



The Moon Balloon written and illustrated by Joan Drescher helps children express their feelings in a safe way.

Moon Balloon Project Provides Safe Space for Children to Express Their Feelings

Based on the children's book, *The Moon Balloon: A Journey of Hope and Discovery for Children and Families* by Joan Drescher, the Moon Balloon Project is a nonprofit dedicated to helping children and caregivers communicate through art. The children's book uses artistic expression as the bridge to help children safely connect with the wide range of feelings experienced when facing illness or death—either their own or that of a loved one.

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Keohane
FUNERAL HOME
Quincy, MA

McDonald Keohane
FUNERAL HOME
Weymouth, MA

Pyne Keohane
FUNERAL HOME
Hingham, MA

FREE INFORMATIONAL SEMINAR IN WEYMOUTH ON ADVANCE PLANNING

An increasing number of Americans are planning for their own final arrangements in order to spare their families much of the emotional and financial burden. McDonald Keohane Funeral Home is hosting a free seminar on Wednesday, May 20, 2020 at McDonald Keohane Funeral Home, 40 Sea Street, North Weymouth at 2:00 PM. We invite you to relax with your neighbors, enjoy a cup of coffee and learn about the benefits of making funeral plans in advance.

Joe Reardon, a Funeral Director and Certified Pre-Planning Consultant, will discuss the benefits of planning for funeral and cremation services. Ron Kearns, Esq., R.N., and Expert Nurse Attorney from Senior Resource Center, Inc., will discuss care, financial and legal strategies, and requirements for effective estate planning and asset protection, including accessing Medicaid and Veteran's funding benefits.

"Advance planning is one of the most important things you can do for yourself and your family. It will provide the satisfaction of knowing that your affairs are in order and in accord with your beliefs. Your family will not have to worry about the financial or ceremonial decisions, and they can create a ceremony that will benefit those left behind," said Joe Reardon, Vice President for Community Development and Advance Planning at Keohane Funeral Home.

This seminar will provide the opportunity for you to get the answers you need to help yourself or other family members make these important decisions. Asking your questions in a community setting brings comfort in knowing that many others have similar concerns and questions. Since seating is limited to 50 participants, please R.S.V.P. by calling us at 781-335-0045 to ensure your spot for this important event. Everyone who attends will receive a free Planning Guide as our gift to you.



Everyone who attends our free seminar will receive a Funeral Planning Guide as our gift to you.



THANKS TO OUR GENEROUS COMMUNITY FOR THE SUCCESS OF OUR 8TH ANNUAL WINTER COAT DRIVE

Special thanks go out to all who participated in our eighth annual coat drive this fall. Unfortunately, not everyone on the South Shore can afford the expensive outerwear needed to keep themselves and their families warm during the cold New England winter. Because so many people came through our doors this fall with coats from their own closets that were either outgrown or no longer needed, we were able to donate nearly 500 gently worn coats to our neighbors in need this year.

"Our team at Keohane's feels a deep responsibility to give back and support those in our community that need extra help at this time of year," said Co-president John Keohane. "We know those warm coats were appreciated by those less fortunate, especially at this time of year."

The donated coats were distributed to those in need through three amazing organizations - Wellspring Multi-Service Center in Hull, Interfaith Social Services in Quincy, and Weymouth Youth and Family Services in Weymouth.

"Each year, our clients are grateful for Keohane Funeral Home's annual coat drive. Many were so delighted when we asked them if they needed a coat, and they would get so excited when they'd find a coat in the just the right size either for their children or for themselves," said Rick Doane the Executive Director of Interfaith Social Services.

Interfaith Social Services operates one of the largest emergency food programs in Greater Boston, serving thousands of South Shore residents in need every year. In addition to hunger alleviation their programs include mental health counselling and homelessness prevention.

The first coat drive began back in 2012. When we exceeded our initial goal of collecting 250 coats that first year, we wanted to keep the effort going. We established an annual drive each fall, and we continue to be amazed and grateful by the outpouring of support from our community. "As always, the community responded in such a generous way," said John. "We were honored to continue our tradition of spreading warmth throughout our community this year."

