



Team Keohane at Fenway Park for the 2019 9K Run to Home Base (right to left): Megan Dunn, Tim O'Brien, Sharon Stacy and Dennis Keohane.

## Team Keohane Runs the 2019 Run to Home Base 9k Race to Benefit Veterans

For the second year, Team Keohane participated in the Run to Home Base 9k race. Once again, we ran in memory of all the veterans we have served in the past year. Team Keohane supporters generously donated \$5000 in support of the Home Base organization! This year, Keohane Funeral home proudly matched donations up to \$5000.

Keohane Funeral Home's Co-President, **Dennis Keohane**, ran alongside fellow team members **Tim O'Brien**, **Megan Dunn**, and **Sharon Stacy**. They were all thrilled to have this opportunity to support veterans in such a meaningful way.

**"I couldn't wait 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.**

Continued on page 5



### OLD SOUTH UNION CHURCH IS THE NEWEST PARTNER IN PLANT.GROW.SHARE.

The mission of Plant.Grow. Share to provide healthy, fresh food to neighbors in need meshes well with the ministry of Old South Union Church in Weymouth which has been a Pop Up Pantry (PUP) location for the Weymouth Food Pantry since March 2016....

Story on page 3

### HINGHAM GIRL SCOUTS STILL GOING STRONG AFTER 100 YEARS

In 1917, Hingham was one of the first communities to organize a Girl Scout troop in New England. Troop 1 was organized only five years after Girl Scouts was founded by Juliette Gordon Low in 1912. ...

Story on page 4

### A GOOD AGE: INTERESTING AND INFORMATIVE BLOG FOR SENIORS FOR THE PATRIOT LEDGER

Sue Scheible has been a staff reporter for The Patriot Ledger for fifty years and has been writing about the issues of aging for forty of those years. ...

Story on page 6



**Keohane**  
FUNERAL HOME  
Quincy, MA

**McDonald Keohane**  
FUNERAL HOME  
Weymouth, MA

**Pyne Keohane**  
FUNERAL HOME  
Hingham, MA

# Plant.Grow.Share. Needs You! Donations of Fresh Produce Help Feed Your Neighbors in Need

**W**e depend on the generosity of the community and our local gardeners to bring fresh produce to our food pantries to make the Plant.Grow.Share. program successful. Everyone can get involved in this incredible community program, whether or not you have a garden — even store-bought vegetables are more than welcome! No donation is too small, so please bring fresh produce to the Weymouth Food Pantry and the Pantry Shelf at Interfaith Social Services.

Plant.Grow.Share. is a collaborative effort of Keohane Funeral Homes, the Weymouth Food Pantry, and Interfaith Social Services to provide fresh produce to those fighting hunger in the community. Through workshops and education, the program encourages community members to plant vegetable seedlings, enjoy their harvest at home, and then donate fresh produce to their local food pantries.

**"We hope that everyone knows that this is about more than just growing fresh produce — it is about the need for fresh fruits and vegetables at all emergency food programs. We hope that everyone will purchase some extra apples and oranges at the supermarket and other fruits and vegetables and donate them to local food pantries. Our clients will greatly appreciate it," said Rick Doane, Executive Director at Interfaith Social Services.**

Earlier in the season, the Plant.Grow.Share. program offered free container gardening workshops and provided free seedlings to local gardeners to plant in their own gardens in hopes that they will plant an extra row of produce 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. Follow Keohane on Facebook to get details on next year's workshops and seedling giveaways.

"When the Plant.Grow.Share. program began, we had no idea what type of response there would be. We were

surprised by the response that first year and it has steadily grown since. Since adding workshops and an affiliation with the Weymouth Food Pantry, we have attracted more participants and helped increase donations to both food pantries," said Joe Reardon, Vice President for Community Development and Advance Planning at Keohane Funeral Homes.

