



When Toys R Us was closing their doors, Gabriel and his family bought all of the Little People Planes and donated them to Campbell Christmas Angels.

## Campbell Christmas Angels — Giving the Gift of Christmas to Children in Need

**D**o you know a child in need of an angel this Christmas? Campbell Christmas Angels helps provide families coming out of shelters, and children with parents, guardians or grandparents that are too sick or unable to provide a nominal Christmas experience for their children.

Campbell Christmas Angels, a non-profit organization founded by Laurie Good in 2013, makes sure that each child gets a brand-new bed set, including comforter and sheets,

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### WREATHS ACROSS AMERICA EXPANDS IN QUINCY

The mission of Wreaths Across America is to Remember the fallen, Honor those that serve, and Teach the next generation about the value of freedom. On December 14, local officials and volunteers will gather to lay a wreath at every veteran's grave across seven cemeteries in Quincy...

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### JOANNA'S PLACE HELPS PROMOTE RESILIENCE IN CHILDREN WHO ARE FACING LIFE'S MOST STRESSFUL EVENTS

Joanna's Place, a nonprofit serving families since 2008, is a South Shore based grief and loss center for kids and their caregivers that helps parents and families support...

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### PLEASE JOIN US FOR OUR THIRD ANNUAL CANDLELIGHT MEMORIAL SERVICE

The holidays can be a difficult time for those who have lost a loved one, especially if it is the first holiday season without a beloved parent, child, friend...

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Keohane

FUNERAL HOME  
Quincy, MA

McDonald Keohane

FUNERAL HOME  
Weymouth, MA

Pyne Keohane

FUNERAL HOME  
Hingham, MA

# WREATHS ACROSS AMERICA EXPANDS IN QUINCY



Volunteers, Eric Fay and his son Ronald, John Keohane, Edward Keohane, and John's son Matthew Keohane, laid remembrance wreaths on veterans' graves during the 2018 Wreaths Across America Day.

**T**he mission of Wreaths Across America is to Remember the fallen, Honor those that serve, and Teach the next generation about the value of freedom. On December 14, local officials and volunteers will gather to lay a wreath at every veteran's grave across seven cemeteries in Quincy with an opening ceremony at Mount Wollaston Cemetery. **The annual event is held nation-wide and volunteers lay remembrance wreaths across graves at Arlington National Cemetery and over 1,400 additional locations across the United States. It is a free event and open to everyone.**

Keohane Funeral Home is honored to help with fundraising efforts by proudly donating \$2,000 on behalf of all the veteran families served this past year.

Last December was the first year that Wreaths Across America was held in Quincy. Volunteers gathered to lay a wreath at each of the 3,200 veterans' graves at Mount Wollaston Cemetery. This year, the goal is to lay a wreath at every one of the 7,300 veterans' graves throughout all the cemeteries in Quincy.

"We're really excited. After the success of last year, we were challenged to

do all the cemeteries in Quincy," said Coordinator Christine Cugini. "This year's goal is to honor all of the veterans."

## How You Can Help

Wreaths Across America relies on the financial and in-kind support of donors to carry out the

of laying wreaths on every American veteran's grave. "We definitely need donations, but volunteers are just as important," said Cugini.

To make a donation, go to the Wreaths Across America website at <https://www.wreathscrossamerica.org>. You can sponsor one wreath for \$15 or up to ten wreaths for \$150.00. The most popular donation is five wreaths for \$75.00.

**To volunteer, email Christine Cugini at [christinecugini1@gmail.com](mailto:christinecugini1@gmail.com).**

## Wreaths Across America Day

Opening ceremonies will begin at noon at Mount Wollaston Cemetery on Saturday, December 14, but Cugini requests that participants arrive by 11:30. The ceremony will last 30 to 45 minutes after which volunteers can go to the cemetery of their choice to lay wreaths. There will be a Cemetery Lead Person at each location to organize volunteers and hand

out wreaths.

**"Last year, we felt it was an excellent way to honor all the veterans and their families that we serve both through our donation as well as the volunteers from the Keohane team and their families who laid wreaths on veteran's graves at Mount Wollaston," said Co-President Dennis Keohane. "This year, we're excited that the program will be expanded to cover every veteran at all the cemeteries throughout Quincy."**

Cugini encourages people to bring their children so they can learn about veterans and what veterans have sacrificed. "It's open to everyone. It's family oriented and all ages are welcome," said Cugini.

