



Family Caregiver Support Program at South Shore Elder Services Offers Support for Caregivers in the Community

Caregivers often feel isolated or believe that they are the only ones facing the challenging responsibilities of caring for family or friends. In reality, millions of people are placed into the role of family caregivers, and many are not prepared to do so. Whether someone is new to being a caregiver or has been providing care for an extended period of time, everyone can find the support that they need through the Family Caregiver Support Program at South Shore Elder Services (SSES). The Family Caregiver Support Program is a free service which offers various forms of

support, such as counseling, information on local and online support groups, and, when necessary, referrals to other programs such as mental health services.

A caregiver, by the program definition, is a person who provides care for a chronically ill, disabled, or aged family member or friend — whether part-time; full-time or long distance. All services are free and there are no income guidelines. The Family Caregiver Support Program (FCSP) supports, guides and educates caregivers to face the emotional, physical,

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THE QUINCY SUN CELEBRATES 50 YEARS AS THE CITY'S WEEKLY NEWSPAPER

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SOUTH SHORE CONSERVATORY OFFERS ARTS EDUCATION AND PERFORMANCE FOR THE SOUTH SHORE COMMUNITY

Whether it's an outdoor summer concert series; private lessons for a variety of instruments and voice; creative arts therapy; or literacy through the arts...

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7TH ANNUAL COAT DRIVE: DONATIONS GRATEFULLY ACCEPTED THROUGH NOVEMBER

Help us provide warmth to the needy during our seventh annual coat drive, underway now through the end of November. ...

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Keohane
FUNERAL HOME
Quincy, MA

McDonald Keohane
FUNERAL HOME
Weymouth, MA

Pyne Keohane
FUNERAL HOME
Hingham, MA

The Quincy Sun Celebrates 50 Years As the City's Weekly Newspaper



The Quincy Sun sign going up in 1975 at their current location in the old Quincy Savings Bank Building, 1372 Hancock Street.

Founded by the late Henry W. Bosworth, Jr., *The Quincy Sun* celebrated fifty years as Quincy's hometown newspaper this past September. When the paper began circulating on Thursday, September 26, 1968, each copy cost a dime and a year's subscription just \$3.50. It has been published each Thursday, 52 weeks a year, ever since — and it's all thanks to the support of the readers, the advertisers, and the historic community of Quincy.

Henry was the editor and publisher for more than forty years until his death in February of 2009 at the age of 84. His son, Robert, became the editor in 1992 and assumed the publishing responsibilities after his father passed away.

"I just want to thank our readers and advertisers who continue to support *The Quincy Sun* and have helped

keep us in circulation for 50 years. We are very proud of this milestone. I also want to extends thanks for my current and former staff who have helped sustain the Sun for a half century," said Robert "Bob" Bosworth, Publisher and Editor.

The newspaper published a special 50th anniversary supplement that was inserted in the September 20, 2018 edition and dedicated to Henry. "We have received positive feedback from many of our readers regarding the 48-page supplement who enjoyed reading about some of the major news stories in Quincy during the past five decades. The supplement also featured a special tribute to my dad and some of his 'Sunbeams' columns that he had written over the years," said Robert.

The paper began in a second floor corner office in the old Quincy Conservatory building at 7 Foster

Street and moved a year later to another second floor office above the Kincaide Furniture Store on Hancock Street. It was relocated to the current location in the former Quincy Savings Bank building at the street level in February 1975. The Sun eventually purchased the unit, becoming a Quincy taxpayer.

A True Community Partner

Since the beginning, *The Quincy Sun* has been involved in the greater community. As reported in the 50th anniversary supplement, **"Henry was active in the community because he wanted to give back to the community that supported him and *The Sun* since its very beginning."**

There have been many causes that Henry and *The Sun* supported over the years, including the Muscular Dystrophy Association, the American Red Cross, Quincy Public Schools Partnership, Quincy Historical Society, Quincy Sons of Italy, Salvation Army, veterans organizations and more.

