



# COMMUNITY CONNECTIONS

Making The South Shore a Better Place

## Another Successful Coat Drive Brings Warmth to our Community



Thank you to everyone who cleaned out their closets and contributed warm coats to people in need as we entered another winter in New England. With your help, we collected more than 800 coats for those in need.

We were fortunate to deliver a van full of coats to Interfaith Social Services in Quincy, who will distribute the coats throughout the community. A heartfelt thank you to our partners at Dependable Cleaners who collected and cleaned all donated coats – we couldn't have done it without you. We look forward to our 12th annual coat drive later this year!



## Around the Community

### QUINCY:

- **36th Annual Lunar New Year Festival:** Sunday, February 18th, 2024, 11am-3pm at North Quincy High School. Hosted by QARI and features cultural performances, arts and crafts, Asian food and drinks, and more. <https://bit.ly/47yUwCj>
- **Adult Board Game Night:** Wednesday, February 14th, 6:30-8:30pm at Wollaston Library. Adults are invited to join for a monthly board game night at the library. Try new board games or play some old favorites. <https://bit.ly/3Hgoznl>

### WEYMOUTH:

- **25th Annual Little Christmas in Jackson Square:** Sunday, January 21st, 3-5pm at East Weymouth Congregational Church. Features local choirs, instrumentalists, and soloists while raising money for the Weymouth food pantry. <https://bit.ly/3TSiMvV>
- **Weymouth Winter Farmers Market:** Sundays, January 28th, February 25th, March 24th, 10am-1pm at Chapman Middle School. <https://www.weymouthfarmersmarket.com/>
- **Blood Pressure Clinic:** Wednesdays, January 24th, February 14th and 28th, March 13th and 27th, 11:30am-1pm at Tufts Library. Get a free blood pressure screening from the Department of Public Health nurses.

### HINGHAM:

- **Lunar New Year Lantern Walk at World's End:** Saturday, February 10th, 5-8pm. Pre-registration is required. <https://thetrustees.org/event/409117/>

- **Nantasket Polar Plunge for Special Olympics:** Saturday, February 24th, 12pm at the MJM Bathhouse. Plungers will charge into the ocean waters to support Special Olympics. <https://bit.ly/48u5zxP>
- **Great Books You May Have Missed 2023:** Saturday February 24th, 11am-12pm at the Hingham Public Library. Hingham's Collection Development Librarian will share top titles of 2023 across several genres of fiction and non-fiction. <https://bit.ly/3vDUiMC>

## From The Blog: Navigating Modern Funeral Etiquette

Funerals are poignant moments that honor and remember the loved ones who have departed, offering solace for grieving families and friends. However, navigating modern funeral etiquette can be a daunting task. We're often asked how to properly express sympathy, dress appropriately, and behave respectfully. At Keohane Funeral Home, we understand deeply how important it is to say goodbye with grace, and we're here to guide you through the nuances of contemporary funeral etiquette.

- **Be Punctual and Respectful:** Arrive on time for the funeral service. If you're running late, enter quietly and take a seat at the back to avoid disruption.
- **Silence Your Phone:** Make sure that your smartphone is on silent mode or turned off during the service to maintain a solemn atmosphere.
- **Offer Condolences with Compassion:** Express your sympathy to the grieving family either in person or with a thoughtful card. Keep your words simple, sincere, and focused on offering support.
- **Respect Religious and Cultural Practices:** Familiarize yourself with the religious or cultural customs that may be observed during the funeral. Be mindful of these traditions to show respect.

## Selecting Appropriate Attire

- **Dress Conservatively:** Opt for subdued and respectful attire, such as dark or muted colors. Avoid flashy or overly casual clothing like sweatpants, jeans, and t-shirts.
- **Consider Cultural Sensitivities:** If you're attending a funeral with cultural customs different from your own, inquire about appropriate attire or symbolism in advance.

- **Avoid Distinctive Fragrances:** Skip the heavy perfume or cologne. Strong scents can be overwhelming in close quarters, and there may be people in attendance with sensitivities to these fragrances.
- **Wear Comfortable Shoes:** Funerals often involve standing for periods, so choose footwear that is both respectful and comfortable.

## Expressions of Sympathy

- **Personalized Condolence Messages:** When sharing your sympathies, share specific memories or qualities you appreciated about the deceased. This personal touch can be comforting for grieving families.
- **Practical Offerings:** Consider offering practical assistance, such as preparing meals, running errands, or providing childcare, to help alleviate the burden on grieving family members. Some folks will send gift cards for meal delivery services or groceries as well, if there are young kids in the immediate family of the deceased.
- **Send Flowers or Memorial Donations:** Flowers or charitable donations in the name of the deceased can be thoughtful gestures. Be mindful of the family's preferences or any expressed wishes for donations before proceeding.
- **Follow Up After the Funeral:** Grief persists beyond the funeral day. Reach out to the bereaved in the weeks and months following the service to offer ongoing support. These are often the most challenging times for loved ones left behind.