## History of the Event

In December 1992, wreath maker Morrill Worcester found himself with a surplus of 5,000 wreaths during the holiday season and saw the surplus as an opportunity to pay tribute to America's veterans. With the help of then-Senator Olympia Snowe of Maine, Worcester arranged for the wreaths to be placed at Arlington National Cemetery. The now annual tribute to our country's veterans has continued ever since, touching the lives of millions of veterans' families and volunteers and growing in scope through the years.

In 2017, Cugini, who is a Navy Veteran, participated in Wreaths Across America at Arlington National Cemetery. The ceremony was so moving that she wanted to bring it to the City of Quincy. She reached out to the Veterans' Services Office and city leadership who gave her the go-ahead.

**A new theme is chosen each year to help volunteers and supporters focus outreach in their own communities. According to the Wreaths Across America website, the theme for 2019 is "Everyone plays a part." In 2018, Wreaths Across America and its national network of volunteers placed nearly 2 million veterans' wreaths at more than 1,600 locations in all fifty U.S. states, at sea, and abroad.**

## Campbell Christmas Angels — Giving the Gift of Christmas to Children in Need

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cozy pajamas, a warm winter jacket, and four to five toys from their wish list.

**"In Massachusetts the winters are cold and oil prices are high. A lot of families don't have heat in the winter. If the kids get warm pajamas and a warm bed set at least we know that when they're going to bed, they will be somewhat warm," said Good.**

Campbell Christmas Angels has helped over 1,000 children and tries to help approximately 200 children per holiday season. They also provide assistance at Easter time. Good said many of the children she helps are now in the custody of grandparents who are on a fixed income and struggle to afford many gifts for their grandchildren.

Because there are so many children in need, Campbell Christmas Angels does not have the funds to help each family more than once. "We are a hand-up charity, we're not a hand-out. We do each family once at Christmas and once at Easter," said Good.

When Good was growing up, she always received brand new pajamas and bed set for Christmas which made it her favorite night of the year. And she continued the tradition with her children, as well. Good also remembers her grandparents sneaking into her house to lay presents under the Christmas tree for her and her family. That gesture of love and kindness made an impression on her.

**When Good had children of her own, she struggled to provide for them and ended up homeless at one point. Every penny she made went to pay for the hotel room where they lived.** "When Christmas came around it felt like I couldn't do for my kids what I wanted to do. It's not fair to anybody," said Good. "You just feel useless, you

feel like a letdown, and I just don't think anybody should feel that way."

So, when her circumstances improved, she wanted to help others. When her grandparents passed away, she was inspired to do for other children what her grandparents had done for her as a child by providing extra Christmas gifts.

"No child should go without, period. No parent should feel like they're any less just because they can't do it, either," said Good.

*"When Christmas came around it felt like I couldn't do for my kids what I wanted to do. It's not fair to anybody," said Good. "You just feel useless, you feel like a letdown, and I just don't think anybody should feel that way."*

Request for help forms will be available on the website November 1. Those applications will be due by the first week in December. To fill out a form, visit <https://campbellchristmasangels.org/request-help>

Good was honored to receive the Local Hero award last May from the South Shore Community Action Council in Plymouth for her work on Campbell Christmas Angels. "We got some nice certificates from the senate, and we were really blessed to receive it," said Good.

## 6th Annual Day of Giving

Campbell Christmas Angels relies on donations from families, businesses, memorial foundations, and other local charities.

Their biggest fundraiser will be held November 30 at the Knights of Columbus in Hull. The 6th annual Day of Giving will feature lots of raffles, a silent auction, food and refreshments. The event is geared toward adults and adult beverages will be available.

Good said that no one in the organization is paid and all funds go directly to helping children.