*"I just want to thank our readers and advertisers who continue to support *The Quincy Sun* and have helped keep us in circulation for 50 years," said Robert.*

"My father Henry belonged to many groups including the Quincy Center Business and Professional Association, Quincy Historical Society, and the Quincy Salvation Army Advisory Board among others. He also co-chaired the Quincy-South Shore Jerry Lewis Labor

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The Quincy Sun Celebrates 50 Years As the City's Weekly Newspaper

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Quincy Sun Photo/Robert Noble

Henry Bosworth, The Quincy Sun Founder and longtime Publisher, outside the newspaper's office in Quincy Center. The historic John Quincy silver tankard displayed in the window was purchased at auction for \$200,000 by Henry's longtime friend, attorney George G. Burke, in 2001.

Day Telethon with the late Dick Koch, Sr. for ten years. The Sun hosted a pledge center for MDA during Labor Day weekends and the committee helped raised more than \$1 million for Jerry's Kids," said Robert. "We published news from many community organizations who request publicity for their meetings, events and fundraisers, too."

Much has changed in the fifty years since the first edition of The Sun, both in the City of Quincy and in the publishing industry. But one thing remains the same – the focus on local events and the Quincy community.

"I think The Quincy Sun has more news about Quincy than any other source. It's our focus each and every week," said Robert.

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and even financial challenges they may endure while providing care for someone they love.

"Often times a caregiver is a person who is caring for an elder over the age of sixty or is caring for someone with Alzheimer's or dementia. However, the keyword in this program is 'family'; sometimes caregivers are grandparents raising young children or are perhaps struggling to care for an adult child with a physical or mental disability. In reality, caregivers come in all shapes and sizes; neighbors, family members, friends, and even other members of the community," said Wren Meyers, Chief Strategy Officer at South Shore Elder Services.

For New Caregivers

Becoming a caregiver can sometimes feel incredibly overwhelming, but it helps to remember that countless people have been in the same position and have overcome their concerns. Each person's caregiving journey is unique and personal, but there are vast amounts of resources available. So, take a deep breath and remember that you are not alone.

"A little preparation goes a long way towards making things easier for yourself down the road. Speak with the person you are caring for early on and discuss what their wishes are; this will help the two of you figure out a blueprint for the future. If necessary, get information on setting up a health care proxy or power of attorney. If the person you are caring for is going to need additional services, speak with the Intake Department here at SSES to help coordinate those services," said Meyers.

For Experienced and Returning Caregivers

All too often, caregivers forget self-care and often don't reach out for help until they are in full-blown crisis mode. Meyers advises, "Take care of yourself. Try to always have something

to look forward to; even if that means just taking a few minutes to enjoy a quiet cup of tea or a good book. If you are caring for someone with memory issues, try keeping a journal of happy memories that both of you can look to when times get tough. As a full time caregiver, the threat of burnout will be an ever present issue."

Remember that respite services are often available when you need to take some time away from caregiving. Adult day health services provide a great opportunity for both the caregiver and the person who is being cared for to get a bit of a break from each other. "Sometimes you may need to think outside the box to make ends meet. Perhaps you are the only caretaker, but there are other family members who do not have the time to commit to caregiving full time. Maybe they can help out for a day or two? Or, if they cannot commit their time, maybe they could help pay for the cost of respite or for an additional caretaker for a short while," said Meyers.

For more information, call the Information, Outreach and Referral Department at 781-848-3910 or visit sselder.org

Caregiver Resources

- ▶ The South Shore Elder Services website has a great Caregiver checklist
- ▶ If you have a question, check out the SSES FAQ on their website
- ▶ For information about local Adult Day Health & Respite facilities look at the SSES Resource Guide online
- ▶ The SSES Caregiver blogs and Eldercare Q&A articles provide a wealth of further information
- ▶ The Aging and Disability Resource Consortium of Southeastern and Southern MA (ADRC SE SM) connects elders and caregivers with services and supports
- ▶ MassOptions connects individuals with disabilities and their caregivers with agencies and organizations that can best meet their needs.
- ▶ The National Council on Aging (NCOA) provides resources, reports and programs for elder adults and caregivers

South Shore Conservatory Offers Arts Education and Performance for the South Shore Community



The Hingham Council on Aging Ukulele Club in partnership with the South Shore Conservatory.