## Food Pantry Gardens

All three partners in the Plant.Grow.Share. program have their own vegetable gardens to provide fresh produce for the pantries' clients. Vegetable gardens have been planted at Keohane Funeral Homes in both the Quincy and South Weymouth locations. "Peter Moreschi and Tim O'Brien have been doing this for a few years and have the green thumbs that very few of us have. While they always plant tomatoes, they like to mix things up a bit and plant something new each year," said Reardon.

Interfaith Social Services dedicated their Food Pantry garden to growing kale and collard greens. "This year's garden was planted here at Interfaith by volunteers from Arbella Insurance and some of Interfaith's volunteers. It looks awesome, and we are excited to harvest the most locally sourced food as possible," said Doane.

For the first time, the Weymouth Food Pantry has a Food Pantry Garden at the Old South Union Church in Weymouth, tended by volunteers. Funding from the South Shore Bank made the garden possible. The lawn between the sanctuary and Fogg Library is filled with 24 garden beds, and volunteers have now begun to peas, lettuce, chard, green beans, summer squash, and cucumbers. They expect to be picking lots more green beans, squash, beets, melons, cucumbers, tomatoes, carrots, basil, okra, peppers, and eggplant.

"The garden is in great shape; the vegetable plants are all healthy and producing well. It's a lovely garden and people really enjoy spending time in it, and we welcome volunteers, regardless

of experience, to come join us with this very special project. We are in the garden every Saturday, 8am to 10am, all you have to do is show up!" said Executive Director Pamela Denholm of the Weymouth Food Pantry.

## 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 Tuesday and Wednesday evenings.

Donations of fresh produce for the Weymouth Food Pantry are accepted at all three Pop Up Pantry locations or at their warehouse:

- Tuesdays, 9:30 to 11:00 AM at The First Church at 17 Church Street, Weymouth
- Thursdays, 9:30 to 11:00 AM at Crossroads Worship Center at 241 Broad Street, Weymouth
- Saturdays, 9:30 to 11:00 AM at Old South Union Church at 25 Columbian Street, S. Weymouth
- Tuesday to Friday, 10:00 AM to 12:00 PM at 40B Reservoir Park Drive, Rockland

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

To learn more, follow Keohane on Facebook for updates and information. 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](mailto:info@weymouthfoodpantry.org).



# OLD SOUTH UNION CHURCH IS THE NEWEST PARTNER IN PLANT.GROW.SHARE.



*The Weymouth Food Pantry garden located on the lawn at the Old South Union Church in South Weymouth.*

**T**he mission of Plant.Grow.Share to provide healthy, fresh food to neighbors in need meshes well with the ministry of Old South Union Church in Weymouth which has been a Pop Up Pantry (PUP) location for the Weymouth Food Pantry since March 2016. This year, the church participated in the free seedling giveaway, the tomato container workshops and hosts the food pantry garden.

**"It's important to partner with organizations making a difference in our community," said Rev. Jennie Barrett Siegal, Senior Pastor at Old South Union Church. "The food pantry garden and the PUP allow us to reach people outside of our walls."**

Every Saturday morning from 10:00 am to 11:00 am, the PUP at the church is open to residents in Weymouth who need help feeding their families with

seventy to eighty-five families served each week. The Weymouth Food Pantry moved to the Pop Up pantry model about four years ago. "This model has allowed us to be at many locations, instead of just one. Neighbors used to have to come from all over Weymouth to our location. Now, with this model, we can be in North Weymouth, East Weymouth, and South Weymouth every week. We are on the bus line, too. This model makes it easier for us to meet our community where they are, and it improves access to food for our neighbors who may not have their own car. We can be wherever people need us to be," said Pamela Denholm, Director of the Weymouth Food Pantry.

## Plant.Grow.Share at the Old South Union Church

This spring, the church participated in the Plant.Grow.Share free seedling giveaway by distributing seedlings to congregants

on the way out of church on Mother's Day. "We were blessed to be able to participate in that program," said Rev. Jennie. "As part of Plant.Grow.Share., we asked congregants to take home the seedlings, plant them and share part of the harvest with the food pantry."