## How You Can Help

**Sponsor a child for a \$250 donation. Your sponsorship will be used to purchase brand new bedding, a winter jacket, pajamas and the gifts on the child's wish list for Christmas morning.**

Donations of any amount are gratefully accepted and can be made anonymously, or you can have your family's name, or business name on the donors' wall which is being developed as the organization continues to develop their new website. **To make monetary donations, go to the 'Donations Page' at <https://campbellchristmasangels.org/donations>. Every little bit will help a family in need.**

**To donate toys or clothes, please send any brand-new clothes, or unopened toys to:  
Campbell Christmas Angels  
733 Nantasket Ave.  
Hull, MA 02045**

**For more information, contact Laurie Good at [campbellchristmasangels2013@gmail.com](mailto:campbellchristmasangels2013@gmail.com)**

# JOANNA'S PLACE HELPS PROMOTE RESILIENCE IN CHILDREN WHO ARE FACING LIFE'S MOST STRESSFUL EVENTS



More than 750 riders head out from the parking lot of the Weymouth-Braintree Elks Lodge for the 12th Annual Joanna Mullin Run

Joanna's Place, a nonprofit serving families since 2008, is a South Shore based grief and loss center for kids and their caregivers that helps parents and families support children of all ages and all stages of development through stressful life events. All Joanna's Place programs are at no cost for South Shore families.

Joanna's Place, co-founded by Heather and Jerry Mullin of Weymouth and Maria Trozzi of Milton, was created in memory of 6-year-old Joanna Mullin. When their 6-year-old daughter, Joanna, was murdered in 2007, Heather and Jerry Mullin started counseling with Trozzi who counseled the couple on how to talk to their son, Jeffrey, about his sister.

"When parents have the tools, they are more willing to talk to their kids. You want them to trust you and share their feelings," said Heather Mullin, President and Founder of Joanna's Place.

The success of the counseling inspired the Mullins to launch Joanna's Place, which has served families for over a decade in South Shore communities from Milton to Plymouth with free support groups, workshops and private consultations for children and their families who are dealing with grief or other stressful situations. If there is a financial hardship for the family, Joanna's Place will donate a small amount for funeral services.

*"When parents have the tools, they are more willing to talk to their kids. You want them to trust you and share their feelings," said Heather Mullin, President and Founder of Joanna's Place.*

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## Joanna's Place Helps Promote Resilience in Children Who Are Facing Life's Most Stressful Events

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Joanna's Place uses school space to run its programs, which helps to keep costs down for the nonprofit. This year programs are running at the Collicot Elementary School in Milton.

### Support Groups

Joanna's Place programs are designed to promote resilience in children who are facing some of life's most stressful events, including facing the loss of a parent or sibling and supporting the needs of children who have a sibling with a significant special need. Support groups that support both parents and children give families the tools to heal, grow and strengthen.

The grief support group at Joanna's Place, Circle-G, follows a school calendar and meets once a week. Children, five to thirteen years, and their parent or guardian meet with other children who have lost a parent or a sibling. Families enjoy a pizza dinner and then children meet in developmentally appropriate groups to talk about, share with, and lend support to each other. At the same time, their parents meet in their own group and gain support for parenting while facing a loss.

Children process grief differently at different stages of development. The programs developed by Trozzi are developmentally designed to support kids at each age and stage of development.

**"We're just trying to help as many kids as we can," said Mullin.**

Joanna's Place also offers Circle-S support groups which serve families with children ages six to eighteen who have a brother or sister with a significant special need. The format is similar to the grief support groups in

which families gather for an informal dinner and then break into age appropriate groups while parents meet separately in a professionally run circle.

Each support group has room for ten families and runs for eight weeks in the spring and fall. Mullin said that a professional runs each parent group while volunteers trained by Trozzi oversee the children's groups. Children are grouped by age and often do some type of activity, such as making picture frames or memory boxes to remember their loved ones.

### Annual Motorcycle Ride

Each year, motorcycle enthusiasts gather for the annual motorcycle run benefiting Joanna's Place, the principal fundraiser for the nonprofit. Last July nearly 750 riders took part in the 30-mile run across nearly a dozen South Shore communities for the 12th annual event and raised between \$30,000 and \$40,000.