Moon Balloon Project Provides Safe Space for Children to Express Their Feelings

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"It's a non-threatening way of introducing feelings," said artist Joan Drescher, Founder of the Moon Balloon Project.

The colorfully illustrated and interactive book has been used to help children of all ages express their emotions and feel better about themselves and their often-difficult situations through writing, drawing, and symbols.

Drescher was inspired to write the book based on her work as the Artist in Residence at Massachusetts General Hospital for Children where she worked for thirteen-years. Drescher would visit the bedside of the pediatric patients with her art cart and tell them about the Moon Balloon where they could journey to a field of hot air balloons—each one representing a different feeling. The balloons are designed so that the participant can interact with them, putting their own images and symbols in the basket and all over the balloon.

Drescher creates a safe space by placing the balloons in a particular order. Trust is built by the first safe balloon, gradually easing into more difficult balloons. Drescher starts with the Wish Balloon and asks children to write down what their wishes are. Next, she introduces the Sun Balloon, Peace Balloon, and Stress Balloon, then moves into the Tear Balloon and Anger Balloon.

"I always end with the Love Balloon," said Drescher. When children are feeling alone or unloved, they can climb into the Love Balloon, think of all the people they love and send love to them. Drescher tells them, "The love you send will come back to you."

A second book, *A Journey in the Moon Balloon: When Images Speak Louder Than Words*, is a companion book that includes the original Moon Balloon story with additional inspiration, such as stories of the

children who found self-expression from Drescher's art cart at the hospital, art activities, and additional resources.

Art Heals

While at Massachusetts General Hospital for Children, Drescher conducted research into the effectiveness of an intervention using images and symbols to help children express their feelings. The study set out to establish if a one-time intervention using the Moon Balloon book at the child's bedside could have a positive

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influence on helping children cope with hospitalization and illness.

Results indicated a statistically significant reduction in both child and parent perceptions of the child's fear, sadness, anger, worry, fatigue, and pain or discomfort following the art intervention.

Grief Support

Many believe it can be healing for grieving children to share their memories, grief experiences, thoughts and feelings with other grieving children. By experiencing the Moon Balloon Workshop, children are given a tool to express those feelings and share their memories.

Drescher has years of experience leading healing arts workshops for children and has held workshops across the country and throughout the globe, including Dunblane, Scotland and Genoa, Italy.

At a Moon Balloon Workshop for Children and Families at The Children's Room, a Center for Grieving Children and Teenagers in Arlington, Massachusetts, participants helped co-author a story on the spot. Drescher used simple drawings to represent the personal experiences told to her by the children in this interactive workshop, filling shy balloons, sad balloons, and happy balloons with illustrations of the children flying through the sky.

How to Support The Moon Balloon Project

The greatest need at this time is monetary donations. You can donate electronically on the website or send a check to The Moon Balloon Project at 23 Cedar Street, Hingham, MA 02043. All Donations are tax deductible.

Moon Balloon books make excellent gifts for the holidays and throughout the year. Books can be purchased at Barnes & Noble in Hingham, Buttonwood Books and Toys in Cohasset, or online at bn.com or Amazon.com

For more information go to themoonballoonproject.org

QUINCY FAMILY RESOURCE CENTER CONNECTS FAMILIES WITH RESOURCES IN THEIR COMMUNITY



Staff of the Quincy Family Resource Center in Quincy.

The Quincy Family Resource Center (QFRC) supports families, not only in Quincy but in any community, by helping them to access and navigate resources in their local community and provides free on-site programs, services, and activities to benefit families. The work of the QFRC allows families to strengthen their bonds, connect to others, and engage in their community.

"The mission is around supporting youth and their families in their community, making sure they have the support that they need to be successful as a family. As a parent, if you feel that you need more help, we're a place where you can come and meet with staff and figure out what's going on, and then we can put the proper supports in place to help problem solve the issue," said Bryna Rogers, Senior Director, Quincy Family Resource Center.

