Doane. "It's

about one million pounds of food a year we will collect from Greater Boston Food Bank and our salvage partners."

Seasonal Initiatives

The Pantry Shelf also operates various seasonal initiatives for the children of families who depend on the food pantry. "We help the children that we serve through the food pantry by giving them backpacks, school supplies, Halloween costumes, Christmas gifts, and Easter baskets. We were founded 70 years ago to help local children and this is one of the ways that we are still carrying that mission forward," said Doane.

For Those in Need

If you need assistance, the Pantry Shelf is open Monday to Friday from 10 to 11:30 am at 105 Adams Street in Quincy. New clients must bring proof of residence, such as a utility bill, to show that they live in one of the ten towns served: Quincy, Milton, Holbrook, Randolph, Braintree, Weymouth, Hingham, Hull, Cohasset and Scituate. They must provide an official ID for everyone in household, such as a birth certificate or social security card, as well as income verification documents such as a pay stub, social security

benefit, unemployment assistance, or something that demonstrates need.

Get Involved

The Pantry Shelf depends on the generosity of the many volunteers that help throughout the year. Volunteers serve food to hungry clients, grow vegetables in the food pantry garden, answer phones at the reception desk, join a fundraiser event planning committee, organize a food or clothing drive at work or house of worship, and much more.

There are weekly volunteers who put in three-hour shifts at the food pantry each week. The Pantry Shelf gets 130 volunteers every week. There are also community and corporate volunteers, such as school groups and businesses, who work side by side with staff members on specific projects.

"The thing that's miraculous about it is that we have over 800 community and corporate volunteers that serve within the program every year," said Doane. "It shows the support from the community. The fact that we have so many community partners is what makes it really special."

Along with all shelf stable items and fresh produce, the food pantry also needs donations of diapers and personal hygiene products, such as shampoo and soap. Doane said those items are rarely donated but in high demand with their families in need. "We are one of only eleven diaper banks in the state of Massachusetts. There's no federal assistance for diapers. It's really an overlooked area for assistance for the population in need," said Doane.

To find out more about volunteering, visit the website or contact Interfaith's Volunteer Coordinator, Paula Daniels at 617-773-6203, ext. 28, or pdaniels@interfaithsocialservices.org.



Fresh produce available to clients at Interfaith Social Services' Pantry Shelf.

Weymouth Food Pantry Wants to Strike Out Hunger in Weymouth

The Weymouth Food Pantry offers food assistance and education in a variety of ways — at pop-up pantries in several locations; through grocery delivery to home-bound elders and people with disabilities; at the farmers' market; in local schools; and by teaching basic home gardening skills. With a mission to end hunger in Weymouth, the Weymouth Food Pantry, which is a mobile food pantry, distributes about 350,000 pounds of food per year and provides free groceries to approximately 3,610 people in Weymouth.

"We serve anyone who is in need of food in Weymouth," said Annmarie Coyle, Pop-up Pantry Manager. "Right now, we're serving about 400 families per month."

The Weymouth Food Pantry was started in the closet of the school building at Immaculate Conception Parish nearly thirty-years ago by volunteers who saw the need in the community. It has grown from there. "We're really appreciate of all the support that we get from the community. Weymouth has been phenomenal in supporting us," said Coyle.

In order to serve more people throughout town, the Weymouth Food Pantry offers three pop-up pantries in two different neighborhoods. To utilize the pantry, please bring identification and proof of residency in Weymouth.

On Tuesday and Thursday mornings from 9:30 to 10:30 am, the food pantry is open at Immaculate Conception Parish in East Weymouth near Jackson Square at 1203 Commercial Street. To drop off donations or pick up groceries, go to the gymnasium, which is located within the Monsignor Hackett Center building.

On Saturdays, drop by Old South Union Church at 25 Columbian Street in Columbian Square anytime



Volunteers help the Weymouth Food Pantry run smoothly at all their pop-up locations.

between 10:00 and 11:00 am to pick up groceries or drop off donations. Enter on the Torrey Street side of the building and head to Fellowship Hall, which is in the basement.

The pop-up pantries are set up in a farmers' market style. They truck in the supplies and food; set up tables in the gym or basement; and put the food out in various categories, such as fresh produce, eggs and cheese, and frozen protein. They also have a section for all the canned goods.

Food donations come from the Greater Boston Food Bank and their food rescue program. The food pantry picks up meats, bakery items and produce from their grocery store partners, including Stop and Shop; Wholefoods; B.J.'s and Shaws.

Other organizations have been joining the food pantry at their pop-up locations. The Weymouth Pet Food Pantry comes on Thursday mornings at Immaculate Conception Parish and Saturday mornings at Old South Union Church to distribute cat and dog food to neighbors in need. A free consignment shop also joins the pantry on Saturday mornings. People

donate clothing to Resale Therapy in Columbian Square specifically to be given away at the church on Saturdays.

