

Options Counseling Offers Support for Independent Living



Finding help with personal care, household chores, transportation, nutrition, or medication management for yourself or a loved one can be a challenge. [Options Counseling](#) is a no-cost resource that links caregivers, elders, or disabled adults to services that help them or a loved one live independently. It is a free, short-term program for those eighteen and older with a disability; for those sixty and over; and for families and caregivers to help make informed decisions.

Options Counselors can provide information on a range of resources available and ensure that you, your family, or caregiver understand the options, can make an informed choice, and then decide on the next steps. Options Counseling can help those looking to remain independently in their community, those looking to transition out of long-term care/nursing facilities, those leaving the hospital, and a variety of other situations. Caregivers can also take part in Options Counseling to discuss how to care for their loved one going forward.

"Options Counselors can connect you to local resources in your community while reducing information overload. The program is person-centered, meaning the individual sets the goals to be worked on. The Options Counselor will start by listening and gathering information from the individual, before summarizing and confirming the individual's goals. The Counselor will then assemble resources and provide this follow up as needed, answering questions along the way. The individual will be able to evaluate all options and make the decisions that are right for them," wrote Wren Meyers, Chief Strategy Officer at South Shore Elder Services, via email.

How Does it Work?

Options Counseling can be provided almost anywhere—in the home, in the hospital, at long term care facilities, out in the community, such as the library or Dunkin' Donuts, by phone, or even by email! Options Counselors can be anywhere you are. Information can be provided in one meeting or over a series of meetings.

Options Counseling referrals can be made by contacting any local Aging Services Access Point (ASAP). All ASAPs are part of the "No Wrong Door Policy," so no matter which agency

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THE IMPORTANCE OF GATHERING TO GRIEVE

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SUPPORTING OUR LOCAL RESTAURANTS

With the rise of omicron and the colder weather, many people just want to stay at home. This can make winter a challenging season for restaurants, which means that supporting local businesses is now more important than ever.

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KEOHANE HELPS MAKE FUNERAL SERVICES MORE PERSONAL

Just as each individual is unique, each funeral service at Keohane Funeral Home is tailored to celebrate a person's life, support the needs of the family, and comfort those in attendance. The most important goal when sitting down with a family to plan a memorable service...

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Keohane
FUNERAL HOME
Quincy, MA

McDonald Keohane
FUNERAL HOME
Weymouth, MA

Pyne Keohane
FUNERAL HOME
Hingham, MA

The Importance of Gathering to Grieve

The pandemic has required that we be flexible and make adjustments to our regular routines and ways of life. This is especially true when it comes to funeral services. While some families may wish to hold in-person gatherings open to all who wish to attend, others may feel more comfortable limiting the number in attendance to close family and friends—with a livestream of the service available to all. Others might decide to have a limited gathering initially, followed by a larger gathering at a later point in time where it feels more safe to them.

Whatever your level of comfort, having a visitation and funeral service is important because they are essential ceremonies that not only allow us to celebrate and honor those who have died, but also provide comfort and healing within a community of those left behind.

As we have learned over the past two years, gatherings can take many forms and are an important part of the process of moving on. We recommend some type of gathering as part of the healing process—whether it's in-person, online, or held at a later date.

"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 of Keohane Funeral Homes.

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.

Are Visitations Still Relevant?

Traditionally, a visitation was directed by religious rituals which involved two days of calling hours prior to the funeral service, with an open casket to view the deceased. Calling hours today are much more flexible



Gathering to grieve provides the opportunity to say a final farewell and helps loved ones begin transforming their grief into healing.

and tailored to each family's needs. In our fast-paced world, many families want to get through the funeral as quickly as possible. But the healing impact of taking the time to receive family and friends and to pay respects to the deceased is just as powerful today as in years past.

We encourage our families to slow down and take the time to begin the healing process through the important customs of a funeral service, including calling hours. Calling hours helps loved ones accept the loss and begin the healing process as they are supported by others. Calling hours also allows the family the opportunity to hear many stories of their loved one through the eyes of those that were touched by his or her life.

A funeral that includes a viewing—either a private one with only the immediate family or a public one—provides the opportunity for closure and healing in a particularly concrete way. Immediately after a death occurs, it can be difficult for many 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 see for themselves that

death has occurred, helping mourners acknowledge the reality of loss and facilitate their journey toward healing.