QFRC, a program of Baystate Community Services, provides community-based and multi-cultural programs, along with support groups, early childhood services, information and referral resources, and education for families whose children range in age from birth to eighteen. All programs, events and services are free of charge.

The QFRC also builds partnerships to support families with local community organizations, agencies, schools and religious groups.

Three Tiers of Support

Supported through funding from the Massachusetts Executive Office of Health and Human Services in collaboration with the Department of Children and Families, the goal of the QFRC is to assess the needs of families and connect them with appropriate resources, as well as provide services and events that support families'

needs. "We work with families, providing three tiers of support. Everything we offer is free to the community," said Rogers.

Assessment and Family Support Planning

Assessments of all areas of youth and family life are conducted by a Licensed Clinician and Family Partner to ensure families have what they need to be successful. The clinician reviews the areas of need and builds a Family Support Plan based on recommendations and family wishes.

Resources and Referrals

QFRC provides referrals and resources for families to community based, mental health services, and recreational activities. Assistance for families and providers can be in person or over the phone.

Groups and Events

QFRC conducts free Parenting and Youth support groups, including parent and teen groups to address school refusal and positive decision making. They offer parties and social events, such as Halloween, Valentine's Day, and School's Out. Child supervision and food are provided free of charge for all groups and events to help ensure participation by adult caregivers.

Some events are drop-in, and some require registration, but all QFRC events are free and open to the public. QFRC publishes a monthly calendar to let families know what they are offering.

"This February vacation we did a movie, lunch, and baking event for youths," said Rogers. **"They watched Cloudy with a Chance of Meatballs and decorated cupcakes with the foods and vegetables that are in the movie."**

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Quincy Family Resource Center Connects Families with Resources in their Community

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Grandparents Raising Grandchildren

The Grandparents Raising Grandchildren group is a support group for grandparents who find themselves as guardians or foster parents for their grandchildren. It meets twice a month from 6pm to 7:30pm on the first and third Monday of the month. Childcare and dinner are provided to remove barriers from participation.

"The Grandparents Raising Grandchildren support group is in conjunction with the statewide grandparents commission, and it's a result of the increase of grandparents raising their grandchildren in large part due to the opioid epidemic and their adult children struggling and not being able to raise their children, and so the grandparents have stepped in," said Rogers.

Once a month, QFRC brings in a guest speaker who specializes in an area of grandparents raising grandchildren. The second meeting of the month is a facilitated conversation regarding what the grandparents in the group would like to talk about amongst themselves.

Help Available Wherever You Live

The Quincy Family Resource Center is available to all families, no matter where they live.

"We're located in Quincy, but whatever community you're coming from, we'll help you with your needs back in your own community. We're passionate about making sure that you're connected to your own community and you know what's available to you," said Rogers.

For more information on QFRC visit <https://quincyfamilyrc.org> or call 617-481-7227.

THRIFT SHOP IN WEYMOUTH DONATES PROFITS TO CHARITIES



Hope's Closet Boutique in Weymouth sells gently used clothing and accessories for charity.

Hope's Closet Boutique, a non-profit thrift shop on Broad Street in Weymouth, celebrated its five-year anniversary this summer. The used clothing store resells gently-used clothing and accessories to raise money for local causes and has now added a children's and men's section to the small shop.

Hope's Closet Boutique, a non-profit thrift shop on Broad Street in Weymouth, celebrated its five-year anniversary this summer. The used clothing store resells gently-used clothing and accessories to raise money for local causes and has now added a children's and men's section to the small shop.

"We do have a men's and children's department now, so come on in, it's great," said Cheryl Morris-Poles, President and Founder of Hope's Closet Boutique.

Thirty years ago, Morris-Poles had a dream to someday start a business that would give to those in need. While playing with her dog Hope, a Sheltie and certified therapy dog, the idea for Hope's Closet Boutique was born. Hope is now twelve years old and stays home most of the time where she is safe to enjoy her geriatric years. "Hope doesn't come in anymore. She's deaf, but she still has a lot of fun at home," said Morris-Poles.

