



Team Keohane at Fenway Park for the 2018 Run to Home Base 9k (left to right): Dennis Keohane, Sharon Stacy, John Comer, Amanda Fidalgo, and Megan Dunn

Team Keohane Exceeds Goal in 2018 Run to Home Base 9k to Benefit Veterans

Team Keohane ran the 2018 Run to Home Base 9k race in memory of all the veterans we have served, and we matched any donations sent by their families or friends up to \$3000. We raised \$7,038, exceeding our goal of \$5,000! Run to Home Base, presented by New Balance, took place on Saturday, July 28. Team Keohane participated in both the 5k and 9k event starting on Jersey Street and ending on home plate at Fenway Park.

Keohane Funeral Home's Co-President, **Dennis Keohane**, teamed up with fellow staff members **John Comer, Megan Dunn, Amanda Fidalgo, and Sharon Stacy**. They were all thrilled to have this opportunity to support veterans in such a meaningful way.

"I was honored to lead the Keohane team and cross the finish line at Fenway Park, because it supports clinical care for veterans who need it!" said Team Captain Dennis Keohane. "We have

been so proud to serve so many veteran families throughout the years. It is always an honor to arrange for military honors. Every time Taps is played we are deeply affected. It never loses its power and always serves as a reminder of the sacrifice of our veterans."

Team member John Comer's son, Brendan, is currently serving in the Air Force. "John mentioned the race to us and what Home Base does to support veterans and their families. We thought it would be a great idea to put a team together," said Dennis. "Following John Comer's lead, I was next to join. Amanda's brother is active duty military, so she was next to join. Shortly thereafter, Sharon and Megan completed our team."

The race starts on Jersey Street, heads down Massachusetts Avenue, over the bridge into Cambridge and follows along the Charles. At the end of the race, runners enter Fenway Park through the

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COLLABORATIVE PARISHES OF RESURRECTION AND ST. PAUL IN HINGHAM BRINGS COMMUNITY TOGETHER

Two years ago, the parishes of St. Paul and Resurrection in Hingham were joined together in a collaborative parish. The collaboration allows them to share resources,...

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PLANT.GROW.SHARE. BRINGS HEALTHY FOOD TO OUR LOCAL FOOD PANTRIES

We depend on the generosity of the community and our local gardeners to make the Plant. Grow.Share. program successful each year, and we appreciate all the donations of fresh produce that have been coming into our local food pantries. ...

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VETERANS SERVICES HELPS LOCAL VETS

Massachusetts is the only state that requires by law that there be a Veterans Services Officer, who is a veteran, for every city and town in the Commonwealth. ...

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Keohane
FUNERAL HOME
Quincy, MA

McDonald Keohane
FUNERAL HOME
Weymouth, MA

Pyne Keohane
FUNERAL HOME
Hingham, MA

Collaborative Parishes of Resurrection and St. Paul in Hingham Brings Community Together



Church of the Resurrection, part of the Collaborative Parishes of Resurrection and St. Paul in Hingham

Two years ago, the parishes of St. Paul and Resurrection in Hingham were joined together in a collaborative parish. The collaboration allows them to share resources, but retain one mission — to serve the faith community of Hingham and help those in need.

The Pastor, Reverend Tom Nestor, said that the strength of the collaborative is that both parishes are from the same community. "They're all from the same town; they go to the same schools; and folks knew one another before we even started this collaborative," said Father Nestor.

The two parishes share pastoral staff, but remain two distinct parishes with their own traditions and character — one the quintessential New England church in the center of town and one the more modern church set in a bucolic setting outside of downtown. St. Paul church was dedicated by Bishop Williams on July 23, 1871, just after the Civil War. At 147 North Street in Hingham, the land on which St. Paul's church stands was a part of the original town grants of land made in 1635. It is

a white clapboard church designed in the Gothic style. Resurrection at 1057 Main Street in Hingham was founded in 1957 by His Eminence Richard Cardinal Cushing to serve the families of South Hingham and Rockland. It currently serves.

In order to serve the members of both parishes, Father Nestor and Parochial Vicar Reverend Sinisa Ubiparipovic hold eight different masses each Sunday. Members of either parish can attend any of the services at each church.