Whether it's an outdoor summer concert series; private lessons for a variety of instruments and voice; creative arts therapy; or literacy through the arts in the public schools, the South Shore Conservatory (SSC) provides access to the arts for people of all ages, backgrounds and abilities.

The South Shore Conservatory was founded with the belief that the arts are a vital, intrinsic part of everyone's life, irrespective of age, ability or circumstance. "Our mission is increasing access to the arts for everyone on the South Shore. The arts are for everyone. It can make our lives so much richer and there are so many different entry points," said Anne K. Smith, Senior Director, Community Engagement South Shore Conservatory.

To achieve their mission of inclusion, SSC collaborates with schools, community centers, social service

agencies, Councils on Aging and other organizations throughout the South Shore as well as provides financial assistance for those who can't afford tuition. ImagineARTS, SSC's largest partnership program, provides arts-integrated literacy learning to over 600 kindergarten students in underserved communities. SSC's Creative Arts Therapies program makes the arts accessible to everyone, supporting the mental, emotional, and physical health of some of our community's more vulnerable members. The SSC Community Voices is an inclusive chorus that provides performance opportunities for singers with developmental delays. In 2016 the choir was invited to perform for the opening ceremony for Massachusetts' Special Olympics.

SSC offers arts education and programming for all ages, from birth to senior citizens and serves about 4,000 students and over 10,000 people through performances every year. For children and teens, SSC offers early

childhood programs for ages 0 to 6; music, dance, drama and yoga classes for ages 6 to 11; and instrumental and vocal ensembles. SSC's Adult Learning programs and events engage adults in hands-on music making and wellness programming, including concerts, group classes, private lessons, and performance opportunities.

Originally serving as a New England Conservatory satellite preparatory program, South Shore Conservatory (SSC) was incorporated in 1970 in Hingham and is now the largest community school for the arts in Massachusetts. Located on three campuses, including Duxbury, Hanover and Hingham, the main campus is located in the lovely Conservatory Park in Hingham which contains over three floors of beautiful studio and performance space as well as the Jane C. Carr Amphitheater. The amphitheater offers professional rehearsal and performance space for SSC's numerous summer programs, including the Summer Music Festival, the popular outdoor summer concert series Evenings Under the Stars, the Duxbury Music Festival for solo and chamber music, and Wacky Wednesdays family concerts.

Adult Learning for Seniors

South Shore Conservatory's Adult Learning initiative offers a full range of arts experiences from private lessons, group classes, and performance opportunities, to concerts and off-site programs with their community partners. SSC's Adult Learning programs are designed to challenge adult minds, stimulate creativity and build vital social connections. Whether it's picking up an instrument you've always wanted to play, singing in a chorus, or moving joyfully, aging creatively through the arts is good for the mind, healthy for the body and nourishing to the soul.

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South Shore Conservatory Offers Arts Education and Performance for the South Shore Community

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"Our fastest growing program right now is with adults through the senior centers," said Smith. "Adult programming at the senior centers is as much about building community as it is about being involved in the arts. It's a joyful, stress-free way to engage with other people. It's also skills based which involves practicing and working toward a goal. All of these things are important for leading a vibrant life."

SSC partners with senior centers on the South Shore to offer various adult programming. One popular program is the Ukulele Club with lessons provided by a faculty member of SSC on Tuesday mornings at the Hingham senior center. "They're having a great time," said Smith. "They play for their friends, they play for their families, and they played over at the Hanover Senior Center open house." SSC plans to expand the Ukulele program to Hanover and Norwell with the intent of being able to offer opportunities for the groups to play together.



Shake Your Soul class at the Hanover Senior Center sponsored by the South Shore Conservatory

Whatever your age or ability, the South Shore Conservatory offers everyone the opportunity to explore and enjoy the arts. For more information about

SSC, please contact Anne Smith, Senior Director of Community Engagement, at (781) 421-6162 x210 or email a.smith@sscmusic.org

SSC Partnership Programs, Concerts, and Classes for Adult Learners

SSC Memory Café

This is a social gathering for people with memory loss and their caregivers in partnership with the Alzheimer's Association. Participants come together in a safe and supportive environment to join in creative arts, including music, dance, and art, and to share refreshment and conversation with others, choose their own level of interaction and participation. The activities are designed for both cognitive awareness and to explore educational topics.