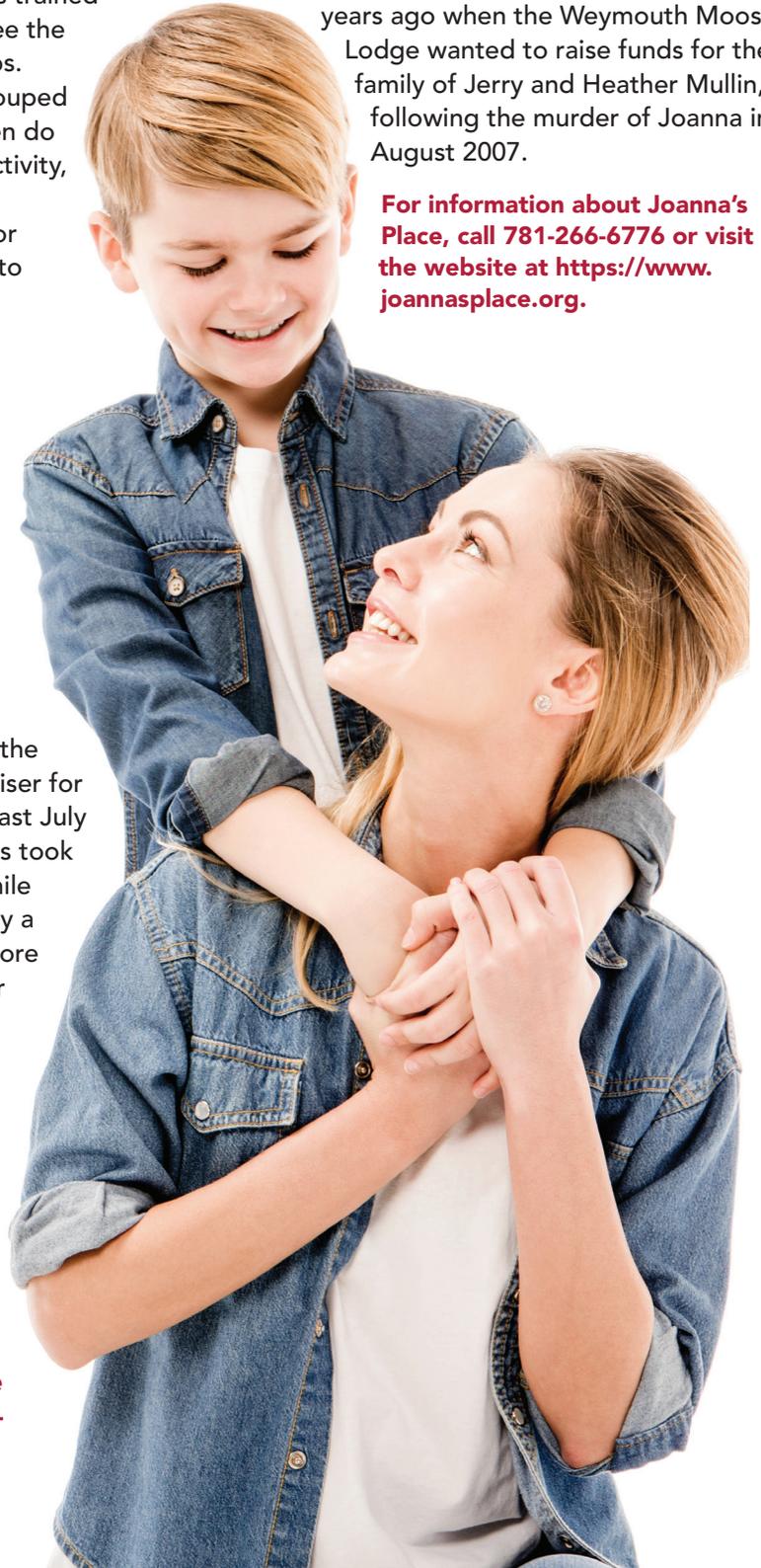
**Dozens of supporters gathered to cheer as riders begin the run outside the Weymouth-Braintree Elks Lodge. After riders are on**

**their way, supporters convene at the lodge for fun, food, raffles and children's activities. There is live music, dancing and face painting, too.**

"It's a good family day and the kids can appreciate all the charity work that the bikers are doing," said Mullin.

The annual benefit run began twelve years ago when the Weymouth Moose Lodge wanted to raise funds for the family of Jerry and Heather Mullin, following the murder of Joanna in August 2007.

**For information about Joanna's Place, call 781-266-6776 or visit the website at <https://www.joannasplace.org>.**



# Please Join Us for Our Third Annual Candlelight Memorial Service



Please join us for the Third Annual Candlelight Memorial Service at the Whipple Center in Weymouth on December 4.

The holidays can be a difficult time for those who have lost a loved one, especially if it is the first holiday season without a beloved parent, child, friend, sibling or other close family member. To comfort families who have suffered a loss throughout the year, Keohane Funeral Home will host the Third Annual Candlelight Memorial Service.