Collaborative but Distinct

Some parts of church life are shared by both parishes, such as pastoral staff and the St. Paul school, while other aspects are retained separately by each church, such as the religious education programs. "But both [religious education] programs are open to both parishes. If folks from Resurrection find it more convenient to come to St. Paul, they can do that, and likewise folks from St. Paul can go to Resurrection," said Father Nestor.

"We didn't see any great need to merge programs unless it made sense

to do so. And as a result we have many options for people," said Father Nestor.

The Youth Ministry is largely located at Resurrection but available to both parishes. The St. Paul School, a private Catholic school for pre-K to eighth grade, is open to all and draws from a number of surrounding towns.

"At both parishes we have outreach to the poor by way of food collections. People at Resurrection parish serve at Father Bill's Place in Quincy and have been for years," said Father Nestor. Both parishes are involved in the Hingham Food Pantry.

The collaborative parishes also combine efforts for mission trips to Haiti which are organized by Father Sinisa. There have been five mission trips from the collaborative parishes so far. There are mission trips for teens, adults and families. The teen mission trips are organized around school vacation weeks in February and April.



St. Paul Catholic Church in downtown Hingham

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Collaborative Parishes of Resurrection and St. Paul in Hingham Brings Community Together

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"I just came back from a mission trip largely for adults in July," said Father Nestor. The teens who had been on prior trips acted as guides for the adults, many of whom were going to Haiti for the first time. "I got to see first hand, what I'd heard about from so many folks regarding what the kids were doing down there on the February and April vacations in Haiti," said Father Nestor.

The mission groups to Haiti often visit an orphanage called Kay Mari, which means House of Mary. The orphanage was established by **Haiti 180**, a non-profit mission founded by American musician Sean Forrest. Haiti 180 also provides housing to the elderly at **Kay Martina Elderly Home**, which the Hingham mission groups have also visited. Haiti is one of the poorest countries in the Western Hemisphere and has been hit by natural disasters. The mission of Haiti 180 is to "turn it around" and provide education, medical care, and housing as well as spiritual and emotional nourishment.

When the Hingham groups arrive, they do whatever is needed whether it is visiting the sick and elderly, spending time with the children, or painting the orphanage or health center. "Where we go is eighty miles outside of Port-au-Prince. It's very rural; thinly populated; and poor," said Father Nestor.

Goals for the Future

The goal for the collaborative is to strengthen lifelong faith formation and to enhance their outreach to the poor and service to others.

"Another goal is to reach out and welcome more people to the celebration of the Eucharist which is the center of our Catholic lives," said Father Nestor.

As with all things, the collaborative will develop over the years. "The relationship will evolve with time, most especially as we celebrate the Eucharist, which is a sacrament of unity around the Lord," said Father Nestor.

Plant.Grow.Share. Brings Healthy Food to Our Local Food Pantries

We depend on the generosity of the community and our local gardeners to make the Plant.Grow.Share. program successful each year, and we appreciate all the donations of fresh produce that have been coming into our local food pantries. As the harvest season begins, there's still time to make donations of produce from your own garden or even store-bought vegetables all winter long to the Weymouth Food Pantry and the Pantry Shelf at Interfaith Social Services in Quincy.

Keohane Funeral Home started the Plant.Grow.Share. initiative, formerly known as Harvest Helpers, with Interfaith Social Services and the Weymouth Food Pantry several years ago to provide fresh and healthy food to our local food pantries and to encourage people in our community to help feed their hungry neighbors.

"We're proud to be a partner of the Plant.Grow.Share. program," said John Keohane, Co-president for Keohane Funeral Homes. "This program is only possible because of the generous donors whose support allows us to assist our neighbors in need every year. Growing vegetables for our local food pantries requires an extra level of love and compassion."

While much of the produce at the Pantry Shelf in Quincy comes from the Greater Boston Food Bank as well as a wholesale vendor, Rick Doane, Director of Interfaith Social Services, said that they always need donations from local gardeners. "Clients love fresh produce. It is always one of the things that they request," said Doane. "It is increasingly expensive to provide our clients with a well-balanced diet. Our food pantry serves thousands of children, adults

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Team Keohane Exceeds Goal in 2018 Home Base 9k to Benefit Veterans

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center field door and finish at the Green Monster. At that point, all the runners get a chance to cross home plate.

