



DOVE, Inc. Offers Support and Solutions for Victims of Domestic Violence on the South Shore

DOVE believes that all people—women and children—have the right to live without fear of abuse. An independent nonprofit organization, DOVE, which stands for D^Omestic Violence Ended, provides support and assistance to victims and survivors of domestic violence and their families. It is the only domestic violence organization and shelter in Norfolk County and serves the greater South Shore.



Randolph High School YouthSpeak graduation.

“Domestic violence cuts across all socio-economic lines; all racial lines—it happens in every community,” said Dawn Hayes, Director of Development & Communications.

DOVE [dovema.org] began as a crisis hotline in 1978 and has expanded to a multi-service organization which provides comprehensive direct services and support for families of dating and

domestic violence. DOVE will be celebrating their 40th anniversary and the planning process has begun for a grand anniversary celebration in 2018.

Since 1978, DOVE has sheltered approximately 5,000 families, answered more than 45,000 calls through their 24-hour hotline, and served more than 3,000 clients through their community-based programs and services. All client services are free and completely confidential, offered with compassion by knowledgeable staff.

“We counsel people and advocate for them. The most dangerous time in a domestic violence relationship is when the person leaves. So, we’re not the ones who say that they should leave, we’re the ones who help them create a safety plan and get them ready for when they’re ready to leave. We work with our clients wherever they are and whatever situation they are in,” said Hayes.

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ED KEOHANE HONORED AT 24TH ANNUAL QUINCY MAYOR’S GOOD SCOUT BREAKFAST

Edward Keohane, Chairman of Keohane Funeral Home, and Lee Michael Kennedy, President and CEO of Lee Kennedy Company, Inc., received Good Scout Awards...

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MONUMENTS AND MEMORIALS PROVIDE EVERLASTING TRIBUTES TO LOVED ONES—EVEN IF CREMATED

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6TH ANNUAL COAT DRIVE HUGE SUCCESS THANKS TO GENEROUS DONATIONS

Our thanks go out to everyone who participated in our sixth annual coat drive this fall...

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Keohane
FUNERAL HOME
Quincy, MA

McDonald Keohane
FUNERAL HOME
Weymouth, MA

Pyne Keohane
FUNERAL HOME
Hingham, MA



ADOPT A FAMILY: DOVE's Annual Holiday Assistance Program

Each holiday season, the DOVE Elf Team creates an amazing workshop of toys and goodies at the DOVE Holiday Donation Drop-Off center. In DOVE's Adopt a Family [dovema.org/support-dove/adopt-family] program, community volunteers fulfill the wish lists of the individuals and families served at DOVE, by donating gifts, personal care items, clothing and much more.

How does it work?

Participating donors are provided with a specific family's wish list. Families can be as small as a single individual and as large as a parent and six children. Donors should plan to spend approximately \$100 per family member. Donors are also asked to purchase wrapping supplies and bring them along with their gifts without pre-wrapping the gifts.

To adopt one of the families served in the Emergency Shelter or Community-based Services Program, contact DOVE at: dove.elfteam@gmail.com.

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For the complete Donation Wish List [dovema.org/support-dove/doves-wish-list], please visit the DOVE website.

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DOVE was founded by the Quincy Mayor's Commission on Women and concerned community volunteers. The Commission identified battering and spousal abuse as an important issue and determined the need for a hotline, shelter, and legal advocacy for battered women in the community. Concerned community residents worked together with the Commission as well as the St. Boniface Church, Germantown, Quincy City Hospital, Quincy Police Department and the Office of the Norfolk County District Attorney to establish DOVE's shelter and hotline.

Volunteers initially covered the hotline beginning in July 1978, but it is now staffed 24 hours a day by trained individuals who have completed DOVE's 35-hour domestic violence training. In September 1978, DOVE opened the first domestic violence shelter on the South Shore.

Services Offered

DOVE offers a comprehensive range of services which are intended to increase safety, promote healing and expand knowledge and resources for their clients. Services include a 24-hour hotline, emergency shelter, legal assistance, crisis intervention services, supportive education and counseling, support groups, and assistance accessing governmental and community-based services. DOVE also provides community outreach and education through presentations, workshops, and trainings. In addition, DOVE runs a prevention initiative and is presently working with a number of high schools in the area.