Morris-Poles donates the majority of the store's monthly proceeds to several charities, including Friends of the Homeless of the South Shore in Weymouth, DOVE in Quincy, An Orphan's Dream in Chelsea, and Mercy Ships. She also donates a portion of the profits to a different local charity each month. Past monthly donations have

included Father Bill's Place, Quincy Animal Shelter, Promises in Purple for Pancreatic Cancer, and the Weymouth Food Pantry, among others.

"We give what we can each month. We still have to pay rent," said Morris-Poles. "None of us are paid here, we're all volunteers."

Morris-Poles likes to try different things and has held a food drive for DOVE and a money drive for the Weymouth Food Pantry. In November, in honor of Veteran's Day and Thanksgiving, the shop donates to a local charity called Operation Delta Dog. "At Operation Delta Dog they rescue dogs, they train them, and then they give them to veterans for service dogs," said Morris-Poles.

Friends of the Homeless of the South Shore is dedicated to helping homeless families on the South Shore of Boston by providing food, clothing, furniture, shelter education, and advocacy. Mercy Ships is a global charity that operates a fleet of floating hospital ships in developing nations. DOVE is the only domestic violence organization, including shelter, in Norfolk County and also serves the greater South Shore.

An Orphan's Dream, a non-profit Christian charity dedicated to building an orphanage in Kenya for AIDS orphans, was founded by Virginia "Gigi" Burbank who often attended Morris-Poles' church. Morris-Poles saw much of herself in Burbank who decided to go to Africa to make a difference in the lives of children after retiring from her long-time job as a Quincy schoolteacher.

How You Can Help

Morris-Poles uses the three "C's" for instruction on how to donate to the non-profit: cash, clothing and cars. "All donations help us," said Morris-Poles.

The owner of the shop said she could really use more volunteers to help in the store, especially people with experience in retail and customer relations. She needs volunteers to do window displays, wait on customers, work the register, go through the clothing donations and more.

The hours of operation have recently been adjusted and Hope's Closet Boutique is now closed on Tuesdays. The store is open Wednesday to Saturday from 11:00 am to 4:00 pm.

To get involved, please contact Cheryl@hopesclosetboutique.com or call 781-331-HOPE (4673). For more information visit the website at www.hopesclosetboutique.com

THIRD ANNUAL CANDLELIGHT MEMORIAL SERVICE HELPS COMMUNITY HONOR GRIEF DURING THE HOLIDAYS



Those in the community who lost loved ones during the past year join with others at the 3rd Annual Candlelight Memorial Service at the Whipple Center in North Weymouth.

Keothane Funeral Home understands the importance of supporting those in the community who are grieving after the death of a loved one. On December 4, 2019 Keothane hosted their third annual Candlelight Memorial Service at the Whipple Center in North Weymouth. The non-denominational service was attended by nearly eighty people and was officiated by Funeral Celebrant Mary Gallagher. This memorial service was open to anyone that lost a loved one over the past year.

"We were humbled and honored to help bring together those in our community mourning the loss of a loved one during the holiday season," shares John Keothane, Co-President of Keothane Funeral Home. "But we know for some the sorrow does not stop after the holidays and continues into the new year and beyond."

Those who attended the service experienced a variety of emotions. Many were grateful to meet other families that had recently experienced a loss and have the opportunity to share stories. Most were emotional when we called out their loved ones' names and lit a candle in remembrance, and they were all thankful for the experience which gave them peace and hope.

The team at Keothane Funeral Home recognizes that grief is a journey that takes much more time than the few days in which a funeral takes place. "There are

many organizations in the community that serve not only their patients and their families, but the community at large," shared Joe Reardon of Vice President for Community Development and Advance Planning at Keothane Funeral Home. "If the groups mentioned below do not have a program or support to fit your situations, their experts will refer you to the agency or therapist that is right for you."

Hospice of the South Shore

Hospice of the South Shore offers a variety of bereavement programs to support families experiencing grief after the loss of a loved one. All services are free for up to 13 months after a loved one dies. Services include phone and in-person consultations, support groups, events, and referrals.