"Other than the heat, the race was a great success, and we plan to do it again next year," said Dennis. "Our team all did better than we expected. Megan, who is 3 months pregnant, finished the 5K in great time. The rest of the team completed the 9K."

Dennis wants people to know how much fun the whole team and their families had at the event and encourages more people to sign up for next year's race. "You can walk or run the 5K or give the 9K a try. It is a great route and the camaraderie of the contestants is inspiring. Amanda

brought her young daughters to watch the event, and the Red Sox had lots of family activities to enjoy. They even had their picture taken with Tessie, Wally the Green Monster's little sister. They were very excited," said Dennis.

Healing Invisible Wounds

Home Base, a Red Sox Foundation and Massachusetts General Hospital Program, is dedicated to healing the invisible wounds for veterans, service members and their families through world-class clinical care, wellness, education and research.

In the first five years, Home Base's treatment and support programs directly served more than 4,100 veterans and service members and more than 3,300 family members — all of whom never saw a bill for the services provided.

To learn more, or make a tax-deductible donation, go to the www.runtohomebase.org.

Veterans' Services: Here to Help

Massachusetts is the only state that requires by law that there be a Veterans Services Officer, who is a veteran, for every city and town in the Commonwealth. Your local Veterans Service Office can provide information, applications and assistance across the entire spectrum of federal and state benefits for veterans and their

dependents, including the emergency financial assistance program in Massachusetts for those veterans and dependents who are in such need. Veterans Services also coordinates public ceremonies, such as Memorial Day and Veterans Day, military monuments, and public dedications.



Mayor Tom Koch, Veterans Services Director George Nicholson and Graves Registration Officer George Bouchard attend a dedication in memory of 2nd Lt. Harry Roy "Buddy" Worth, Jr. in Quincy

QUINCY

The Quincy office also has a veterans' graves officer, George Bouchard, who makes sure that every veteran's grave within Quincy is suitably kept and cared for. In addition, George Nicholson, Director of Veterans for the City of Quincy, provides information on a variety of programs and services available to veterans on a televised program called Veterans Corner.

There are two main sources of benefits and services available to eligible veterans in Massachusetts. The first is the federal program from the U.S. Department of Veterans Affairs commonly known as VA benefits. VA benefits are primarily comprised of two separate categories, VA Health and VA Compensation. The second source is a state sponsored program under Chapter 115 of the Massachusetts General Laws which provides needy, eligible veterans and their dependents with financial and/or medical assistance.

"We're here to help any way we can. There's the federal side of it and the state," said Bouchard. "I think the state is the most important side of it because we're here to help the veterans whether it's making medical co-payments or their housing. It's all based on income."

For help with Post-Traumatic Stress Disorder (PTSD), counseling is available at the Brockton Vets Center. Bouchard also recommended the Home Base program for clinical care of PTSD. "Home Base is a great organization," said Bouchard.

Bouchard said one of the most important issues facing veterans today is homelessness. The state aid program known as Chapter 115 was put in place to combat homelessness as well as to provide other aid for veterans, he said. "We are the only state in the country that has the Chapter 115 to help with their housing and medical needs," said Bouchard. "We see a lot of veterans from around the country coming here for that reason."

Remember, the Quincy Veterans Service Office is there to offer a helping hand to anyone in the community in need of guidance or assistance in matters relating to military service. If you have questions about benefits or eligibility, contact your Veterans Services Officer either by telephone or e-mail. Personal appointments are also available on a call-first basis. All personal data is considered highly confidential.

For more information, visit our website where you will find this list of toll-free contacts for the VA and "How Can I Help You" datasheet.

City of Quincy Veterans Services

(617) 376-1192
24 High School Avenue
Quincy, MA 02169-6718

George F. Nicholson, Director:
gnicholson@quincyma.gov

George Bouchard,
Graves Registration Officer:
gbouchard@quincyma.gov

Monday to Friday: 8:30 am to 4:30 pm
Closed on Holidays

WEYMOUTH

Your Weymouth Veterans Service Office can provide information, applications and assistance across the entire spectrum of federal and state benefits for veterans and their dependents, including the emergency financial assistance program in Massachusetts for those veterans and dependents who are in such need. Veterans Services also coordinates public ceremonies, such as Memorial Day and Veterans Day, military monuments, and public dedications.