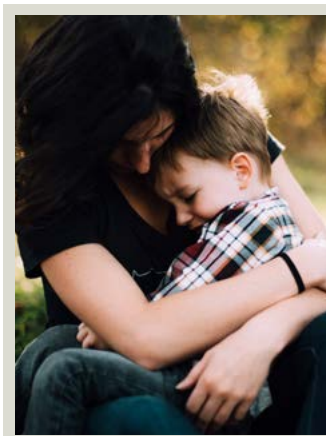
At Keohane, we believe that saying goodbye with grace involves a blend of tradition and consideration for contemporary sensitivities. By following these guidelines on modern funeral etiquette, you contribute to establishing a supportive, respectful environment for grieving families.

If you have any questions or need further guidance on funeral etiquette, please don't hesitate to reach out to our compassionate team here at Keohane. We are here to assist you in navigating this delicate and important aspect of honoring and remembering your loved ones.



## SPOTLIGHT: Tips for Helping a Grieving Child

Losing a loved one is always difficult, but it can be particularly hard on children, who may not fully understand the emotions that they are feeling. These tips can help you help a child who is experiencing grief:



- Be there for the child. Listen when they need to talk and hug them when they need comfort.
- Relay fond memories about the loved one to the child and encourage them to share their own memories.
- Encourage the child to draw a picture or write a letter to their loved one. Let them express their emotions in a healthy way.
- Frame a picture of the loved one for the child or give them another memento to remember their loved one by.
- Include them in the funeral service. Let them read a poem or sing a song during the service. Even just attending the funeral with family and friends can help them process.

Please visit <https://keohane.com/resources/faqs/> to view other helpful answers to common questions.

## Ask Keohane: What options do I have for a greener burial?

For many of people, being environmentally conscious has become a part of our daily lives. For some, this means exploring options for greener burials that offer sustainability and a meaningful way to allow their loved ones to harmonize with nature as they return to the earth. At Keohane, we're proud to be a leading provider of green burials in New England.



## What is a green burial?

A green burial occurs in a green cemetery or natural burial ground. These specially designated places are chosen for their commitment to preserving the natural landscape. The funeral process avoids the use of burial vaults and embalming chemicals, which can have long-term adverse effects on the environment.

## According to estimates, the yearly impact of conventional burial includes the burial of:

- 4.3 million gallons of embalming fluid
- 64,500 tons of steel, 2,700 tons of copper and bronze, and 20 million board feet of hardwood for caskets
- 1.6 million tons of reinforced concrete and 14,000 tons of steel for burial vaults\*

We believe that the final goodbyes for a loved one should reflect the values that mattered to them most in life. Opting for a green burial honors the memory of your loved one while also taking action to create a more sustainable and eco-friendly world.

\*Data from [greenburialma.org](http://greenburialma.org)

## What is the green burial process?

With green burial, a body is not embalmed, avoiding chemicals that can have long-term harmful effects on the environment. One of the most distinctive features of the process is the use of fully biodegradable caskets, made from sustainable materials like pine or bamboo, which are chosen carefully to have minimal impact on the environment. The casket is placed directly into the earth, where it decomposes naturally over time.

Keohane will guide you and your family through the entire green burial process, making it as easy as possible for you and your loved ones. We understand that choosing a green burial is a deeply personal decision and not just a statement of environmental responsibility.

## Why are people selecting green burials?

**Reduced Environmental Impact:** By forgoing embalming chemicals and non-biodegradable caskets, green burials reduce chemicals and materials seeping into the earth, which helps to preserve the ecosystem of the natural burial grounds.

**Conservation of Green Spaces:** Green cemeteries are typically located in areas that promote preservation not only of natural landscapes, but



of wildlife habitats. Opting for a green burial supports the conservation of these spaces for future generations.

**Emotional Comfort:** Many people find a deep solace in the prospect of returning to the earth in a way that supports the local environment. Green burials thus offer a unique sense of peace and lasting connection with nature.

If you have any questions about our green burial options or need assistance with funeral arrangements, please don't hesitate to reach out to our caring and knowledgeable team.

**Contact Us:**

**800.536.4263**

[www.keohane.com](http://www.keohane.com)



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