



COMMUNITY CONNECTIONS

Making the South Shore a Better Place

Hello Autumn!



It was quite a summer, even with the rain falling every weekend! Highlights included Keohane's Run to Home Base team participating in this year's event, with Dennis Keohane and his daughter Colleen completing their runs and reaching their fundraising goal of \$1500 on behalf of Home Base, which provides free clinical care for veterans, service members, and military families. In total, nearly \$3 million dollars was raised for the cause this year.

The Plant.Share.Grow program helped generate a substantial volume of fresh produce donations to local food pantries this season. Our partners at Interfaith Social Services, Farmer Jon Belber, and the Weymouth Food Pantry were instrumental in making this a successful initiative for the community.

As summer transitioned to fall, the renovated McDonald Keohane Funeral Home was

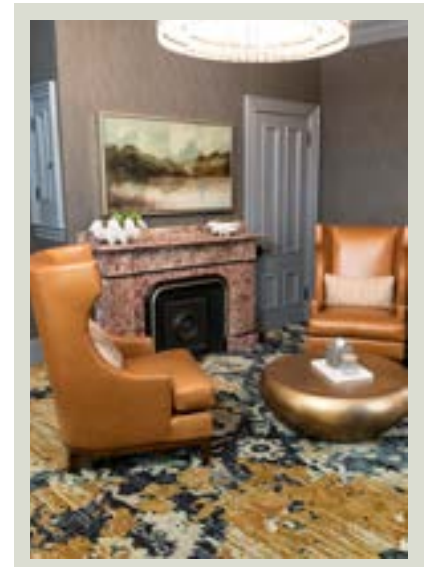
showcased in an Open House on September 27th (photos below); we are so grateful to everyone who came through to spend time with us!

Later this fall will see a revamped www.keohane.com website, featuring an updated logo with brighter colors and design elements. The new site will feature a more modern, sleek design that will be easier for you to navigate while providing you with the information and resources that our community has come to rely upon. A firm launch date will be announced soon on our Facebook page!

McDonald Keohane Funeral Home Open House

After an extensive renovation, the McDonald Keohane Funeral Home at 40 Sea Street in North Weymouth held an Open House

reception on September 27th, with both morning and evening events attended by a diverse array of local businesspeople and community leaders. If you haven't seen the renovated property yet, take a look below. What do you think?



Meet Joseph Walker, the Advance Planning Funeral Director at Keohane, who joined us in September 2023. However, this isn't Joe's first experience as a member of the Keohane team—back in the mid-to-late '80s, Joe served his Massachusetts funeral director apprenticeship here!

"I've been in death care and funeral services for 45 years, and I've known the Keohane family and the fine reputation of the Keohane Funeral Homes for all of those years," he said.

Joe came to Keohane from Blue Hill Cemetery in Braintree, where he brought their crematory online in 2013 and stayed until just a few months ago, after training his replacement. Why did Joe choose to come to Keohane? "I just really missed the funeral home environment and helping families make arrangements, and this opportunity presented itself and it all just fell into place."

An Iowa native, Joe grew up in a small farming community and lived next door to the local funeral home, which happened to be in the funeral director's own home. He began doing odd jobs there in junior high and high school, eventually became a little more involved before leaving for college in Dubuque, Iowa, where he earned a degree in biology and chemistry. This led to a couple of years of teaching school before Joe thought to himself, "I need to get to mortuary college and pursue my desire."

This decision ultimately landed Joe in Boston and the New England Institute, where he chose to enroll and earned a degree in mortuary science. Having fallen in love with Boston and the New England area, Joe returned to the region after completing his postgraduate internship in Iowa and has been here ever since.

Having worked in a variety of aspects of death care, including product development, marketing, and teaching at his alma mater, Joe is now working at Keohane with students he taught. "It's come full circle," he said with a laugh. "It is very fulfilling—I'm learning as much from them now as they learned from me back in the day."

What is it about this industry? "It's a calling," he stated. "In order to be fulfilled and successful, you have to really want to do this. There's no halfway. You have to be dedicated to the needs of the families that you're serving. You have to be able to adjust quickly and on the fly. Keohane has such a long reputation for death care and funeral service...it's just an honor to be here."