"We have a regular interaction with the full scope of veterans ranging from recent returnees from Iraq and Afghanistan in active duty service, right up to ninety-six-year-old World War II veterans," said George Pontes Jr., Director of Veterans Services.



The Wall That Heals, a traveling replica of the Vietnam Memorial at Union Point in Weymouth

There are two main sources of benefits and services available to eligible veterans in Massachusetts. The first is the federal program from the U.S. Department of Veterans Affairs commonly known as VA benefits. VA benefits are primarily comprised of two separate categories, VA Health and VA Compensation. The second source is a state sponsored program under Chapter 115 of the Massachusetts General Laws which provides needy, eligible veterans and their dependents with financial and/or medical assistance. For help with Post-Traumatic Stress Disorder (PTSD), counseling is available the Brockton Vets Center.

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Veterans' Services: Here to Help

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The Weymouth Veterans Service Office supported the display of The Wall That Heals, a three-quarters size replica of the Vietnam Memorial in Washington, D.C. with the names of over 58,000 men and women that lost their lives due to the Vietnam War. While there have been other replicas of the memorial traveling across the country, the display at Union Point was recently completed this past winter in New Bedford. The Wall That Heals was 375 feet long. It took over six hours to put together when it arrived with the help of about 75 volunteers, mainly from the Weymouth Elks.

"It's here to help our Vietnam Veterans reflect upon a time and also to help other people become more aware of the sacrifice and the lack of appreciation that our Vietnam Veterans went through," said Pontes.

Pontes wanted Veterans to know that they are finalizing the roster of Weymouth residents that served in the Vietnam conflict for inclusion on the Weymouth Veterans Memorial Wall. "That's very important because we are casting those names in bronze and it's going to be many years before we revisit it," said Pontes. There are over 1,000 names currently on the memorial, organized by eras of conflict.

"If there is anyone that we don't have yet, we'd like to make sure that we are able to give them the respect and the recognition that they deserve," said Pontes. If you would like to be included in the project, contact the Veterans Services office at (781) 340-2405 or check out their page on the town website.

Remember, the Weymouth Veterans Service Office, located at the senior center, is there to offer a helping hand to anyone in the community in need of guidance or assistance in matters relating to military service. If you have questions about benefits or eligibility, contact your Veterans Services Office either by telephone or e-mail. Personal appointments are also available on a call-first basis. All personal data is considered highly confidential.

Weymouth Veterans Services

John F. McCulloch Building

(781) 340-2405

182 Green Street

Weymouth, MA 02191

George Pontes,

Director of Veterans Services:

gpontes@weymouth.ma.us

Michelle Moran, Veterans Benefits

Coordinator: mmoran@weymouth.ma.us

Monday to Friday: 8:30 am to 4:30 pm



Korean Ambassador for Peace Medal Ceremony at the Hingham Town Hall honored Korean War veterans

HINGHAM/ HULL

"Massachusetts leads the nation. We have Veterans Services in every city and town — all 351 towns," said Lisa Potts, Benefits Administrator in Hingham.

Paul Sordillo, the newly appointed Director of Veterans' Services in Hull, said, "We're here to help for those in need. As my predecessor once said, 'Every day is Veteran's Day in Hull.'"

There are two main sources of benefits and services available to eligible veterans in Massachusetts. The first is the federal program from the U.S. Department of Veterans Affairs commonly known as VA benefits. VA benefits are primarily comprised of two separate categories, VA Health and VA Compensation. The second source is a state sponsored program under Chapter 115 of the Massachusetts General Laws which provides needy, eligible veterans and their dependents with financial and/or medical assistance. For help with Post-Traumatic Stress Disorder (PTSD), counseling is available the Brockton Vets Center.

"We're the only state that offers Chapter 115, and we lead the nation in helping homelessness. We work directly with vets to guide them through the process," said Potts. "Our main focus is low income vets and widows who qualify for state aid and public assistance."