"As someone who felt we had to delay a larger service because Dad's death was so early in the pandemic, we had a memorial service one year later. It took place outdoors (graveside and at a park) on the anniversary of his passing. It was good to have that, and we were also fortunate to be able to view the body with family before he was cremated. After the fact, my sister said she was glad she got to see the body. I never would have known that was important to her," said Ruth Paarmann, Facebook Program Coordinator & Writer at FAC Marketing.

Is It Safe to Gather?

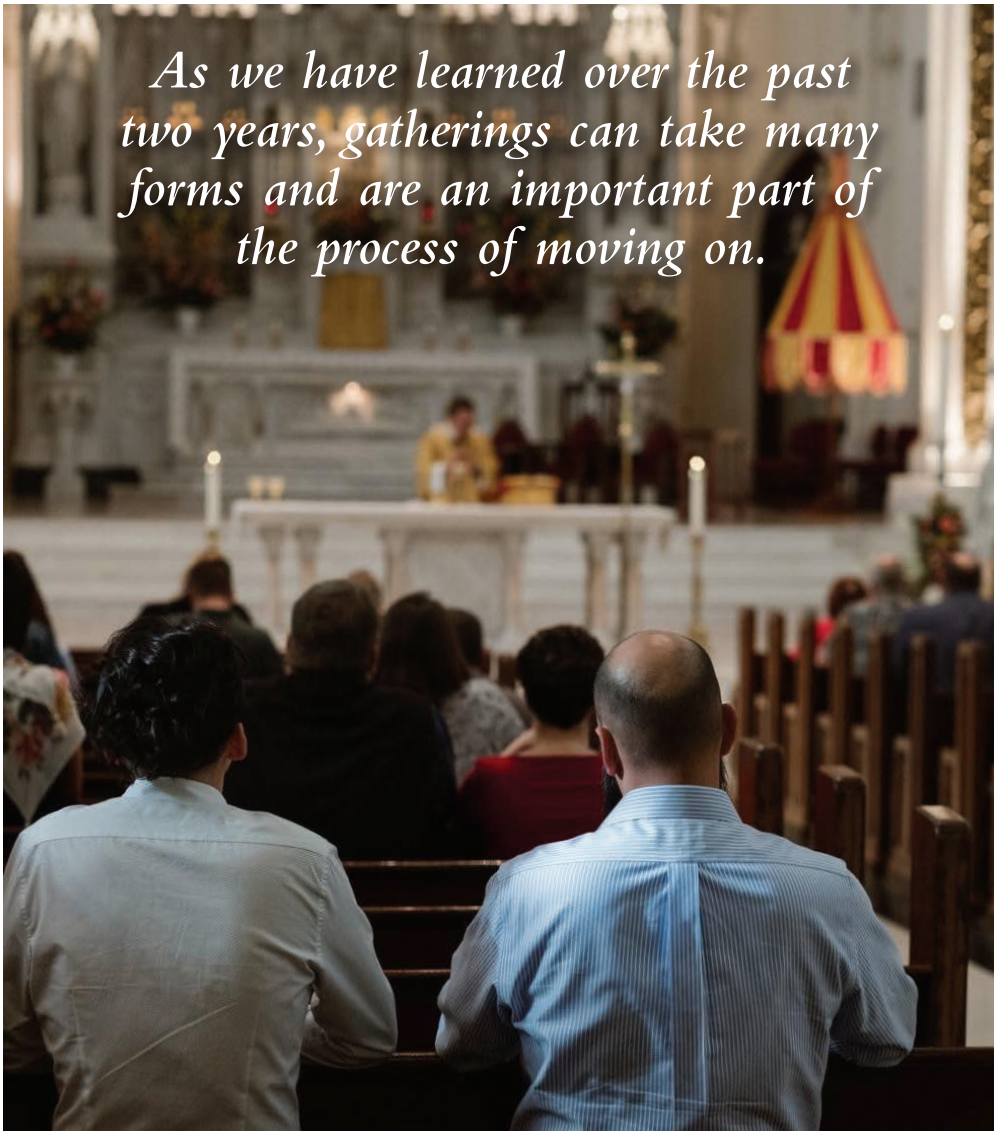
Keohane Funeral Home wants to reassure you that we are committed to ensuring the health and safety of our families and our employees. We are closely monitoring the evolving situation surrounding COVID-19 and are following guidance provided by the CDC and local Massachusetts health officials. We have conducted safe funerals

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from March of 2020 all the way to the present time. There have been many misconceptions that only a cremation without any service was the only option when someone passed during COVID. We have had visitations, church services, funeral home services, private services, and graveside and cremation services.