The Old South Union Church was also the South Weymouth location for one of the Build Your Own Tomato Container Garden Workshops presented free of charge by Jon Belber of Holly Hill Farm. Participants received free tomato seedlings, a bucket container and the knowledge to grow their tomatoes at home. At harvest time, gardeners were encouraged to enjoy their tomatoes and then donate a portion to their local food pantries. Organic tomato seedlings from Holly Hill farm were donated by Keohane Funeral Home and buckets were donated by Curry Ace Hardware.

The church is also the home of the Weymouth Food Pantry garden. On Saturday mornings, volunteers harvest the produce that's ready to be picked, and then the fresh vegetables go directly to the Weymouth Food Pantry's PUP in the Fellowship Hall at the church. "It's really been a wonderful opportunity to connect the food pantry and volunteers from the community who are passionate about gardening," said Rev. Jennie.

If you'd like to dig in and volunteer in the garden, please contact the Coordinator of the Food Pantry Garden Team, Andrea Simokonis, at [a.giachetti81@gmail.com](mailto:a.giachetti81@gmail.com).

While food pantry clients shop for food at the PUP, they can also visit the Clothing Closet that is open on Saturdays from 9:30 am to 11:00 am for free, gently used clothing. Donations to the Clothing Closet, run by volunteers from the church, can be made at the church during office hours, Monday to Friday from 9:00 am to 4:00 pm.

**Volunteers hours at the PUP are from 8:00 am to 12:00 pm on Saturdays. If you are interested in volunteering, contact the PUP Volunteer Coordinator at [oldsouthpup@weymouthfoodpantry.org](mailto:oldsouthpup@weymouthfoodpantry.org).**



# HINGHAM GIRL SCOUTS STILL GOING STRONG AFTER 100 YEARS



Hingham Girl Scouts Carrying their banner in the Town's 4th of July Parade.

In 1917, Hingham was one of the first communities to organize a Girl Scout troop in New England. Troop 1 was organized only five years after Girl Scouts was founded by Juliette Gordon Low in 1912. Today, there are 430 Girl Scouts in 40 troops spanning from Kindergarten Daisies to High School Ambassadors in Hingham. The Hingham Girl Scout House is home to all the local troops, but it is also used for Boy Scout meetings, local civic groups, and it can be rented for private events as well.

The Girl Scouts in Hingham increased by 100 members last year and the Hingham Service Unit had to add more troops and leaders to accommodate the growth. Marielle Thorne, Hingham Girl Scouts Service Unit Coordinator, thinks online registration may have been one of the

factors for the growth as well as running the Open House for Daisy Girl Scouts, Kindergarten and First Grade, in the spring with great success.

"They rolled out a new online system for registration and I think that helped," said Thorne. Parents no longer have to come to the Girl Scout House to pick up and drop off registration forms which makes registration more convenient. Hingham Girl Scouts now promote registration on social media rather than sending flyers home in backpacks. The new Girl Scout year begins October 1 with registration for new members opening July 1. However, girls can register anytime throughout the year.

This active organization participates and organizes many events throughout the

year, such as an annual Halloween Party and Caroling in the Square. In April, the Hingham Girl Scouts enjoyed a town wide encampment, an event that's held every other year. Nearly eighty girls spent two nights at Wind-in-the Pines in Plymouth with another twenty or so Daisies joining the fun for the day on Saturday.

The Court of Awards is run yearly at the end of the school year at the high school for troops bridging the next level and to confer awards. The speaker at this year's ceremony was Katie Roberts, the Director of Science for Hingham Public Schools. The Hingham Service Unit team was honored this year to receive the President's Award from Girl Scouts of Eastern Massachusetts. Hannah Boucher, an Ambassador Scout, earned her Gold Award, the highest award in Girl Scouts, and two girls who were members from Kindergarten to 12th Grade graduated to Adult Girl Scouts.

The Hingham Girl Scouts marched in the Town's 4th of July parade, as they do each year. They continued the tradition of decking out their rides in a patriotic manner, incorporating the 2019 theme "Celebrate Hingham's Natural Beauty." Girl Scouts brought their bikes, scooters, and wagons to the Hingham Girl Scout House on July 3rd for a parade decorating party.