For more information or to speak with a bereavement coordinator call 781-624-7046. Details can also be found on their website at <https://www.southshorehealth.org/services-care/home-care/hospice>

Old Colony Hospice & Palliative Care

Old Colony Hospice & Palliative Care has been providing hospice care since 1979 and serves over 50 Massachusetts cities and towns. They offer support groups to families and loved ones, as well as the local community. All Old Colony Hospice's Bereavement Support Services are available to the community at no charge.

For more information call Old Colony Hospice & Palliative Care call (781) 341-4145 or visit their website at www.oldcolonyhospice.org. You can also visit Old Colony Hospice on Facebook for updates and current events.

Norwell VNA and Hospice

Norwell VNA and Hospice (NVNA) offers bereavement support including Weekly and bi-weekly groups, such as Spouse/Partner Loss Support Groups, Support Group for Adults Grieving the Loss of a Parent, Support Group for Parents Grieving the Loss of an Adult Child and In-Person Grief Counseling. The Bereavement Program at NVNA and Hospice is open to anyone in the community grieving a loss.

To register for a support group please contact Karen Gore at kgore@nvna.org or (781) 659-2342. You can also learn more on their website at www.nvna.org/bereavement-services/.

Joanna's Place

Joanna's Place, founded in memory of Joanna Mullin, is a South Shore based grief and loss center for kids and their caregivers. Their grief support group, Circle-G, meets weekly for 10 weeks. Children, age six to eighteen, and their parent or guardian meet with other children who have lost a parent or a sibling. Children meet in developmentally appropriate groups to talk about, share with, and lend support to each other while parents meet in their own group to gain support for parenting while facing a loss. This program is provided at no cost to families and registration is required.

For more information on Joanna's Place visit <https://www.joannasplace.org/> or call 781-266-6776.

Keothane Funeral Home will host their fourth annual Candlelight Memorial Service in December of 2020. For more information on the Candlelight Memorial Service or any of the services Keothane Funeral Home provides please call 1-800-KEOTHANE or email info@keothane.com.

OUR TEAM

Frank Maggiore



Franks Maggiore, one of our incredible apprentices, currently attends mortuary college while completing his funeral director apprenticeship at Keohane. Frank is nearing the end of his two-year apprenticeship and is looking forward to taking the exams to become a licensed funeral director.

"Frank truly cares about people and is interested in their life stories. Many things can be learned when working in a funeral home but being kind and caring has to be part of who you are when you walk in the door," said Co-president John Keohane.

Frank's interest in being a Funeral Director was serendipitous. While he was home from college one summer, Frank needed to find a job. His grandmother gave him a newspaper clipping of a help wanted ad for Blue Hill Cemetery, and he got a job there as a pallbearer and groundskeeper. Not long afterwards, the Blue Hill Crematory Manager hurt his back, and Frank was promoted to Chamber operator at the crematory.

"My manager sparked my interest in funeral service. The level of care and thought he put into his practice was inspiring. He made a crematory feel homey somehow, and I wanted to do that for people. Coming from an Italian household, creating comfort and a home away from home is something that is a part of me," said Frank. "Helping the bereaved feel comfortable is something that is second nature to me."

"Frank's grandmother recently passed, and he was able to comfort his mother and family in a very unique way by not only being a grandson but also assisting his family when they needed him most at the funeral home," said John.

"The overwhelming wave of support that ensued when I lost my grandmother was amazing and eye opening. Everyone

personally took time to take me aside and make sure I was okay," said Frank. "It felt great being there to help Grandma and even better having the team back me like they did. You don't get that just anywhere."

As a funeral director apprentice, Frank's responsibilities fluctuate daily. "I do anything I can to help the directors or the family," said Frank. "That can be taking flowers to a cemetery, being a pall bearer, setting up visiting hours,



Helping the bereaved feel comfortable is second nature to Funeral Director Apprentice Frank Maggiore.

doing stationary, taking the phones overnight, transfers, and applying cosmetics."

Frank feels a sense of gratification knowing that all of his efforts somehow made a family's day just a little better. "Sometimes it could be something small that made all the difference. Those small moments when a family member pulls me aside and whispers 'Thank you' are what I live for. Two words that are read as common courtesy are weighted with so much emotion and relief and you can truly feel that," said Frank.