The program is offered at the Hingham campus at One Conservatory Drive on the third Thursday of each month from 12:30 – 2:30 pm; and at the Duxbury campus at 64 St. George Street on the first Tuesday of each month from 10:30 am – 12:30 pm.

Ukulele Club

All you need is a ukulele! For those who already know how to play or play at the beginner level, the group will continue to learn to strum some simple songs together, and there will be opportunities to sing for those who would like to practice accompanying with their voice.

Julie Morgan returns as the instructor and the cost of this six-week course is \$60.00. For more information, contact the Hingham Department of Elder Services at 781-741-1458.

Shake Your Soul®

This Yoga of Dance class is about having fun, dancing to great music, and feeling good in your body. It is a holistic approach to movement and dance that was inspired by yoga, Qi Kung, modern dance, African dance, and body-mind centering.

Shake Your Soul is offered at the SSC Duxbury campus on Tuesdays from 11:45 am to 12:30 pm.

Golden Voices

For ages 55 and up, Golden Voices seeks to provide a safe and friendly environment for celebrating our changing voices. Repertoire will include old favorites as well as folk and contemporary literature.

Fall semester and Spring semester groups available at the SSC Duxbury campus on Tuesdays from 1:00 pm to 2:30 pm.

The Coffee Break Concert Series offers free concerts at SSC's Duxbury campus, usually on the last Tuesday of the month at 11 am. Coffee break concerts include complimentary coffee, tea and light refreshments. Many of the area senior centers reserve tables for the concerts and provide transportation.



7th Annual Coat Drive: Donations Gratefully Accepted Through November

Help us provide warmth to the needy during our seventh annual coat drive, underway now through the end of November. Help us meet our goal to collect 250 COATS THIS WINTER!

It's a great opportunity to clean out your closet and help others in need at the same time! Most of us take for granted the ability to pull on our warm coats when the winds start to blow and the temperatures drop, but others in our community

are not so lucky. Please take a look through your closets and consider donating gently used fall and winter coats to our Keohane locations listed below now through the end of November.

Donations will be distributed to those in need throughout the South Shore by Interfaith Social Services in Quincy, Weymouth Youth and Family Services in Weymouth, and Wellspring Multi-Service Center in Hull.

So take a look — you may have gently worn coats in your closets that are outgrown or no longer needed that will be appreciated by those less fortunate.

"Many of us have gently worn coats in our closets that can be better utilized by those less fortunate than ourselves. Each year we are amazed by the generosity of those in our community who help us make our Coat Collection such a huge success," said Co-President John Keohane.

This is Keohane's seventh annual coat drive. Because of your generosity, we have already provided more than 1,500 gently used coats to our neighbors in need — let's keep the tradition going!

The effort began in 2012 when Keohane exceeded their initial goal of collecting 250 coats. Due to the incredible success of the event, Keohane instituted an annual drive. "Hopefully we won't have nearly the severe winter we had last year," added John, "but whatever the weather, we are confident that the recipients of these donated coats and jackets will be thankful for the warmth of a coat when it is needed the most."

Supporters wishing to donate are asked to bring gently-used adult or children's coats to the lobby of these Keohane locations: Keohane Funeral Home at 785 Hancock Street in Quincy; McDonald Keohane Funeral Home at 809 Main Street in South Weymouth; Pyne Keohane Funeral Home at 21 Emerald Street in Hingham

Second Annual Holiday Memorial Service Remembers Loved Ones During the Festive Season

Usually a joyous and active time of year, the holiday season can be difficult for those who have recently lost a loved one. In recognition of this, Keohane Funeral Home invites all those in the community who have lost loved ones during this past year to join with others at their Holiday Memorial Service to be held on December 5 from 6:30 pm to 8:30 pm. Held at the Neighborhood Club of Quincy at 27 Glendale Road in Quincy, the non-denominational service will be officiated by Funeral Celebrant Mary Gallagher, who specializes in helping those left behind find ways to create personalized tributes to remember loved ones.