*"They rolled out a new online system for registration and I think that helped," said Thorne. Parents no longer have to come to the Girl Scout House to pick up and drop off registration forms which makes registration more convenient.*

Continued on page 5

## Team Keohane Runs the 2019 Run to Home Base 9k Race to Benefit Veterans

Continued from page 1

Run to Home Base, presented by New Balance, took place on Saturday, July 27. Team Keohane participated in the 9k event starting on Jersey Street and ending on home plate at Fenway Park.

"We were blown away by the event. There were many current service people and disabled veterans that participated in the race. It was humbling and also a lot of fun," said Team Captain Dennis Keohane. "We are honored to serve a number of veteran families each year. Hearing about their stories and sacrifices makes us want to do our little part to help."

John Comer, one of the funeral directors at Keohane, was the inspiration to create our team. His son is active duty in the Air Force, and another funeral director, Amanda Fidalgo, has an active duty brother serving in the Army. Dennis put the word out to the Keohane team asking for participation, and our four-member team was formed. "As the heat built up, it made training a bit more challenging," said Dennis. But the team persevered to meet their fundraising goal of \$5000.

The Run to Home Base starts on Jersey Street, heads down Massachusetts

*"We were blown away by the event. There were many current service people and disabled veterans that participated in the race. It was humbling and also a lot of fun," said Team Captain Dennis Keohane. "We are honored to serve a number of veteran families each year. Hearing about their stories and sacrifices makes us want to do our little part to help."*

Avenue, over the bridge into Cambridge and follows along the Charles. At the end of the race, runners enter Fenway Park through the center field door and finish at the Green Monster. At that point, all the runners get a chance to cross home plate.

Dennis wants people to know how much fun the whole team and their families had at the event and encourages more people to come for next year's race. "One of the things we realized last year was that the race is a great family event even if you don't have anybody running. The Red Sox have lots of activities for kids and the runners appreciate being cheered on," 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.

After the 2007 World Series win, Red Sox Chairman Tom Werner made a commitment — following a 4-hour visit to Walter Reed Army Medical Center to meet with wounded Veterans — to partner with the Massachusetts General Hospital to address the invisible wounds of war. This is the first partnership of its kind in the country between a Major League Baseball team and a world-class Medical Center.

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 Home Base website.**

## Hingham Girl Scouts Still Going Strong After 100 Years

Continued from page 4

### Hingham Girl Scout House

Hingham Girl Scouts raised the funds to purchase the land and to build a house for their meetings in the late 1920's, and the house was completed in late 1929. The first meeting was held at the house in early 1930, and it has been in continuous use since then. The Hingham Girl Scout House has seen sleepovers, meetings, campfires for roasting hot dogs and marshmallows, baby showers, birthday

parties and many other events. It even has its own Facebook page.

Originally supported by the Girl Scout Council, the house is now run by the Board of Directors of the non-profit Hingham Girl Scouts, Inc. They run an annual campaign to raise funds for the maintenance of the house such as an emergency roof replacement. The Hingham Girl Scout House also received funding from the Community Preservation Committee to repaint the house, re-glaze the windows, and put up a retaining wall. Now they are raising funds to make the space handicap accessible.

They also rent the space for other organizations and private events such as baby showers, anniversaries and other social events. The Boy Scouts rent the space to hold their annual fundraising event in which they collect nearly 1,000 used Christmas trees for disposal each year. The Girl Scout Council also rents the space for the Girl Scout Cookie Cupboard where they store boxes of cookies ready to be picked up. The house has housed annual church pasta dinners and dance classes as well.

The reservation form to rent the Hingham Girl Scout House is available on the website.

**You can follow the Hingham Girl Scouts on Facebook and Instagram to stay informed about what's happening with the girls.**



# A GOOD AGE: INTERESTING AND INFORMATIVE BLOG FOR SENIORS FOR THE PATRIOT LEDGER



Former US Cadet Nurse Betty Beecher of Weymouth, who is 95, and Sue Scheible, staff reporter for The Patriot Ledger and author of A Good Age blog.