Frank's approach in working with grieving families is to talk to them like they're someone he knows, a friend even. "Comfort can be shared if you set the tone of the conversation. I keep in mind that although they just lost someone they love, they're still people.

Sometimes they need a smile or a laugh through the tears."

Massachusetts requires two years of apprenticeship either before or after school, and Frank has chosen to complete his apprenticeship at Keohane while finishing an Associates Degree in Funeral Science.

Frank began his higher education at UMASS Lowell in engineering, then transferred to Quincy College for business. Once he became interested in funeral service, he started at American Academy McAllister Institute of Funeral Service, but now attends Fine Mortuary College, a private two-year college in Norwood.

Following his graduation from mortuary college, Frank will take national board exams and complete the two-year apprenticeship at Keohane. He will then take state exams to become a licensed funeral director in the Commonwealth of Massachusetts.

"Frank is certainly a team player but also adds a level of calmness to the work environment. He doesn't let the chaos of the day affect how he reacts to situations," said John.

"The team I work with is top notch. When I say team, I mean team. Not only does everyone go above and beyond for the families, they do it for each other," said Frank. "It's nice knowing everyone you work with has your back."

Frank grew up in Braintree as one of eight brothers and sisters, but recently moved into his grandparents' old house in Quincy along with his girlfriend. Outside of work, Frank spends time with his girlfriend, family, and friends. "If I'm not working on the house, I like to garden and make use of my greenhouse," said Frank. "If I'm not at home I like to golf or go disc golfing."

He volunteers at South Shore Support Services by helping take care of children with special needs. "My younger brother Carmen has autism, and he has been a huge influence on who I am as a person. He has cultivated a level of patience in me that has helped me with this job and in life," said Frank.



FREQUENTLY ASKED QUESTION

Why Do We Still Have Funerals?



Funerals are important ceremonies that not only allow us to celebrate and honor those who have died, but also provide comfort and healing within a community for those left behind.

"When a person dies, we are struggling with raw emotions. Ceremonies provide the framework to work through the grief and begin the healing process," said Co-president John Keohane.

A funeral service plays many important roles but providing closure through the opportunity to say goodbye to a loved one in a safe and supportive way is one of the most important purposes. Funerals provide the opportunity to say a final farewell and can help loved ones accept the reality of the loss in order to begin transforming their grief into healing.

"For as long as there have been people on this earth, there have been funeral rites. It is a fundamental human need to pay tribute to the deceased and to provide closure as friends and family deal with their loss," said Joe Reardon, Vice President for Community Development and Advance Planning.

A funeral that includes a viewing, either a private viewing with just the immediate family or a public viewing, provides the opportunity for closure and healing in a particularly concrete way. Immediately after a death occurs, it can be difficult for many people to grasp the reality of a deep loss, and a viewing provides the chance to smooth the initial shock of loss and move toward acceptance. A funeral with a viewing gives mourners the chance to say goodbye to

a loved one and to actually see the fact that death has occurred helps mourners acknowledge the reality of loss and facilitate their journey toward healing.

Why Do We Have Funerals with Cremation?

Even if your loved one chooses cremation, a funeral or memorial service continues to provide the chance to say a final farewell and can help loved ones begin their journey from grief to healing.

More and more people are choosing cremation as a means of final disposition and some mistakenly believe that means that they can't have a funeral or don't need a funeral. But the truth is that you can have a funeral, and even visitation, prior to cremation or you can decide to hold a memorial service following cremation. In fact, cremation opens up many possibilities for memorialization.

"My sister-in-law's mother donated her body to science, but her children still held a funeral mass at her church," said John. "All eleven of her grandchildren came from across the country to celebrate her life. At the reception following the funeral, we told stories and shared memories of her. We were laughing and crying at the same time! It was very healing and there was a special bond with everyone who loved her."

For more information on the importance of funerals, please contact us at any of our locations to speak to one of our knowledgeable funeral directors, or call our main office at 1-800-Keohane (800-536-4263).