"We really want to take the stigma away for people visiting a food pantry. We try to make our sites as welcoming as we can," said Coyle.

The Weymouth Food Pantry also provides a home delivery program once a month for handicapped or elderly shut-ins. "We have about 80 folks that we take care of in that capacity," said Coyle.

Get Involved

The food pantry utilizes over 120 volunteers between two pop-up sites and the delivery program. "We literally could not do our model without our volunteers that we use. They're wonderful," said Coyle.

For a list of current pantry needs, please check their website www.weymouthfoodpantry.org. The Fresh Bite 5K race is coming up on June 16 at DCR Wompatuck State Park in Hingham. The food pantry needs help on the trail along with registration. If interested please email info@weymouthfoodpantry.org.

The Weymouth Chamber of Commerce is Growing in New Directions Under Chairman Dennis Keohane



The Weymouth Mayor's Breakfast (from Left to Right): Peter Forman, President and CEO of South Shore Chamber of Commerce; Mayor Robert Hedlund; **Dennis Keohane, Chair of Weymouth Chamber of Commerce**; David Robinson, Immediate Past Chair of Weymouth Chamber of Commerce.

Our own Dennis Keohane became Chairman of the Weymouth Chamber of Commerce in January of 2018. He joined the Chamber's board in 2016 and was recently elected as the second Board Chairman, taking over from the previous Chairman of the Board, David Robinson. Dennis looks forward to developing new fundraising programs for the chamber and strengthening the chamber's relationship with Weymouth High School.

"With Dennis' background with the family business and being a well-respected member of the business community, we think the Weymouth Chamber has chosen the right person at the right time to step into a leadership role," said Eric Dykeman, Director of Community Development of the South Shore Chamber of Commerce.

Weymouth Chamber Events

One of Dennis' first major duties as Chair was hosting the annual **Weymouth Mayor's Breakfast** held in March at the Elks Lodge. It was a well-attended event with 120 members of the Weymouth business community gathered to hear Mayor Robert Hedlund speak about his vision for economic development.

The Landing Breakfast, which will be held later this summer, is a joint event with the Braintree Chamber that hosts Mayors from both towns to discuss issues that affect the Weymouth-Braintree Landing.

The chamber is already involved in the **Career Fair** at the high school, but the goal is to strengthen the relationship between the school and the chamber. Dennis envisions a program in which

the Weymouth Chamber of Commerce works with high school counselors to match students with the right skill sets with businesses who are looking to hire high school graduates.

Since its establishment in 2014, the Weymouth Chamber has been involved in raising funds for local charitable organizations. **PizzaPalooza** had been the major fundraiser and raised \$30,000 for the Weymouth Food Pantry over the past four years. But interest in the event declined, and the event was cancelled for this year. Dennis hopes to put a more vibrant event in its place, perhaps an annual award to honor small businesses in Weymouth.

He sees the annual **Weymouth Business Award** as a way to highlight small businesses in town and bring awareness to companies that might not be known otherwise in a fun and memorable event. The goal is to take the next year to develop the criteria for the award and design the nomination process. "It will take a lot of work, so we're hoping to have the actual event in April or May of next year," said Dennis.

To that end, the chamber is currently seeking two more board members to help develop this exciting new program. "We're looking for people that are energetic and creative that have a little bit of time to create something different," said Dennis. Interested parties should contact Dennis at 781-335-0045 or email dennis@keohane.com

Dennis is honored to lead the board for the next three years alongside his dedicated board members. For a full listing of the Board of Directors, visit the website www.southshorechamber.org/pages/Weymouth.

OUR TEAM

Tracey Ginty



Our Office Manager Tracey Ginty works with our families, staff and funeral directors to keep the Weymouth office running smoothly. She started at Keohane as an apprentice in 2006. During that time, she found that she enjoyed the office portion of working in a funeral home and pursued that line of work for her career. She has overseen the Weymouth office since 2013.

"I like helping families at their most difficult time," said Tracey. "I try to treat every family as if they were a part of my own family."

Tracey's education toward becoming a funeral director has informed her ability to work with Keohane families, our funeral directors, and other staff. "Tracey is very empathetic and in tune with grieving families. They can naturally feel that she cares. Also, Tracey understands the needs of our funeral directors and the challenges they face," said Dennis Keohane, Co-President.

Tracey's duties involve working with our families as well as supporting the funeral directors and apprentices in their responsibilities. She answers phone calls that come into the

office; she helps set up the initial appointments for funeral directors to meet with new families; she processes death certificates and cremation paperwork; schedules workers and equipment for funerals and visiting hours; and provides overall assistance to funeral directors as needed.

"Most people never think about the complicated logistics necessary to create a perfect service. Tracey is the one who puts the right people and the right number of people in the right places to make sure our families receive excellent service. Our goal is to make everything appear seamless to the families we serve and Tracey is a big part of making that happen," said Dennis.