This celebration of remembrance for the loved ones who will be missed this holiday season will be held Wednesday, December 4, 2019 from 6:30 pm to 8:00 pm at the Whipple Senior Center in Weymouth at 182 Green Street.

This non-denominational service will include lovely music and a moving ceremony. During the candle lighting ceremony, participants will light a candle in memory of a loved one. Each person leaves the service with a memorial ornament. Refreshments will be served.

The team at Keohane Funeral Home recognizes that grief is a journey that takes much more time than the few days in which a funeral takes place. **"We want families to know that they are in our hearts long after leaving our immediate care," said John.** "The ceremony is our way of letting them know that we continue to think of them, pray for them, and offer them support as the days and months pass by."

To RSVP, please call  
1-800-KEOHANE  
(800.536.4263) or email  
events@keohane.com  
by December 2.



## DONATIONS GRATEFULLY

ACCEPTED THROUGH  
NOVEMBER FOR

KEOHANE'S 8TH  
ANNUAL COAT DRIVE

The winter coat drive has begun and continues through the end of November. Help us meet our goal to collect 250 COATS THIS WINTER.

Please join the cause to provide warmth and comfort this year for those less fortunate. Coats will be distributed through three local organizations: Interfaith Social Services in Quincy; Weymouth Youth and Family Services in Weymouth; and Wellspring Multi-Service Center in Hull.

Supporters wishing to donate are asked to bring gently-used adult or children's coats to the lobby of these Keohane locations:

- Keohane Funeral Home at 785 Hancock Street in Quincy. 617-773-3551
- Pyne Keohane Funeral Home at 21 Emerald Street in Hingham. 781-749-0310
- McDonald Keohane Funeral Home at 809 Main Street in South Weymouth. 781-335-0045

## OUR TEAM

### Liz Pappas



**E**lizabeth “Liz” Pappas, a native of Weymouth, is one of our incredible apprentices. She currently attends mortuary college while completing her funeral director apprenticeship at Keohane and expects to be graduating in the fall of 2020.

“Compassion and empathy are critical to becoming a great funeral director. Liz is blessed with these qualities. She genuinely wants to serve people and make a difference,” said Co-president Dennis Keohane.

Her priority in working with grieving families is to listen carefully and respectfully to discern exactly what their needs are. **“One of my true passions in life is helping people. I strive to treat each family as if they are my own making sure that they are honored with the utmost care and respect. There’s a certain satisfaction that comes with treating that vulnerability with as much honor as we can,”** said Liz.

Liz also enjoys discovering all of the unsung heroes throughout her community by working with families. Listening to the memories provided by surviving loved ones, Liz has the opportunity to discover the positive impact these unsung heroes have made on others.

Massachusetts requires two years of apprenticeship either before or after school, and Liz has chosen to complete her apprenticeship at Keohane while finishing her Associates Degree in Funeral Science at Fine Mortuary College, a private two-year college in Norwood.

“Growing up in Weymouth, I attended numerous services over the years arranged by the Keohane’s

and I was ecstatic to begin my apprenticeship with Keohane Funeral Home,” said Liz. “Through my time spent with the team thus far, I continue to have nothing but respect and admiration for the staff and my employers alike. My colleagues are always incredibly helpful, informative, and I truly enjoy being around them.”

Following her graduation from mortuary college, Liz will take national board exams and complete her two-year apprenticeship



Apprentice Liz Pappas has a positive attitude and is always looking for ways to lend a hand.

at Keohane. She will then take state exams before becoming a licensed funeral director in the Commonwealth of Massachusetts.

At that point, Liz plans to continue to be a funeral director in the Weymouth area. **“I want to give back to the community I grew up in. I believe that so much of my character and who I am today is because of the acts of kindness I have witnessed growing up in such an incredibly involved city with such genuinely kind people,”** said Liz.

Liz became interested in becoming a funeral director after experiencing an unfortunate amount of loss in her life. “I saw the way funeral directors gracefully handled each service and the way they treated my family was so special I knew that this was the

type of difference I wanted to make in someone’s life,” said Liz.

As an apprentice, Liz has a wide variety of responsibilities as she learns how to be a funeral director, including caring for the deceased, filing paperwork, assisting with office work, creating stationary, assisting at funerals, and sitting in on arrangements.