What makes Joe love his work? "Just knowing that you're guiding people, assisting them, through



EMPLOYEE SPOTLIGHT: **Joe Walker**

one of the most difficult times of their lives, giving them the information they need to make informed and reasonable decisions for themselves and their families. It's just very gratifying to know that you're having that type of an impact on people that are dealing with the last thing on earth that they want to be dealing with and we have to be there for them."

On the personal side, Joe and his partner love to travel, with Italy their international favorite and "no one has to twist my arm to go to New York; just the theatre and the general vibe there are a favorite. And my family largely remains in the Midwest and we get together often, both in the Boston area and back in Iowa."

What is Joe's favorite quote? "Garrison Keillor once said, 'They say such nice things about people at their funerals; I'm sorry I'm going to miss mine by just a few days.'"

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Our Annual Coat Drive is greatly meaningful to us, helping people in need in our community to stay warm as winter sets in. Donations are being accepted now through November 30th in the lobby of the Keohane Funeral Home in Quincy; Pyne Keohane Funeral Home in Hingham, and McDonald Keohane Funeral Home in South Weymouth. Our goal is to collect a minimum of 250 new and gently used coats for those in need.

This is a terrific chance to clean out your closets while contributing something positive to people in need. You may well have gently worn coats in your closets that will be cherished by those less fortunate as another New England winter begins. These donated coats will be cleaned and distributed to those in need along the South Shore through our partners at the Wellspring Multi-Service Center in Hull, Interfaith Social Services in Quincy, and Weymouth Youth and Family Services in Weymouth. "Quote from John or Dennis Keohane here" said Co-President ____ Keohane. This initiative began in 2012; please help make 2023 the most successful year yet!

From The Blog: Navigating The Journey: The 5 Benefits of Advance Funeral Planning

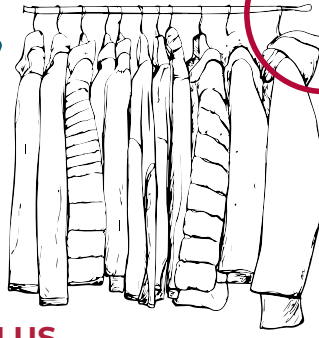
Life is beautiful--and often unpredictable. Though we can't control every aspect of our lives, we can certainly plan for one inevitable event – our passing. Pre-planning your funeral arrangements with Keohane Funeral Home offers you and your loved ones the peace of mind that comes from knowing your final wishes will be honored, while removing the added burden of decision-making for your loved ones during one of life's most challenging moments.

In this blog post, we'll explore the five significant benefits that come from advance funeral planning and how it may reduce stress for your family and friends.

1. Help Your Loved Ones by Relieving The Stress of Funeral Planning While Mourning Losing a loved one is an emotionally fraught experience, and when in shock and grieving, the last thing anyone wants to face is making complex (and potentially expensive) decisions about your funeral arrangements. By pre-planning your funeral, you can protect your family and friends from having to make tough choices at a time of substantial grief.

Read more here (link to blog post on Keohane.com).

Annual Coat Drive



JOIN US
To make a difference in the lives of others



Please join the cause to provide warmth and comfort this year for those less fortunate. Coats will be distributed through 2 local organizations:
Interfaith Social Services and Wellspring Multi-Service Center.

Supporters willing to donate are asked to bring gently-used adult or children's coats to any Keohane or Dependable Cleaner locations. Coats will be cleaned upon donation.

Keohane	Dependable Cleaners
785 Hancock Street, Quincy	298 Main Street - Hingham
21 Emerald Street, Hingham	338 Granite Avenue - Milton
809 Main Street, South Weymouth	320 Quincy Avenue - South Quincy

The winter coat drive begins in October and continues through the end of November. Help us meet our goal to collect 1,000 coats this winter.

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Things to Do This Fall!