Tracey and her husband, Sean, are both Quincy natives and currently live in Quincy with their family. The pair went to school together since Kindergarten, and they are both graduates of North Quincy High School. While always friends, they started dating once Sean graduated from college. They have been married since 2012 and have two children, a daughter who is four years old and a son who is ten months. Their dog Chief, a three-year-old Shiloh Shepard, is an important part of the family. "He's great with our kids," said Tracey.

Tracey and Sean have an active family who love to go skiing and boating. They take many trips to Martha's Vineyard as well.

Tracey enjoys being part of the compassionate team at Keohane. She appreciates the company's commitment to the community, such as the Plant.Grow.Share. program that donates vegetables from the company garden to feed the less fortunate. "I like the team here, and I enjoy working with all the staff," said Tracey.

"Tracey has an unwavering drive towards perfection and efficiency. Also, she is very confident in herself and always stays level when things get busy. The rest of the team relies on her consistency," said Dennis.

Holly Hill Farm

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large, including seedling workshops in the winter; planting workshops in the spring; and yoga on the farm in the summer.

Community Service Opportunities

The Farm to Food Pantry Program provides community service for high school students towards their graduation requirements. The students help grow the fresh, organic produce for local food pantries, including, Hingham, Cohasset, Hull and Quincy. "I think the Farm to Food Pantry program is essential in terms of making sure that organic produce is not just for those who choose to pay for that, because sometimes it is more expensive. It's important that it will be available for those who don't have that choice," said Belber.

History of the Farm

In the 1940's and 50's, the farm raised vegetables that were trucked into Boston to sell at Haymarket. But when the cost of gasoline became higher than the price of their tomatoes, they stopped growing produce. The farm was basically dormant for decades, until Frank and Jean White retired and moved to Cohasset to restart the family farm in 1998. Their plan was to raise certified organic crops and begin an educational program. While Frank passed in 2009, his wife Jean still works on the farm every day.

Holly Hill Farm began teaching classes to the community in 2002 and the non-profit educational organization, Friends of Holly Hill Farm, was incorporated in 2014.

Volunteer Opportunities

There are many volunteer opportunities on the farm, including growing seedlings in the greenhouse; planting in the fields; helping at the plant sale; working with the animals; filing paperwork in the office; and more. For more information about volunteering on the farm, email friendsofhollyhillfarm@gmail.com



FREQUENTLY ASKED QUESTION

What Funeral Services and Benefits are Available to Veterans?

The men and woman who have served in the United States armed forces deserve the greatest honor, respect and care at the time of their death. There are many benefits available for eligible service members, Veterans, and their families, including a gravesite in a national or state Veterans cemetery, a Government headstone or marker, a burial flag and a Presidential Memorial Certificate.

National and State Veterans Cemeteries

One of the benefits available to eligible Veterans is a gravesite in any of the 135 national cemeteries with available space. This benefit also includes internment, or the opening and closing of the grave, and the perpetual care and maintenance of the cemetery grounds. Cremated remains are treated in the same manner and honors as casketed remains. For a map and listing of national and state cemeteries visit www.cem.va.gov/cem/cems/listcem.asp.

Spouses and dependents may be buried in a national cemetery with the Veteran. The spouse or dependents name and date of birth and death will be inscribed on the Veteran's headstone, at no cost. Eligible spouses and dependents may be buried, even if they predecease the Veteran.

Headstones, Markers and Medallions

Upon request, the Department of Veterans Affairs provides a government headstone or marker for the unmarked grave of any deceased eligible Veteran in any cemetery around the world, regardless of their date of death. Different styles of markers are available and must be permitted by the cemetery where it will be placed.

Burial Flag

During the funeral of a Veteran, a United States flag will be draped over the casket or accompany the urn. Often times, the flag is presented to the next-of-kin, as a keepsake, after the funeral service.

Presidential Memorial Certificate

To honor the memory of a deceased, honorably discharged Veteran, a Presidential Memorial Certificate is provided to the next of kin or loved one. The certificate is a gold-embossed paper certificate bearing the signature of the current President expressing the country's recognition of his or her service in the Armed Forces.



Burial Allowance

A VA Burial Allowance is a flat rate monetary benefit that is paid at the maximum amount authorized by law for an eligible Veteran's burial and funeral costs. Regulations for this benefit were simplified in 2014 to pay eligible survivors automatically upon notification of the Veteran's death, without the need to submit a claim. The VA may grant additional benefits, including an interment and transportation allowance, if it receives a claim for these benefits.

To learn more, visit the US Department of Veterans Affairs online.

If you have any additional questions about planning a funeral for a Veteran, our experienced funeral directors can meet with you to help confirm eligibility of benefits and coordinate all the services. In Quincy, call 617-773-3551. In Weymouth, call 781-335-0045. In Hingham, call 781-749-0310.