We knew from the beginning of the pandemic that we had to make sure our team, facilities, and the families we served were safe. We instituted safety protocols for the safe transfer of deceased individuals from private homes, hospitals, nursing homes, and hospice houses into our care at the funeral home. Our team was supplied with the proper PPE to help them do their job without sacrificing their health. We added social distance markers on the carpets, placed hand sanitizer throughout the buildings, required masks, and set up barriers between families and guests as a visual reminder that they should keep appropriate distance.

For those families who were not comfortable making arrangements in person, we pivoted to add Zoom conferences to complete funeral arrangements online, added DocuSign for a way to sign contracts and authorizations, offered tribute videos that were added to our website, and started livestreaming funerals, which could be watched from our website in the comfort of one's own home.



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you call, the referral will be sent to the appropriate agency for follow up.

Individuals can also call [Mass Options](https://www.massoptions.org) at (800) 243-4636 for a referral as well. South Shore Elder Services is the ASAP for 11 towns on the South Shore: Braintree, Cohasset, Hingham, Hull, Holbrook, Milton, Norwell, Quincy, Randolph, Scituate, and Weymouth. Contact them at (781) 848-3910 or visit www.sselder.org for more info.

What Resources Are Available?

Each person's situation is different, therefore the resources discussed and provided will depend on the factors

at play. Resources range from services available at the state and federal level, along with community resources. A review of informal and formal supports is also discussed, especially how to help engage informal supports when additional assistance is needed. Options Counselors will work with the individual to provide this information in the best format for them, including in writing by mail or email, verbally, or by communicating with another individual on their behalf.

Family Caregiver Support Program

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.

"Both Options Counseling and the Family Caregiver Support Program are free and can be utilized as many times as needed. This resource is invaluable in connecting individuals and families to their local communities for support. During the COVID-19 pandemic, both Options and Family Caregiver have continued to be available and have quickly learned and adapted to the pandemic," said Meyers.

SUPPORTING OUR LOCAL RESTAURANTS

With the rise of omicron and the colder weather, many people just want to stay at home. This can make winter a challenging season for restaurants, which means that supporting local businesses is now more important than ever. You can help local restaurants stay in business by visiting your favorites for takeout, if not in-person dining. Another way to offer support is to give restaurant gift certificates to your friends and family.

Whether it's dining in, taking out, or even buying a gift card, you can make an impact on our local economy, support your neighborhood restaurants, and invest in our South Shore community. Here are some great establishments that provide delicious fare, refreshing drinks, and community comradery.

Open for in-person dining or takeout, Rozafa has something for everyone, with everything made fresh to order. Join Rozafa for Dollar Oyster Wednesdays. Buck-a-shuck starts at 5 pm every Wednesday night. Gift certificates are available.

HOURS

Monday 8 am to 3 pm
Tuesday – Sunday 8 am to 10 pm
Breakfast: 8 am to 3 pm
Lunch: 11 am to 3 pm
Dinner: 3 pm to 10 pm



Alba

1486 Hancock Street, Quincy
(617) 376-2522

www.albaquincy.com

Alba is a premier Mediterranean Steakhouse located in Quincy. They specialize in dry-aged steaks, the freshest seafood, and the finest wines around. You can expect fine dining in comfortable, elegant surroundings with locally sourced, creatively prepared dishes, perfectly complemented with selections from one of the region's most extensive wine lists. Pick up a gift card for a special gift or treat.

Alba is Quincy's premier location for distinguished business and social events, including bereavement lunches. To request more information, please email eventplanner@albaquincy.com or give the restaurant a call.

KITCHEN HOURS

Sunday 3 pm to 9 pm
Monday – Saturday 4 pm to 10 pm

BAR HOURS

Daily until 1 am

Hingham Restaurants



Square Cafe

150 North Street, Hingham
(781) 740-4060

www.thesquarecafe.com

The Square Cafe is a boutique-style restaurant, located at the heart of Hingham Square, serving French-accented bistro dishes in an intimate and elegant atmosphere, with sidewalk seating as well. The straightforward, vibrant cuisine is seasonally driven and crafted with excellence, using the best-sourced local ingredients. Dinner specials rotate every Friday and Saturday night.