The Holiday Memorial Service will include live music and readings and will be followed by refreshments. Each family will receive a memento as well as a copy of the booklet, "Coping with Grief during a Holiday."

Joseph Reardon, Vice President for Community Development and Advance Planning, explains, "It is often helpful to spend some time with others who are also grieving and experiencing ambivalent holiday

emotions. Grief is an important part of the process of moving forward and we hope our Holiday Memorial Service will help people to honor their grief as well as those they remember." John Keohane, Co-President of Keohane Funeral Home, added, "We are inviting the families we've served during the past year, but we extend the invitation to anyone who has lost a loved one and would like to attend."

At our first annual Holiday Memorial Service at the Whipple Senior Center in Weymouth, nearly seventy-five friends and family came together to celebrate the lives of their loved ones. The memorial service included lovely music and a moving ceremony. During the candle lighting ceremony, participants lit a candle in memory of a loved one. Each person left the service with a memorial ornament.

"Those who attended the Holiday Memorial Service really benefited from the experience," said Reardon. "Because so many of our families commented on how meaningful it was at such a difficult time, we decided to continue this holiday tradition on an annual basis."

The Second Annual Holiday Memorial Service will be held at the Neighborhood Club of Quincy on Dec. 5. Anyone wishing to attend may register by calling 781-335-0045 or by emailing events@keohane.com by December 3.

OUR TEAM

ERIC FAY



Our newest funeral director, Eric Fay, has been at Keohane since April and works primarily in our Quincy and Hingham locations. While he has been at Keohane for a short time, Eric has served families in the Norwood and Metro-West areas for nearly a decade, and overall he has been in funeral service for twenty-five years.

"Patience, attention to detail, and genuine care and concern make Eric a wonderful addition to our team of caring professional funeral directors," said John Keohane, Co-president.

Eric first became interested in becoming a funeral director from the young age of ten when his grandfather died. "I was both amazed and intrigued by the way everything was handled by the funeral home. He had a fairly long illness and died at home, and there was a dramatic decline in his physical appearance. The funeral home did an amazing job of making him look like himself again," said Eric. "That, combined with the way the services were handled, and how our family was treated left a lasting impression on me, and I realized then, that one day I wanted to be a part of helping people in the same manner."

Eric started working in funeral service part-time as a teenager. He attended the Norfolk County Agricultural High School in Walpole. Eric continued working part-time in funeral service while pursuing a career in the pharmacy and drug store industry. However, in 2008, he decided he wanted to pursue funeral service full time and began his mortuary education. "I graduated first in my class from the Funeral Institute of the Northeast in Norwood, MA. I was the class speaker; inducted into Mu Sigma Alpha which is the National

Honor Society for Mortuary School Graduates; and received the Peer Tutoring Award for my efforts in assisting my fellow classmates in their studies," said Eric.

As a funeral director, Eric works directly with families to plan the funeral service. His primary responsibilities include meeting with families to assist them to arrange, plan, and direct services for their loved ones in a way that reflects the wishes of the person who has lived, as well as the wishes of those who remain. That includes working closely with members of the clergy and others who have



Eric Fay, the newest Funeral Director at Keohane, has a wealth of experience in funeral service.

active roles in the services in order to coordinate the details.

"It gives me a chance to be of support and assistance to people at what may very well be the worst time in their lives. It allows me to share my expertise and apply what I have learned in the past to help them in planning an appropriate service. It gives me great satisfaction to know that I have made things easier for folks," said Eric.

"Eric has a very calm and reassuring demeanor, this is extremely important when working with families at one of the most stressful times of their life," said John. "He is also a team player willing to help his co-workers so that all our families are cared for by our entire group, rather than just one individual."

Along with working directly with families to arrange services, Eric manages all aspects of the funeral, including getting the newspaper notice written and filed for publication, lining up the officiant for the service, ordering the casket, vault, urn and other items, coordinating the church or other venue for the service, and working with the cemetery.