Potts explained that the reimbursement program under Chapter 115 covers anything medical for low-income veterans who are reimbursed by the town and then the town is reimbursed by the state. Potts claimed that the VA Hospital in Boston, which has campuses in Jamaica Plain, Brockton, and West Roxbury, is the one of the best hospital in Massachusetts.

Potts said one of the most important issues facing veterans today is the aging population. "We're losing World War II and Korean veterans daily," said Potts. To honor Korean War veterans, The Town of Hingham Department of Veterans' Services proudly held a Korean Ambassador for Peace Medal Ceremony in July at the Hingham Town Hall. The ceremony honored Hingham Korean War Veterans with a commemorative medal for their service to God and Country.

"Some of the older veterans from WWII, Korea, and Vietnam are not as computer savvy. Some don't even have a computer, so they don't have access to everything," said Sordillo. "We help them figure it out and point them in the right direction."

Remember, your local Veterans Service Office is there to offer a helping hand to anyone in the community in need of guidance or assistance in matters relating to military service. "We have an open-door policy. Any time a veteran needs assistance, they're welcome to come in," said Potts.

Town of Hingham Veterans Services

(781) 741-1440

210 Central Street, 2nd Floor
Hingham, MA 02043

Keith Jermyn, Director of Veterans' Services

Lisa Potts, Benefits Administrator:

potts@hingham-ma.gov

Monday to Thursday 8:30 am to 4:30 pm

Tuesday 8:30 am to 7 pm

Friday 8:30 am to 1 pm

Town of Hull Veterans Services

Town Hall

(781) 925-0305

253 Atlantic Avenue

Hull, MA 02045

Paul Sordillo, Director of Veterans' Services:
psordillo@town.hull.ma.us

Tuesday 8:00 am to 7:00 pm

Thursday 8:00 am to 4:00 pm

Donations of Healthy Produce Can Be Picked up at Local Farmer's Markets

Our local food pantries are hungry for healthy produce. Whether you are an avid gardener or never picked up a trowel, you can find fresh produce at our local farmer's markets. Bring some home for yourself and then bring some over to your local food pantry!

QUINCY FARMER'S MARKET:

2018 season runs to November 16 at Pageant Field in Merrymount Park overlooking Quincy Bay. Markets are Friday, 11:30 am to 5:00 pm, rain or shine. The market at Pageant Field is across and down the street from the Veterans Stadium, near the Central Middle School on Hancock Street.

HINGHAM FARMERS MARKET:

2018 season runs to November 17 at the Hingham Bathing Beach at 96 Otis Street (Rte. 3A) in Hingham. Market Day is Saturday 9:00 am to 1:00 pm, rain or shine. The Hingham Farmers Market is the third oldest farmers' market in Massachusetts and has been offering local products to market-goers since 1977.

UNION POINT FARMERS' MARKET:

2018 season runs to October 14 at 209 Houghton Road in Weymouth. Hours of operation are Sundays, 10:00 am to 1:00 pm. Shoppers can swipe an EBT card or debit card in exchange for wooden tokens. These tokens act like currency at the market for purchases from participating vendors. Tokens never expire, so shoppers can keep what they don't use for later. **SNAP and Weymouth Food Pantry shoppers receive double their dollars back in wooden tokens, up to an additional \$20 a day, through our local Farm to Family Program.**



Tomato plants from the Plant.Grow.Share seedling program growing in the garden of a food pantry client

Plant.Grow.Share. Brings Healthy Food to Our Local Food Pantries

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and seniors every month. These aren't people in a foreign land that you might see in the news. These are hungry South Shore residents who are in need of healthful, fresh produce for their families."

So far, Doane has seen the most donations come from community and church gardens, including St. Agatha's, Milton Community Garden and Wollaston Congregational Church. "A dozen or so backyard gardeners have come in to drop off donations. We expect to see more as tomatoes are harvested in August," said Doane.

Clients at the Weymouth Food Pantry have been uplifted by the opportunity to grow their own food due to the free vegetable seedlings that are donated each year by Keohane from Holly Hill Farm.

"In addition to the food, it's the success of taking a plant home and seeing it do well that is empowering for our clients," said Pamela Denholm, the new Director of the Weymouth Food Pantry. "People who come to the door of our food pantry face enormous life challenges, and having small successes is wonderful."