The Square Cafe is open for takeout, indoor dining, and even outdoor dining on their heated patio. They also offer [gift certificates](#), which can be purchased directly from their website.

HOURS

Lunch: Monday - Saturday 11:30 to 3 pm
Dinner: Sunday - Thursday 5 to 9 pm;
Friday & Saturday 5 to 10 pm



Quincy Restaurants



Rozafa Mediterranean Bistro

1089 Hancock Street, Quincy
(617) 657-5111

rozafabistro.com

Located in beautiful downtown Quincy, Rozafa Mediterranean Bistro is a family-run eatery offering a diverse menu of breakfasts, burgers, and Italian dishes.



Veal Milanese Alla Napoletana, perfectly paired with Duckhorn Cabernet Sauvignon at Alba in Quincy.



Greenside Grille at the South Shore Country Club

274 South Street, Hingham
(781) 749-1720

www.greensidegrille.com

The Greenside Grille, located at the beautiful South Shore Country Club in historic Hingham, is an upscale tavern featuring classic American fare with an Italian flair. It's situated scenically, with a patio and golf-course views. The Greenside Grille is open to members of the South Shore Country Club and the public alike. Join them for a fun night out on Trivia Tuesdays at 7pm. Reservations strongly suggested for tables, bar seating is first come, first served!

They offer dine in, takeout, and curbside pickup, with ordering online an option. Gift cards are available in any denomination. You can pick one up at the restaurant or purchase one online here: www.thesquarecafe.com/product/gift-certificate.

HOURS

Monday – Saturday 11 am to 9 pm
Sunday 11 am to 8 pm
Curbside pickup & local delivery:
Wednesday - Sunday 3 pm to 8 pm

Weymouth Restaurants



Grille 151

151 Main Street, Weymouth
(781) 803-6696

www.grille151.com

Grille 151 is an upscale, yet comfortable American restaurant specializing in seafood, beef, and comfort foods. Centrally located immediately off Route 3 in Weymouth, Grille 151 is located in the former site of the Hearth 'n Kettle restaurant, which operated there for 23 years before closing in July 2020. Grille 151 offers a high-quality dining experience at affordable prices. For your convenience, you can order food and purchase gift cards online. The restaurant offers private dining for special events, including post-funeral bereavement luncheons. Over 100 free on-site parking spots!

HOURS

Open Wednesday - Sunday
Tavern Menu: 3 pm to 5 pm
Dinner Menu: 5 pm to 10 pm
Brunch Menu on Saturday & Sunday:
11 am to 3 pm
Bar open until 11 pm

Stockholders Steakhouse

1073 Main Street, Weymouth
(781) 335-3100

www.stockholderssteakhouse.com

Stockholders Steakhouse brings a little bit of Boston to the South Shore, including the quality of their food, creatively executed menu, welcoming environment, and the superior dining experience often associated with urban dining—without the commute. The ambiance of Stockholders is that of an upscale, urban steakhouse without the extravagant prices. Their menu offers both traditional and inventive steak options (in a variety of cuts utilizing only the highest quality USDA choice beef products) prepared on an oak-burning grill; a sizable selection of farm-raised and wild seafood from both local waters and abroad; and an array of fresh pasta dishes.

Stockholders offers [private dining](#) and [catering](#) to cover all your events! The award-winning Stockholders now offers [online ordering and delivery](#) through Uber Eats. For pickup, order by phone at (781) 335-3100. You can also order [gift cards online](#).

Dine In · Takeout · Delivery

HOURS

Closed Monday
Sunday & Tuesday - Thursday
12 pm to 9 pm
Friday & Saturday
12 pm to 9:30 pm



Keohane Helps Make Funeral Services More Personal



One of our funeral assistants, Bob Cole, dressed as Superman in remembrance of a little boy who adored superhero characters.

Just as each individual is unique, each funeral service at Keohane Funeral Home is tailored to celebrate a person's life, support the needs of the family, and comfort those in attendance. The most important goal when sitting down with a family to plan a memorable service for their loved one is to honor the singular life lived. Together, we discuss the various options and personalize a service based on specific needs, traditions, and interests. Each member of the Keohane team works tirelessly to make the process as seamless as possible in such a difficult time.

"So much of what we do is geared from our conversations with individual families," said Co-President John Keohane. "Once we learn about a person and what they were passionate about, then we can make suggestions on how to incorporate these details."