“We have seen Liz grow in her confidence and skills since starting with Keohane. More and more, she is placed in situations to care for families directly. This could be organizing and overseeing a family farewell service or greeting families as they arrive for visiting hours and offering direction and comfort,” said Dennis.

Liz grew up in Weymouth and is currently living in Quincy about six minutes from the neighborhood

*“Growing up in Weymouth, I attended numerous services over the years arranged by the Keohane’s and I was ecstatic to begin my apprenticeship with Keohane Funeral Home,”*  
*said Liz.*

where she grew up and where her mom and stepdad still reside. She lives with her boyfriend and their two cats Pierre and Archie. Outside of work, Liz enjoys hiking, writing, going to car shows and concerts, and spending quality time with her family. She volunteers her time at Fine Mortuary College by assisting at open houses and graduation.

“Liz is proud of her Weymouth roots and wants to help people in their time of need. She is well on her way to becoming an excellent funeral director. We are proud that she is part of our team,” said Dennis.



# FREQUENTLY ASKED QUESTION

## *Cremation, Burial, or Both: How to Choose?*



**C**hoosing between casket burial and cremation is a personal decision, and the final choice comes down to what's right for you and your family. However, there are several factors that must be weighed, including personal beliefs, religious beliefs, budgetary concerns, and environmental impact among other factors.

Over the last several years, cremation has been on the rise. According to the Cremation Association of North America (CANA), the United States cremation rate was 53.1% in 2018 and is projected to reach 59.4% by 2023. Therefore, the decision to be cremated versus buried is close to half and half currently but appears to be leaning towards a higher rate of cremation in the future.

While families that choose burial have options for either above-ground or in-ground burial at a cemetery or burial at sea, cremation opens up further possibilities. Following cremation, choices are varied, including columbariums or niches, scattering gardens, cremation jewelry, scattering in a significant location, and even traditional burial.

Interment following cremation offers several options, including a full plot, an urn garden plot, or being buried in the same plot as an existing grave. "Many families don't realize that the best option they have after cremation is using an existing family plot. Even if a casket is already buried in the plot, most cemeteries allow two or more urns to be placed in that same grave," said Co-President John Keohane.

Cremation tends to be the more economical choice because there are less materials needed, such as a casket or burial vault, although some cemeteries require an urn vault for burial.

### **You Have Options**

While both cremation and burial are generally considered respectful to a human life, there are cultural and religious differences. Some families feel that allowing a loved one to decay underground is unacceptable while others feel it is the

most natural option. Some cultures believe that cremation releases the soul while others feel that keeping the body intact is the most important factor.

For many families, viewing the body is an important part of the funeral ritual. Some people mistakenly believe that this is impossible by choosing cremation. In fact, both cremation and burial can take place following a traditional visitation and funeral service. The difference is that for a funeral followed by burial your loved one is taken to the cemetery to be buried and a funeral followed by cremation your loved one is taken to the crematory where the body is cremated.

### **Environmental Impact**

When it comes to a gentler impact on the environment, there are pros and cons for both burial and cremation. Some believe that a significant amount of pollutants is released during the cremation process, while others feel that the toxicity of embalming fluids and the amount of materials used in traditional caskets make cremation more environmentally friendly.

However, there are now options for environmentally conscious green burials or eco-burials. Green burials do not use embalming fluids and caskets are made of environmentally friendly and biodegradable materials.

### **Religious Beliefs**

The view on cremation varies greatly among religious traditions. In Christianity, the Catholic Church forbade cremation until the ban was lifted in the 1960s. It does require that the cremated person be buried rather than scattered or taken home by the family. Baptist and the Eastern Orthodox Church do not permit cremation, while the Methodist, Seventh-day Adventist, and Lutheran churches do.

Judaism has traditionally regarded burial of the body in the earth as the respectful choice. While there is no prohibition of cremation in Jewish law, burial is still the prevailing practice. Cremation is required in some eastern religions including Hinduism and Buddhism. Sikhs prefer cremation, but burial is not prohibited. Cremation is strictly forbidden for Muslims.

The choice between burial and cremation can be a difficult and extremely personal one. If you are having difficulty with it, discuss it with family members, clergy, or other loved ones. You can also speak with your funeral director for expertise and guidance.

If you would like to make an appointment to meet with one of our experienced funeral directors to discuss your options of burial, cremation, or both, please contact us at any of our locations or call our main office at 617-328-6231.