DOVE staff are highly trained and educated on issues related to domestic violence. They deliver services in a survivor-centered approach in a safe and comfortable environment with the understanding that each situation is unique and all decisions are deeply personal.

- **24-HOUR HOTLINE: 617-471-1234**
TOLL-FREE: 1-888-314-3683

A professional team of staff provides support and crisis intervention to callers, 24 hours a day, 7 days a week. Callers may be victims of domestic violence; family, friends, and neighbors concerned about a loved one; or a health or social service provider. Staff offer empathic and non-judgmental support, as well as information on available options and resources.

- **Emergency shelter: 617-471-1234**

DOVE operates a 6-bedroom emergency shelter for victims and their children. While in shelter, survivors receive support, advocacy, case management, legal assistance, and children's services. Donations to the shelter are greatly appreciated. For the complete wish list, please visit DOVE's website [dovema.org/support-dove/doves-wish-list/].

- **Community Advocacy Services: 617-770-4065 x122**

Community Advocates provide crisis intervention, risk assessment and safety planning, supportive counseling, help processing the impact of violence, as well as resources, information, and assistance navigating social services. In addition, the LGBTQ/T Advocacy and Outreach Coordinator conducts presentations, workshops, and trainings about a variety of topics including LGBTQ/T partner violence, healthy relationships and homophobia/biphobia/transphobia.

- **Educational & Support Groups: 617-770-4065 x122**

DOVE offers educational and support groups for participants to increase knowledge about domestic violence and healthy coping skills while connecting with other survivors. Groups are available through DOVE's Community Services Office and in collaboration with other community organizations.

- **Civilian Domestic Violence Advocacy: 617-653-4226**

Civilian Advocates are based in the Quincy, Randolph, and Holbrook

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Police Departments and work with victims identified through police domestic violence calls, offering information and support with restraining orders and a range of advocacy services. They also seek feedback from victims about the police department's response to the incident to provide feedback to the police as a way to inform training and police protocol improvements.

• Legal Advocacy: 617-770-4065 x120

Legal Advocates and Staff Attorneys operate a Legal Helpline as well as provide legal advice and limited representation to domestic violence victims regarding restraining orders, divorce, child custody, child support and other related matters.

• Community Outreach & Education: 617-770-4065 x104

DOVE offers presentations, workshops, and training on a range of topics for community service providers, churches, schools and youth programs, colleges and universities, health care providers, businesses and civic groups. DOVE also conducts a 35-hour comprehensive training on domestic violence and related issues twice annually. The training is open to community residents, service providers, and prospective volunteers.

• YouthSpeak:

DOVE's Teen Healthy Relationships/Dating Violence Prevention Program is designed to engage Juniors and Seniors as peer counselors and educators, and to provide educational activities for all students throughout each school year. YouthSpeak operates in a number of high schools in Norfolk and Plymouth Counties, including Quincy, North Quincy, Randolph, Holbrook, Notre Dame, Thayer, Fontbonne, and Archbishop Williams.

Ed Keohane Honored at 24th Annual Quincy Mayor's Good Scout Breakfast



Staff from Keohane Funeral Home and members of the Boy Scouts of America Council of Adventure Council at the Annual Quincy Mayor's Good Scout Breakfast. From left to right, Anthony Agnitti, John Keohane, Scout representative, Scout representative, Dennis Keohane, Joan Keohane, Ed Keohane, Scout representative.

Edward Keohane, Chairman of Keohane Funeral Home, and Lee Michael Kennedy, President and CEO of Lee Kennedy Company, Inc., received Good Scout Awards from the Boy Scouts of America Spirit of Adventure Council for their dedication to the community at the 24th Annual Quincy Mayor's Good Scout Breakfast. Mayor Thomas Koch handed out the Good Scout Awards on October 26 at the Granite Links Golf Club in Quincy.