Ways We Personalize a Funeral Service

A personalized funeral service brings closure and meaning to friends and family, while celebrating a unique individual and honoring the values of the family left

behind. Our staff works with each family to plan a personal and significant celebration of their loved one's life.

Our funeral directors incorporate innovative ideas into the funeral service to honor a loved one's unique qualities, traits, and interests. Examples include having the funeral procession led by a favorite car, motorcycle, or work vehicle; providing a favorite candy during visiting hours; or playing a wedding song as loved ones exit from the service.

"We've had 18-wheeler trucks parked in front of the funeral home to honor a beloved union member. We've arranged celebrations to take place in local taverns, outdoor facilities, and individual homes," said John.

For one special service, our funeral assistants dressed as superheroes in honor of a little boy who had passed away and had adored superhero characters.

Personalized services can include framed photos or a memory board; special poems and memorial verses; music that invokes a memory of the deceased; video tributes; and much more.

Home Visitations

As funeral professionals, we are able to have conversations with families in order to tailor a ceremony that is perfect for their needs. Home visitations were more prevalent last year than for many years prior. The tradition for home visitations often comes from the early days in our country, or the country people may have emigrated from.

"Many Irish families have had home wakes for generations. Today, some Irish-American families still request a similar type of ceremony to honor their loved ones and to celebrate their heritage," said John.

A home wake is typically held for one day, followed by a ceremony at a church or other location. Some families choose to have a home wake for the immediate family, then a public visitation at the

funeral home, followed by a ceremony at a church or other location.

Funeral homes are built in such a way to accommodate more people, with the entrances and exits wide enough for a casket to easily be brought in and out of the building. For many residential homes, that is not always a possibility, so special consideration has to be taken. If a person was cremated first, then an urn can easily be placed in a home for a ceremony.

Personalized Services for Cremation

Cremation has become a much more popular option, providing a myriad of choices. Families can hold the service prior to the cremation, or have the cremation first, with a memorial service following.

There are many creative options for dispersing the cremated remains. We provide the option to divide the remains for burial and scattering, and even help to arrange scattering services on land or sea. We also offer a full line of cremation jewelry, to hold a small amount of the cremated remains, and a full line of reasonably priced urns and keepsakes.

When families choose cremation, our funeral directors ensure that everyone has the opportunity to pay respects, grieve, and begin to move forward. We help families consider the ramifications of their decisions down the road.

Personalized Services Bring Closure and Meaning

At Keohane we know that paying respects to the deceased is as powerful today as in the past, but the most meaningful funeral services celebrate the unique life of an individual. The more personalized the funeral service, the more healing to friends and family who realize that the life of their loved one has been truly commemorated.

"We try to make each service unique," said Funeral Director Megan Dunn "by personalizing the service in a way that's fitting to the family, as well as the loved one being honored."

OUR TEAM

Ed & Joan Keohane



At the heart of the funeral home team are the co-captains, Ed and Joan Keohane, married for nearly six decades; parents of four children and grandparents of eight perfect grandchildren. After many years as the head of the family business, Ed currently serves as the company Chairman while his sons, John and Dennis, have taken over the day to day operations. Joan has kept the home fires burning, raising their family as Ed worked long hours to serve the needs of his hometown community.

As partners, Ed and Joan have instilled a sense of pride and connection in their business, their community and their family—all while keeping a sense of humor and an ability to roll with the punches in an unpredictable and time consuming family-run business.

"It really is a partnership. We had to figure out the best way to do this," said Joan. "You have to have a sense of humor in this business. But it is a very rewarding way of life by really helping people through a very tough time."

Ed's father, Cornelius Keohane, founded Keohane Funeral Home in 1932. Cornelius set the standards for the high level of professionalism and commitment to community that has been passed from father to son for three generations. When Ed was young, he always wanted to take over the family business from his father, and he began his apprenticeship at Keohane in 1965 after graduating from Providence College. His father retired from the business five years after Ed became licensed.

"I was fortunate to have a father who was a capable business person with a deep passion for helping people," said Ed.

Under Ed's management, the company grew. Keohane acquired a second funeral

home in Hingham in 1981 and in 2011 they purchased the McDonald Funeral Home in Weymouth.

"Now that my sons are running the business, I'm back to where I started—keeping the lawns mowed," said Ed.