Sue Scheible has been a staff reporter for The Patriot Ledger for fifty years and has been writing about the issues of aging for forty of those years. Sue writes a weekly column and produces an online blog called A Good Age, which is about life after 50. In her blog, she shares her weekly column along with stories about the people she meets, videos, photos, ideas for what to do in the local area and how to prepare for retirement.

Sue started her column in 1979, originally called Now's the Time but changed to A Good Age when it went digital about ten years ago. Sue's interest in issues of aging was sparked by the senior power movement of the Gray Panthers, an advocacy group against ageism founded in 1970, as well as her own parents getting older at the time.

Today, Sue likes the immediacy of the online blog which can be updated daily and can include multi-media, such as

videos and photos. She can interview a subject for the blog and create a short profile as a video clip. Sue works part-time now and while her column is printed weekly in the newspaper and online, the additional blog posts are created as she has time or interest.

Sue loves to hear from her readers, and she often gets ideas for the blog from the emails her readers send to her. If those readers' suggestions are interesting but not substantial enough for a feature, they often become an online blog post.

**"My favorite part now is telling other people's stories, especially people who would not be in the newspaper otherwise. They're still interesting and have a chance to be featured," said Sue.**

Ninety-five-year-old Betty Beecher of Weymouth has been a frequent subject of A Good Age. Betty is a former US Cadet Nurse and has been involved in efforts to

win more recognition for Cadet Nurses who kept the community hospitals running when the RNs went overseas during WWII.

"I was born in 1943 when Betty was just finishing nursing school and becoming a cadet nurse.

I have written many times about Betty and also done many blog posts about her. She is quite amazing and widely admired in her community. She lives now at Fairing Way at Union Point in Weymouth and grew up in Rockland. She came to the 50th anniversary party that was held for me at The Patriot Ledger in Quincy in March 2018," said Sue in a follow up email.

Other memorable stories include a story about a woman in her nineties from Hull who wrote a genealogy book. "I remember sitting with her at Pemberton Point and looking out over the water and talking about where her family had come from," said Sue.

**Sue has written stories about what grandparents have meant to their grandchildren growing up and she has been touched by how much grandparents mean to young people in their twenties and thirties.**

Sue is gratified when someone contacts her to say that they read her blog and were able to reconnect with someone because of her story. "When the blog started going up on the website, someone would call me that day and say they'd heard from their grandchild or their nephew in California, or even in another country because everybody could look at it right away," said Sue.

The blog also covers outdoor activities, such as bike riding and cross-country skiing. Sue often joins groups of seniors on an outing, takes a photo of the group, and posts it online. Those posts are popular because readers get ideas of where to go and what to do.

**To follow A Good Age, go to the Patriot Ledger at <https://www.patriotledger.com/section/blogs>**

Photo credit: Steve Ide

## OUR TEAM

### Molly Shore



**M**olly Shore is a full-time funeral director apprentice at Keohane working in our Weymouth locations. She started her apprenticeship at the Quincy location and moved over to Weymouth about six months ago. She completed her degree at FINE Mortuary College last fall and will attend the graduation ceremony in August. She continues to work with our funeral directors and families in need while studying for her board exams to receive her Funeral Director/Embalmers license.

**"Molly is a great team player who is always willing to lend a helping hand. She anticipates situations and is very supportive to our funeral directors who rely on her for assistance," said Co-president John Keohane.**

Massachusetts licensing requirements include two years of apprenticeship, and Molly has been fulfilling her apprenticeship at Keohane while finishing her Associates Degree in Funeral Science at Fine Mortuary College, a private two-year college in Norwood. Molly completed her final class in the fall but has not had her graduation ceremony as of yet.

Molly was attracted to the wide range of skills the job required. A funeral director apprentice needs to be artistic, empathetic, strong, and quick on her feet. Molly's responsibilities include much of the behind the scenes work to support the funeral directors, which might include filing paperwork, assisting with office work, being present during arrangements, setting up for visitations and helping at funerals. Lately, she has begun adding her own special, creative touches for the families she serves.