How You Can Help

Volunteers are always needed to serve in the food pantry at Interfaith Social Services in Quincy. Shifts are Monday to Friday from 9:30 am to 12:30 pm and from 12:30 pm to 3:30 pm. Volunteers organize, sort and stock donated food items, including loading and unloading of vans, freezers and shelves. Food pantry hours are currently being extended to include Wednesday evenings.

Anyone interested can call Paula Daniels at 617-773-6203. Ability to speak Mandarin or Cantonese is very helpful. All interested candidates must go through an interview process prior to volunteering with us.

Feel free to leave donations at the door after hours if you can't make it to Interfaith's offices during their regular hours of 8:30 am to 4:00 pm Monday to Friday, and until 7:00 pm on Tuesdays. "We would love to arrive every morning for the next month or two and have a pile of cucumbers or tomatoes hanging on the door knob, waiting to be distributed to our clients," said Doane.

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 9:00 am to 2:00 pm, Tuesday to Friday.

The Weymouth Food Pantry is always happy to have volunteers to help at the pop-up pantries or in their warehouse — even for a day! Bring the kids and make it a family affair or host a food or fund drive. Another way to help the Weymouth Food Pantry is to participate in their biggest fundraiser the Fresh Bite 5K each June. For more information, email info@weymouthfoodpantry.org or call 781-331-7682.

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

For information about next year's program and workshops, follow Keohane's blog and "Like" us on Facebook.

OUR TEAM

Claire Hughes



Claire Hughes provides support for the funeral directors at Keohane Funeral Home

Claire Hughes provides Funeral Director Support to the funeral directors at Keohane. Claire has been at Keohane for four years and works out of our Weymouth office. She provides invaluable service to both our staff and our families in many ways. She is often the one to greet families when they arrive at the funeral home to deliver photos and mementos for their loved one's services.

"Claire is a valuable member of the Keohane team. She is always there to answer the phone and have a kind word for others. She makes everyone feel welcome," said Co-president Dennis Keohane.

Her responsibilities include putting obituaries on the Keohane website; making phone calls to area churches, cemeteries and vendors; creating packets for pre-need seminars; printing stationery; cropping photos; overseeing mass mailings to the community; and whatever tasks the directors need completed. Claire often takes the first call from a family. She walks them through the process and sets up an appointment to meet with a funeral director.

"Some other responsibilities of Claire's include maintaining inventory of printed materials for all our locations. She makes sure that we always have just the right stationery available for the families we serve. She also helps design and print our memory cards and service programs," said Dennis.

What Claire enjoys most about working at Keohane is the people. "They've all been doing this for a long time. They really care for the people and make a difficult time much easier for them. I hear it back from the clients all the time," said Claire.

Claire also appreciates that Keohane cares about the community. "I also love how involved the company is with the community with events like: Hull Harbor Illuminations night — a night to remember those who have lost their life; Plant.Grow.Share., a program that encourages backyard gardeners to grow vegetables to share with the food pantries; and some staff members just did the Run to Home Base — raising money to support our Veterans and many more," said Claire.

Prior to joining the Keohane team, Claire worked as a paralegal in Boston. But with an hour and forty-five-minute commute, Claire wanted something closer to home. Now she assists the funeral directors as needed and does the payroll for all the employees every two weeks. Claire uploads the obituaries to the website and then notifies the answering service so that they can inform callers regarding a loved one's upcoming service.

"We can always count on Claire to make sure the obituary details are posted properly on our website. She is also the one that reviews all the condolence messages before posting on our website. If a condolence is accidentally submitted with a typo, Claire is the one that saves the day and makes sure everything is just right," said Dennis.

Claire also spends time getting the best image of loved ones by working her digital magic on the photos provided by the families to be used

on the funeral stationary; prayer cards and website. "I crop people out of the photos or just make it look nice for the families," said Claire. She did not have prior experience using Photoshop, but learned the complex program in order to assist the funeral directors.

Claire lives in Halifax with her husband, Mark, and her two boys ages ten and sixteen. "Claire is all about her sons and family. When she is not working at the funeral home she is attending her son's sporting events or caring for her Dad," said Dennis.