"The event was established to raise awareness and financial support for scouting programs here in Quincy," said James R. Corcoran, Jr., Director of Development for the Spirit of Adventure Council for the Boy Scouts of America. "The Good Scout Award is given to individuals for their unselfish service to others and their communities. It also recognizes those individuals for the way they conduct themselves in business, following the boy scout oath and law."

The Annual Quincy Good Scout Breakfast raises financial support for local scouting programs and honors two members of the community who have made significant contributions to their communities, representing the ideals of the Scout Law: "A Scout is trustworthy, loyal, helpful, friendly, courteous, kind, obedient, cheerful, thrifty, brave, clean and reverent."

"I was a cub scout and boy scout as a youth. It has given me a lasting impression on how to live my life," said Ed. "Scouting gave me the desire to do the best and to enjoy

what I do. By way of the Scout law, scouting gave me guide lines of life that were positive. I was able to try anything, knowing that I can learn from making mistakes."

Each year, the nominating committee chooses distinguished community leaders in recognition of their leadership and philanthropic contributions, especially to the benefit of youth. Their charitable work and business leadership exemplify the ideals and goals of the Boy Scouts of America, one of the country's leading family organizations.

Previous recipients include former state Treasurer and Quincy City Councilor Timothy Cahill, Norfolk County Sheriff Michael Bellotti, state Senator John Keenan, and Phyllis Godwin, Chairman and CEO of Granite City.

"I'm honored to be among the past recipients of this award, for I do consider them to be the best among the best who are all doing things to make this world a better place to live in," said Ed.

The Spirit of Adventure Council of the Boy Scouts of America is the largest of seven councils in Massachusetts and serves over 12,000 young men and women in 76 cities and towns from Boston to the New Hampshire border. It was founded in 2015 by the merger of Boston Minuteman and Yankee Clipper Councils.

The Annual Quincy Mayor's Good Scout Breakfast raised over \$24,000 at last year's event and those funds help support varied scouting programs, training programs and camp facilities.



A memorial bench can be a fitting tribute to a loved one even following cremation.

Photo credit: Jeff Gabbard / 123RF.com

MONUMENTS AND MEMORIALS PROVIDE EVERLASTING TRIBUTES TO LOVED ONES—EVEN IF CREMATED

Monuments and memorialization have in some way or another been a part of every society as far back as we have records. Such timeless monuments as the Lincoln Memorial, the Taj Mahal, the Vietnam Veterans' Memorial and the Great Pyramids were erected to memorialize great leaders and unforgotten heroes. They are how we remember the people who were important in our lives—from presidents to parents.

A monument serves as an everlasting tribute to a life well lived and a life worth remembering. It is a representation of that person and how they lived; it is a final gift. Granite, a common material used for headstones and memorial benches, is symbolic in

that it is everlasting, much like the love that was shared with a loved one.

Monuments can be custom made and personalized to honor and depict that person the way the departed and family would have liked to be portrayed. And today there are more options than ever to memorialize someone—even if your loved one chooses to be cremated.

Memorial Options for Cremation

Cremation is a method of preparing a body and does not take the place of a funeral service or a proper monument. When a loved one is cremated and put in an urn or scattered, that is not the final step in the memorial process—the final step is memorializing in some form or another. Cremation actually allows

more options for memorialization than a burial, including burying the ashes, scattering the ashes, interring the ashes in a columbarium, or keeping them at home. However, a memorial in a permanent and accessible location is a place where survivors and descendants can visit and remember a loved one. Even if remains are scattered, a memorial bench in a cemetery or garden can serve as a place to sit peacefully and remember a loved one.

“Many people have regretted scattering the ashes of their loved ones and not memorializing them properly. If you or a loved one still wishes to be scattered, we suggest that half be scattered at a location and the other half be buried in a family lot or

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Monuments and Memorials Provide Everlasting Tributes to Loved Ones—Even if Cremated

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interred in a cremation memorial or columbarium,” said Bryan Poirier of Quincy Memorials.

Five Memorial Options for Cremated Remains

1. Bury Remains in a Lot at a Cemetery:

Add the name to an existing family stone; place a flat marker that is customized and personalized; purchase a lot for loved one to erect an upright memorial.