"Before I was learning so much, I had to focus on what I was doing. Now that I've been seeing families and helped with more funerals, I have the time to do

more creative projects. It's my favorite thing to add something special to a service," said Molly.

Some examples of Molly's creative additions include handing out seed packets to the family of a woman who loved gardening to remind her loved ones to think of her when they see the flowers that grow. Another example is when all the funeral directors wore Bruins jerseys to the service of a person who loved the Bruins. "It may sound silly, but it meant something to them," said Molly.



*Apprentice Molly Shore is on her way to becoming a compassionate and creative funeral director.*

"Molly is an extremely creative person who enjoys expressing herself through the arts. She has helped design special prayer cards, paintings, and adds a special touch to services that require an artist's eye," said John.

Molly started her higher education in engineering at UMass Dartmouth. She loved math and considered engineering or teaching math, but the environment was too much of a boys' club. Someone mentioned the possibility of becoming a funeral director and Molly looked into it. She found that females in funeral directing have increased dramatically in the U.S. According to the National Funeral Directors Association, 60 percent of today's mortuary science students are women.

**"I've found very strong and driven women working at Keohane, and I find that very inspiring," said Molly. "So, I knew it was the right choice right off the bat."**

After quitting UMass Dartmouth, Molly went through a transition period. She enrolled in a grief counseling degree program at Bristol Community College. One of her professors, John Tormey, was a funeral director who inspired her.

"There are so many layers to this job — you have to work with people, but you also have to know accounting, art, science and so many different things," said Molly. "It's always a puzzle to solve and there's always something to learn."

Her next steps include taking both national and state board exams in order to become a licensed funeral director in the Commonwealth of Massachusetts. Then she'd like to pursue becoming a Funeral Celebrant, a non-religious funeral officiant. "They make really beautiful, personalized services," said Molly who wants to bring more of her creative side into her work.

Molly is a graduate of Bridgewater-Raynham Regional High School. She and her boyfriend of four years, Patrick, will be moving to Foxborough at the end of August.

Molly enjoys craft beer brewing and belongs to a brewing society called the Rhode Island Brewing Society, or RIBS. A few times a year, the society raises money for various non-profits through beer crafting events. They recently did a fundraiser for "Save the Bay" to clean up the bay in Rhode Island. Molly considers herself a "crafty person" and has inspired many of her co-workers to jazz up their planners with stickers and other embellishments.

**Molly has great empathy for the families Keohane helps. "I love when I can put together something special for a family. Personalizing a funeral experience can make all the difference in the grieving process. What I like best about working with families is the satisfaction of knowing we made the toughest time in someone's life a little bit easier," said Molly.**



# FREQUENTLY ASKED QUESTION



## *Why Does Keohane Not Use the Terms “Ashes” or “Cremated Remains” When Referring to a Person Who Has Been Cremated?*

One word. Dignity.

Cremation and burial serve the same purpose. They are methods of disposition that protect the public health. Biologically, they achieve the same outcome with one method taking years to achieve and one taking hours. Despite this, some people think of cremation as dehumanizing yet from the perspective of the cremation experts at Keohane, it is anything but dehumanizing.

The process of cremation reduces the deceased not to ashes or cremated remains but to inorganic bone fragments. They do not become like cigarette ashes or fireplace ashes that we throw away. They are the essence of a person who lived. Although in a different form, they remain someone's loved one and we believe they should be treated that way.

Those who choose cremation do so for many wonderful reasons and, in our experience, none of these reasons have anything to do with dehumanizing the deceased or throwing them away. Conversely, people choose cremation to take advantage of its innumerable options for ceremonies, memorialization and final disposition.

The cremation experts at Keohane know that those entrusted to our care for cremation will always be someone's mother or father, sister or brother, son or daughter or friend. We care for them as if they were our own loved one and would never refer to them as if they were anything other than a person who lived and was loved. We believe that all people deserve dignity.