"First and foremost, I treat everyone as I would wish to have my own family treated," said Eric. "I empathize with people as I have been in their position myself. Because grief takes on many different shapes and sizes, I can never say that I truly know exactly how or what they are feeling however, I do know how I felt at the time of my own personal loss, and that helps me to help them."

Eric grew up in Hyde Park, and currently lives in Dedham with his wife, Simone and their two sons, Eric Jr., and Ronald. Eric enjoys attending his children's sporting events. Sixteen-year-old Eric Jr. plays football and baseball on the Dedham High School teams, and thirteen-year-old Ronald, who is in the seventh grade at the Dedham Middle School, plays soccer on the town league. Eric has also volunteered for the James Joyce Ramble 10K in Dedham by handing out water for the runners. The race combines athleticism with fundraising for a good cause — the Dana Farber Cancer Institute.

In his spare time, Eric enjoys gardening, home improvement, and is a general class amateur radio operator. "It's something I've been interested in since I was a kid. Every once in a while when I have a few minutes, I'll turn the radio on and see if I can make any contact," said Eric.

Eric enjoys working at Keohane because of the team approach to assisting families. "Everyone helps each other, and we look out for one another to make sure that no detail, no matter how small, is overlooked," said Eric. "I also like the streamlined approach to the technical details, which frees up time that is better spent assisting families."



FREQUENTLY ASKED QUESTION

Why is Advance Funeral Planning Important?

While setting aside financial resources to relieve family members of the burden of paying for funeral expenses and protecting assets for Medicaid eligibility are great benefits of advance funeral planning, the greatest benefit of advance funeral planning is peace of mind.

"I often share with families the experience my family had when my mother-in-law died. While the financial benefits of advance planning were helpful, the fact that the 'business' side of the arrangements were complete gave us the peace of mind we needed to focus solely on how we could enjoy the support of our family and friends in creating truly personal and meaningful ceremonies," said Joseph Reardon, Vice President for Community Development and Advance Planning at Keohane. "This made all the difference in the world for our family."

The most important benefit of advance planning for survivors is the fact that their attention at the time of need is focused solely on how to make the ceremonies more personal and meaningful. Funerals are for the living, so, not having to worry about logistics or finances allows loved ones to get the most from one of the few unduplicated experiences in life.

Increasingly people are choosing to pre-plan as they understand the many benefits. For years, families called Keohane because they heard that Medicaid allows you to prepay funeral arrangements, but now more and more people are calling because of the other benefits of advance planning. Many of these people have experienced the loss of family member who did their own advance planning and now, having experienced the benefits of it, want to do so for themselves.

What Do I Need to Know About Pre-Payment?

Keohane has been on the forefront of the advance planning movement for many years. We are fortunate to be the only funeral home on the South Shore offering a full time Certified Preplanning Consultant who has extensive experience with long term care and Medicaid issues. Advance planning can save money through our cost protection program and through the irrevocability option protecting the funds from the high costs of long term healthcare.

"Whenever I meet with a family considering advance planning, I always lay out all of the options and benefits of pre-payment. Since Massachusetts has very strict



While discussing funeral arrangements may be difficult, our hope is to be able to provide as much information as people need to make the best decisions for their families.

regulations about paying for funerals in advance, any funds used for advance planning must be deposited in trust with a third party which provides a huge level of comfort for families knowing that if they moved or if the funeral home went out of business, they could transfer their money to another funeral home. It really is a safe way to protect one's family from the emotional and financial burden of having to make funeral arrangements after someone has died," said Joe.

Those who preplan achieve knowing that they will not be a burden to their families, that their arrangements balance their wishes with their family's needs, that it fits into their estate plan, and to achieve financial savings. Discussing funeral arrangements may be difficult, but we believe that those who do are helping themselves and their families so we want to assist them in any way we can.

To discuss pre-planning or our cost protection program, please contact Joe Reardon, Vice President for Community Development and Advance Planning at Keohane Funeral Homes at (617) 773-3551.