2. Inter in an Individual Cremation Memorial:

Cremation remains are

interred in the personalized stone as opposed to in the ground.

3. Inter in a Communal Columbarium:

Cremation remains are interred in a niche usually in a large wall at a cemetery. They can be indoors or outdoors.

4. Scatter in a Cremation Garden:

Cremation remains are scattered in a designated section of a cemetery or other designated area in which they may allow many different options for memorializing.

5. Scatter in a Place of Significance:

Cremated remains are scattered at sea or in a place that was special to the individual. Memorial options include:

- a) A permanent memorial at home, such as benches or urns.

- b) Donate a bench, bird bath, or sun dial to a public area in memory of your loved one.
- c) Make a bronze or granite plaque that can be displayed in memory of a loved one.

Psychologists say that remembrance practices, from the funeral or memorial service to permanent memorialization, serve an important emotional function for survivors by helping to bring closure and allowing the healing process to begin. Providing a permanent resting place for the deceased whether it be traditional interment or cremation, is a dignified treatment of a loved one's mortal remains, which fulfills the natural desire for memorialization.

Quincy Memorials and McDonald Keohane Funeral Home Sponsored 5th Annual FREE Monument Cleanings in Weymouth

Over time, stone monuments build up natural elements that make them look dirty, such as dirt, moss, mildew, dead leaves, and bird droppings—just to name a few. And bronze plaques naturally oxidize into a greenish color when exposed to the elements outdoors, which can be removed to make the plaque look brand new and sparkling clean.

In September, Quincy Memorials, a leading provider of beautiful and enduring monuments, sponsored their fifth annual free monument cleanings at Fairmount Cemetery in Weymouth. This community service was available to anyone with a monument in the cemetery, located on Cedar Street in Weymouth. Quincy Memorials organized the event in conjunction with Fairmount Cemetery and McDonald Keohane Funeral Home.

“It’s our way of thanking the community for their support over the years,” said Bryan Poirier, General Manager at Quincy Memorials. “We were all pleased to give back to this community. There was no cost for this service nor any obligation.”

The staff at Quincy Memorials used a special strong mixture solution to clean the memorials along with a pressure washer and hard bristled brushes. Even after decades without a good cleaning, memorials can look as good as new.

About Quincy Memorials

Quincy Memorials is a family owned business that has been providing Eastern Massachusetts with high quality memorial tributes for over 60 years. The main headquarters is located at 18 Willard Street in Quincy with



Photo courtesy of Quincy Memorials.

Although natural elements had built up on the Foster family memorial, the cleaning technique applied by Quincy Memorials made it look like new.

locations in Quincy, Kingston and Waltham. The company provides monuments, mausoleums, markers, benches, signage, cemetery lettering and cleanings, address lettering, bronze plaques, pet memorials and much more.

Quincy Memorials has been operated under the ownership of the Poirier family since 1979, when Yves and Donna Poirier purchased the business. Both Yves and Donna grew up in the granite industry in Barre, Vermont; and Quincy Memorials traces its roots back to 1950. Today, Yves and Donna are joined in the business by sons Jeffrey and Bryan. Quincy Memorials provides a variety of services to assist customers, including a pre-need program. For additional information, please visit their website, www.QuincyMemorials.com, or call 617-471-0250.

6TH ANNUAL COAT DRIVE HUGE SUCCESS THANKS TO GENEROUS DONATIONS

Our thanks go out to everyone who participated in our sixth annual coat drive this fall. The unfortunate truth is that not everyone on the South Shore can afford the expensive outerwear needed to keep themselves and their families warm during the wind, ice and snow of a New England winter. But because of the generosity of our community, we were able to donate hundreds of gently worn coats to our neighbors in need.

"We're thrilled to continue to support our community and those in need with the annual coat drive that we started six years ago," said Co-president John Keohane. "So many people came through our doors this fall with coats from their own closets that were either outgrown or no longer needed. We know those warm coats were appreciated by those less fortunate, especially at this time of year."