For many people, Fall is the best time of year! Pumpkin spice everything, apple picking, festivals, and spectacularly bright blue skies and cool evenings perfect for gathering around the fire pit. If you're looking for things to do, here are a few suggestions for you:

Quincy:

- The Annual Quincy Tree Lighting Ceremony takes place Friday, November 24, at 5pm on Hancock Adams Common!: <https://bit.ly/3FMu1hb>
- Coastal Christmas Holiday Musical Revue and Fair: <https://bit.ly/3FJVtvP>
- South Shore Sights & Lights Holiday Trolley Tour: <https://bit.ly/3FJVtvP>
- Wreaths Across America ceremony, December 16: <https://bit.ly/3QpJIQ5>.

Weymouth:

- Heritage Park Dedication, November 22, 2023: <https://bit.ly/49m9Rbb>
- Wey-Mas at the Winter Farmer's Market! Sunday, December 17, 10a-1p: <https://bit.ly/40rpWbQ>
- Work up your Thanksgiving appetite by running the 31st annual Dreamcatcher Classic

Continued on next page.

Road Race! There are 2-mile and 5-mile options. Learn more: <https://bit.ly/3Qn0rnk>

- Weymouth's Annual Holiday Tree Lighting! Sunday, December 4th, 2-7p: <https://bit.ly/4619JLk>

Hingham:

- The Hingham Holiday Fair on November 18 is a fun day of shopping at Hingham High School, featuring over 90 artisans and small businesses. Food trucks and a raffle are part of the festivities. Learn more here: <https://bit.ly/3u8Grgw>
- Christmas in the Square returns December 1st from 5-8pm! This Hingham holiday tradition includes a tree lighting, Santa visit, live music, It's a Wonderful Life movie showing and much more. Details: <https://bit.ly/47hZSSE>
- The New England Holiday Craft Spectacular is set for December 2 & 3: <https://bit.ly/47ixJuM>
- Holly Jolly Hingham includes holiday festivities in downtown Hingham every Saturday from November 25-December 23! <https://bit.ly/47hZSSE>

Spotlight: Keohane's Veteran's Services

Keohane is proud to assist families of eligible veterans in applying for the following applicable benefits:

The Veteran's Administration may pay a burial allowance up to \$1,500 if the veteran's death is service connected. The VA may also pay the cost of transferring the deceased of a service-disabled veteran to a local national cemetery. In such cases, the person who bore the veteran's burial expenses may claim reimbursement from the VA.

The VA will pay a \$300 burial and funeral expense allowance for veterans who, at time of death, were entitled to receive pension or compensation or would have been entitled to compensation but for receipt of military retirement pay. Eligibility also is established when death occurs in a VA facility or a nursing home with which VA contracted. Additional costs of transportation of the deceased may be reimbursed.

There is no time limit for filing reimbursement claims of service-connected deaths. In other deaths, claims must be filed within two years after permanent burial or cremation.

The VA will pay a \$150 plot allowance when the veteran is not buried in a cemetery that is under U.S. Government jurisdiction if the veteran is

discharged from active duty because of disability incurred or aggravated in line of duty, if the veteran was in receipt of compensation or pension or would have been in receipt of compensation but for receipt of military retired pay, or if the veteran died while hospitalized by the VA.

If the veteran is buried without charge for the cost of a plot or interment in a state-owned cemetery reserved solely for veteran burials, the \$150 plot allowance may be paid to the state. Burial expenses paid by the deceased's employer or a state agency will not be reimbursed.

Please visit <https://keohane.com/resources/veterans/> to view the full package of benefits available for our great veterans.

64 Things About Grief:

Grief can be a mystery even as you're experiencing it. Do any of these seem familiar? This list from WhatsYourGrief.com is insightful:

1. No matter how prepared you think you are for a death, you can never be fully prepared for the loss and the grief.
2. You can plan for death, but death does not always comply with our wishes or plans.
3. "Stop avoiding and be present."
4. "Dying is not like you see on TV or in the movies. It is not peaceful or prepared. You may not have a spiritual or meaningful moment. It's too real."
5. A hospital death is not always a bad death.
6. A home death/hospice death is not always a good death.
7. "There will be pressure from others to move on, even minutes or hours after a death, and this can lead to regrets".
8. "Death is not an emergency. There is always time to step back and take a moment to say good-bye."
9. Death and grief make people uncomfortable, so be prepared for awkward encounters.
10. You will plan the funeral while in a haze. If you aren't happy with the funeral you had, have another memorial service later.
11. When people offer support, take them up on it.