Ed and Joan were born and bred in Quincy and attended the same high school. They met when Joan became a babysitter for Ed's older brother, Bob, who lived on her street. Ed and Joan were high school sweethearts until Ed went to Providence College. Although they dated other people while he was away, they eventually came back together and married.



"It's been a wonderful life," said Joan. "All in all, it's been a fabulous life!"

Growing up, Joan lived four houses down the street from the current Quincy funeral home location. When the house across the street from the funeral home went up for sale, Ed and Joan bought it for their growing family.

"It was our choice to live across from the funeral home," said Joan. "It was better for the kids to be close by, and it was better for Ed who could come across the street for a quick bite to eat."

Ed and Joan did not pressure or expect their children to become part of the family business, and encouraged them to try another profession first. "It is an extremely demanding profession, which was great for us, but we didn't want our

children to feel like they had to do it," said Joan. "John was a financial planner for five years, and Dennis just wanted to do this right away after college."

Ed is quite proud that his sons have followed in his footsteps. "They run the business. I'm very proud of everything they've done. At the beginning, it was difficult to let go, but I found ways to be useful."

Over the years, Joan has done some decorating for the funeral home, replacing items such as upholstery, wallpaper, and drapes. But mostly she stayed at home with the family and volunteered her time at the church and at the children's schools by making costumes for the school plays, providing lunch monitoring, and becoming the President of the Mothers' Club at Archbishop Williams High School. Ed joined her as Chair of Archie's Place, an annual weekend fundraiser for the school, which was a huge project for the devoted pair.

Outside of work, Ed has also been devoted to business and civic events and organizations. His affiliations include: past President of Massachusetts Funeral Directors Association, past board member of New England Institute, past President of Select Independent Funeral Homes Association, member of National Funeral Directors Association, past Chairman of the Board of Colonial Federal Savings Bank, past President and member of Quincy Rotary Club, past Grand Knight of Quincy Knights of Columbus, past President of the BoSox Club, past director and member of the South Shore Chamber of Commerce, past President of Quincy Chamber of Commerce, and board member of Quincy Catholic Academy.

Joan and Ed enjoy spending time with their grandchildren and hosting huge family celebrations, especially during the holidays. The pandemic has not slowed Ed and Joan down. After the initial stay at home request, they returned to their active social life of dinner with friends, community activities, travel, and just enjoying life to the fullest.



FREQUENTLY ASKED QUESTION

How is Keohane Funeral Home Different?



Our team is an important part of what makes Keohane Funeral Home stand out from the others.

We are a family-owned funeral home that knows and understands the communities that we serve. There are three main differences that we offer at Keohane: our people, our facilities, and our creativity.

"We have a diversified group of team members in ages ranging from 18 to 80 years old. Both men and women have worked together as funeral directors and apprentices. The people who choose to join us are all kinds of people looking to help others. We've found great success in hiring kind people and then training them in all facets of our profession," said Co-President John Keohane. "Our facilities are comfortable and inviting. We take pride in keeping our facilities up to date and attractive for the various seasons. We've had so many creative ceremonies over the past two years due to COVID, with our funeral directors doing whatever it took to help a family say goodbye. That level of creativity and flexibility made a difficult time very meaningful, even if it was for fewer people in attendance."

Why Choose a Family-Owned Funeral Home?

There are important differences between a funeral home owned by a local family and one run by a large corporation. A family-owned funeral home has roots in the community and can focus on the quality of care of the family in need, not the profits of the shareholders.

"First and foremost, we are your friends, neighbors, and community partners. While many corporations are taking over family-owned businesses of all industries, we've managed to stay independent. By knowing the community, we help families connect with local clergy and musicians to provide a memorable service," said John.

A family-owned funeral home gives you and your family the personal attention and compassionate care that you deserve in a time of need, as well as additional support even after the funeral is over. At Keohane we provide an annual holiday memorial service for families who have lost someone over the past year to remember their loved ones during the holidays, which can be an especially challenging time for those grieving a loss.

Employment at Keohane supports people in the South Shore community, and our involvement in local organizations continues to strengthen our communities. Our support of local causes such as our Plant.Grow.Share program, which provides fresh food to local food pantries, binds our communities together and also helps those in need.

For more information on the benefits of a family-owned funeral home, or to speak with one of our knowledgeable funeral directors, please [contact us](#) at any of our locations, or call our main office at 1-800-Keohane (800-536-4263).