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

"Our clients continue to be grateful for Keohane Funeral Home's annual coat drive. We kept a rack full of coats next to our intake desk and as families came in to request emergency food or Christmas gifts for their children, we asked them if they needed a coat. They were so delighted by the question and

"We love to keep the tradition going and hope to hold a coat drive at Keohane for many years to come," said John Keohane.

excited when they'd find a coat in 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 annual event began back in 2012 with the first coat drive. "When we exceeded our initial goal of collecting 250 coats that first year, we wanted to keep the effort going," said John Keohane. "We established an annual drive each fall, and we continue to be amazed and grateful by the outpouring of support from our community. We love to keep the tradition going and hope to hold a coat drive at Keohane for many years to come,"



Thanks to our generous community, clients of all ages at three South Shore agencies received warm winter coats this season.

OUR TEAM

Corinne Leary



Corinne Leary, the newest Funeral Director at Keohane, is also a certified Funeral Celebrant.

Our newest Funeral Director, Corinne Leary, has been at Keohane for nearly five years and works primarily in our Weymouth locations. She started at Keohane as an apprentice for the first three years and is now a licensed Funeral Director and certified Funeral Celebrant.

“Corinne is an amazingly devoted and caring funeral director. She felt a true calling to funeral service from a young age and has become a real asset to Keohane,” said Dennis Keohane, Co-President.

When she was in her early twenties, Corinne discovered her passion for funeral directing at the time of her beloved grandfather’s passing. “I was very close to my grandfather, and I appreciated the compassion that the funeral directors showed me and my family when he passed away. Even though it was a difficult time, it was just a good feeling to have someone taking care of us in such a kind and considerate way,” said Corinne. “I wanted to help other families with the same benevolence I was shown during the grieving process.”

But Corinne wasn’t sure if she could handle it emotionally, so she did some research into the field. After learning more about what was involved in becoming a funeral director, she decided to move forward. Corinne explored schools in the area and chose FINE

Mortuary College in Norwood. She received a two-year Associate degree in Mortuary Science.

Corinne started school without ever working in a funeral home and jumped right into her courses on chemistry, psychology and mortuary sciences. After receiving her degree, Corinne worked as an apprentice for three years at Keohane, a necessary step toward licensure. She then passed the national and then the state boards to become a licensed funeral director in the state of Massachusetts.

As funeral director, Corinne works directly with families to plan the funeral service. She meets with families for the initial arrangement meeting and then directs the funeral based on the family’s preferences and the loved one’s wishes. She manages all aspects of the funeral, including filing the necessary paperwork, overseeing visiting hours, coordinating the church or other venue for the service and working with the cemetery.

“I like to help families personalize the service,” said Corinne. “I work with them to choose unique things about their loved one to incorporate into the funeral, so that everyone who attends knows that they are part of a meaningful tribute to the person they cared about. For instance, if their loved one liked a specific candy, I put that candy out during visitation hours.”

To that end, Corinne attended a training to become certified as a funeral celebrant. For families who do not have a church affiliation or do not want a religious service, a funeral celebrant is a trained and certified non-clergy professional who officiates at funerals. Funeral Celebrants help create a personal and meaningful ceremony to express the life story of the individual who has departed through a unique service that celebrates life.

“I am eager to grow in this career. I’m excited about being a certified funeral celebrant to help families personalize the service. While some families are religious, I know that more and more people are stepping away from religious services. By being a funeral celebrant, I will be able to help those families that do not want a church service,” said Corinne.

Corinne understands that part of her role in working with families is to help them share memories of their loved one. “Talking about a loved one can be a very

sensitive subject at the time of death. But I’ve found that asking the right questions can trigger something that helps family members open up and tell you a story about the person. I think talking about their loved one is helpful for the grieving process.”

“Listening is the most important skill of a funeral director. It is important to slow down and listen to a family’s story. With all the distractions in the world this can be difficult, but Corinne knows how to listen and make people feel comfortable. The advantages to being a new generation funeral director is the openness to offer creative solutions for the needs of a family. Corinne is open minded enough to realize that every family has different needs,” said Dennis.

“When I’m talking with families during the arrangement, I listen carefully for clues about the deceased person’s personality that we can include, even if it’s a little thing like their favorite color or specific flowers they liked,” said Corinne. “It’s a nice touch to drive by the person’s childhood home on the way to the cemetery if possible. I enjoy finding the little things that might otherwise go unnoticed that we can incorporate to personalize the funeral service.”