- 12.** People will bring you food because they don't know what else to do. Don't feel bad throwing it away.
- 13.** People will say stupid, hurtful things without even realizing it.
- 14.** People will tell you things that aren't true about your grief.
- 15.** Death brings out the best and the worst in families, so be prepared.
- 16.** There is no such thing as closure.
- 17.** There is no timeline for grieving. You can't rush it. You will grieve, in some form, forever.
- 18.** "There will always be regrets. No matter how much time you had, you'll always want more".
- 19.** Guilt is a normal part of grief.
- 20.** Anger is normal part of grief.
- 21.** "The pain of a loss is a reflection of love, but you never regret loving as hard as you can."
- 22.** Grief can make you question your faith.
- 23.** "Grief doesn't come in five neat stages. It's messy and confusing."
- 24.** Grief makes you feel like you are going crazy.
- 25.** Grief can make you question your life, your purpose, and your goals. And that isn't always a bad thing.
- 26.** We all grieve differently, which can create strain and confusion between family members and friends.
- 27.** "However badly you think it is going to hurt, it's going to be a million times worse".
- 28.** You may find comfort in very unexpected places.
- 29.** "You should go somewhere to debrief after caregiving".
- 30.** "The last 24 hours of their lives will replay in your mind".
- 31.** Trying to protect children from death and the emotions of grief isn't helpful.
- 32.** "It's sometimes necessary to seek out new ways to grieve on your own, find new guidance if the people who are supposed to be supportive simply haven't learned how."
- 33.** "You grieve your past, present, and future with that person".
- 34.** Big life events and milestones will forever be bittersweet.
- 35.** Grief triggers are everywhere. You will see things that remind you of your loved one all over the place, and it may lead to sudden outbursts of emotion.
- 36.** "You lose yourself, your identity, meaning, purpose, values, your trust".
- 37.** Holidays, anniversaries, and birthdays will be hard forever.
- 38.** People will tell you what you should and shouldn't feel, and how you should and shouldn't grieve. Ignore them.
- 39.** "The grief process is about not only mourning the loss, but getting to know yourself as a different person."
- 40.** There is no normal when it comes to grieving.
- 41.** Sometimes it gets worse before it gets better.
- 42.** "It's normal to feel numb after it happens. The tears will come. They come in waves."
- 43.** Grief can make you feel selfish and entitled, and that's okay (at least for a while).
- 44.** Meeting new people, who never knew the person who died, can be hard and sad. But eventually it can be nice to "introduce" them through stories and photographs.
- 45.** The practice of sending thank you notes after a funeral is a cruel and unusual tradition.
- 46.** "People love to judge how you are doing. Watch out for those people."
- 47.** You can't compare grief or compare losses, though people will try.
- 48.** Any loss you grieve is a valid loss, though people will sometimes make you feel otherwise.
- 49.** "Just because you feel pretty good one day it doesn't mean you are cured of your grief."
- 50.** There are many days when you will feel totally and completely alone, whether you are or not.
- 51.** Grief can make you do stupid, crazy things. They may be what you need at the time, but you may regret them later. Cut yourself some slack.
- 52.** Grief can make you a stronger person than you were before.

53. Seeking grief counseling doesn't mean you're crazy or weak.

54. It's okay to cry sometimes.

55. It's okay NOT to cry sometimes.

56. "Time does NOT heal all wounds."

57. "Grief re-writes your address book." Sometimes the people you thought would be there for you aren't, and the people you last expected become your biggest supporters.

58. "You don't get over it, you just get used to it."

59. It is okay to tell people when they are not being helpful.

60. Watch your drinking. Alcohol can quickly become an unhealthy friend.

61. You will have to face your emotions eventually. You can avoid them for a while, but they will catch up with you in the end.

62. Talking isn't the only way to express and process emotions.

63. You will never go back to being your "old self." Grief changes you and you are never the same.

64. Nothing you do in the future will change your love for the person who died. Eventually, you will begin to enjoy life again, date again, have another child, seek new experiences, or whatever. None of these things will diminish your love for the person you lost.