Outside of work, Claire is involved in raising her family and serving the community by helping seniors, assisting with events and participating in fundraising. When her family first moved to Halifax ten years ago, Claire didn't know what local events and school activities were happening in the community, so she started the Halifax MA Community Page on Facebook. There are now nearly 6,000 members with several volunteers to help Claire as administrators and moderators of the page. Community members are encouraged to post information on town events, committee and board meetings, school events, and lost pets. Members are also asked to "Share positive thoughts and acts of kindness."

"It brings the community together," said Claire, regarding the Halifax Facebook page.

Claire has also been involved in an ongoing effort to raise money to replace a playground next to a town school. An annual race is held as a fundraiser for the project as well as a GoFundMe page.

Claire enjoys working with the funeral directors and other staff at Keohane. "I like the Directors I work with — they have a lot of experience and love their jobs. They're really personable and fun, and they make the day much easier through their attention to detail," said Claire. "The Dressmen know a lot of the people in the community, and add a personal touch when working the front door at a funeral service."

FREQUENTLY ASKED QUESTION

What Do I Do When a Death Occurs?

The death of a loved one can be a very overwhelming and emotional time. There are many issues the family needs to navigate from having to make funeral plans, to notifying friends and family, to making critical financial decisions — not to mention starting the grieving process. Remember that your funeral director is there to help you understand the steps of this difficult process and offer his or her professional advice.

"You should call us as soon as possible after the death of a loved one, and we can guide you through the steps involved," said Joe Reardon, Vice President for Community Development and Advance Planning. "Once we gather information about your loved one, we can begin making arrangements. If you or your loved one has not made decisions about the kinds of funeral services you would like to have, we can offer our expertise to help you decide what's best for your family."

To Do Immediately

If your loved one was in a health care facility such as a hospital, licensed nursing home or hospice house, there is very little you need to do besides getting in touch with us directly. The medical personnel will take the steps necessary to ensure legal requirements are met, such as determining the cause and time of death and beginning the process of issuing a death certificate.

If your loved one dies at home, perhaps under hospice care, you should first call the physician or the hospice organization. Afterwards, the body can be released to the funeral home and brought into our care.

If a sudden death occurs outside of a hospital or other institution, call 911 which will dispatch local police to the scene. Typically, the matter is then passed on to the State Medical Examiner's office who will determine the cause of death.

Contacting immediate family and friends provides an opportunity to comfort one another and to share information about important decisions that must be made. Make sure any dependents or pets are taken care of and find someone to keep an eye on the person's home, answer the phone, collect mail, throw food out, and water plants.

Within a Few Days

Talk with your funeral director and consult family members regarding funeral preparations. If there are no advance pre-arrangements, you will be making decisions such as having a viewing, when to schedule funeral services, whether your loved one will be buried or cremated, how to personalize the funeral service, and so much more. Again, we can help guide you through the process to make decisions in keeping with loved one's wishes, family finances and religious concerns.



auremar/123RF.com

If the person was in the military or belonged to a fraternal or religious group, contact that organization. The group may provide burial benefits or provide other funeral services.

Notify the deceased's lawyer. If the decedent had a will, it probably named an executor who is in charge of carrying out final wishes and distributing property. If the person died without a will, state law typically provides a list of those who could serve in this capacity. You may want to consult an estate attorney to help you through the probate process.

Call the person's employer, if he or she was working. You can request information about benefits and any pay that is due. Find out if there was a life-insurance policy through the company.

Notify financial institutions, such as any insurance company where the decedent had a policy; all savings and investment companies where the decedent had an account; mortgage companies and other loan providers, including credit card companies. You can report the death to the credit bureaus to prevent identity theft after a loved one's passing.

Locate other important papers and documents, such as deeds, vehicle titles, insurance policies, social security card, safe deposit box, etc.

For more information:

AARP: www.aarp.org

Legal Voice: www.legalvoice.org

Consumer Reports: www.consumerreports.org

If you have any additional questions about what to do when a loved one dies, please contact our office, and we will be happy to set up a convenient time to meet with you.

In Quincy, call 617-773-3551.

In Weymouth, call 781-335-0045.

In Hingham, call 781-749-0310.