Corinne grew up in Pembroke and graduated from Silver Lake High School in Kingston. She recently moved to Marshfield and lives right near Rexhame Beach. She loves being outdoors and taking long walks on the beach. She also enjoys antiquing; writing short stories; and music history. Corinne loves hockey and she’s a big fan of the Boston Bruins—in fact, her cat is named B.B. for the Boston Bruins.

Corinne enjoys working at Keohane because of the trust she shares with her coworkers. “Because it’s such a personal business, it’s reassuring working with people that I trust. Because we work so closely and we spend so much time together, we have to be able to trust each other. I feel that the people at Keohane have become like family. I know that the other funeral directors and staff will help me out if I need it. It’s nice knowing that if I can’t be there, the people at Keohane will take great care of all the families.”

“Corinne has a great sense of humor. The rest of the team truly enjoys working alongside her,” said Dennis.



FREQUENTLY ASKED QUESTION

How Do I Write a Fitting Eulogy?

Writing a fitting eulogy may seem like a daunting task during a time of grief, but it is a great honor and a final act of love you can bestow on both your loved one and everyone in attendance at the memorial. Remember that you don't have to be a great writer to capture the essence of the deceased, and you don't have to be a polished public speaker to deliver an inspirational eulogy. Just keep it brief and heartfelt with specific examples and stories about the deceased—and don't forget to sprinkle in a bit of humor to help ease tensions and make the delivery a bit easier, too.

Guide to Writing a Eulogy

Reflect and gather information: First, take some time to reflect on memories of your loved one. You can flip through photo albums; jot down notes about the deceased's personality and life accomplishments; and ask friends and relatives for their memories and to fact-check areas of your loved one's life. Some eulogies can be short biographies that consider the person's whole life and other eulogies can be personal reflections of a special relationship or a slice of life. There may be opportunities for both types of eulogies to be represented, such as a short biography from the officiant with personal views from family members.

Have a clear beginning, middle and end: Successful eulogies have an opening to welcome those who have come to the funeral, establish the theme of your eulogy, or sum up the person's life. The middle section should provide personal memories and stories that illustrate the major aspects of the person's life or demonstrate his or her most important character traits. The closing can restate the theme, convey the strong emotions around the loss, or sum up the person's lasting legacy. You can also use quotes, poems or scriptural verses to help describe your loved one's tastes, personality or legacy during any part of the eulogy.

Revise and rehearse: Once you have a first draft, leave it alone for a few hours or even a few days so you can come back to it with a fresh perspective. Then read it aloud to hear where you stumble or where it sounds uneven or forced. Make revisions and additions as necessary or as certain memories come to the forefront. Continue reading additional drafts aloud so you become comfortable with giving the eulogy. It's important to keep it under ten minutes to maintain the audience's attention.



Photo credit: yigeyinghua/123RF.com

Keeping the eulogy under 10 minutes with a little bit of humor will ease the tension.

Follow these helpful tips to write and present the most effective eulogy as possible.

- Keep it short—about five to 10 minutes long or three to eight typed pages.
- Write everything down so you don't ramble or forget key points.
- Use 14-point type and double spacing to make it easy to read.
- Practice the eulogy aloud and time yourself.
- Get feedback from friends and family.
- Keep the content positive—don't add to the grief.
- A little light humor provides relief and keeps it upbeat.
- Stay away from potentially embarrassing or off-color stories.
- Mention other loved ones—don't just focus on your memories of the deceased.
- It's understandable if you become emotional, so print out two copies of the eulogy and give a copy to someone else you trust in case you become too overwhelmed in the moment.
- Bring a small bottle of water so you can keep your mouth moist if you need it.
- Use a conversational tone and speak slowly and clearly.

Remember that the people listening to your eulogy at the memorial service will be extremely supportive, forgiving of any mistakes and grateful to you for doing it. By presenting your eulogy, you will honor the memory of your loved one, provide a great service to those who listen, and start the healing process.