

FUNERAL, MEMORIAL & CREMATION SERVICES • Family Owned and Operated • *Caring for Our Community in Countless Ways*

SOLIMINE COMMUNITY CONNECTIONS

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ON LYNN COMMUNITY TELEVISION, ANYONE CAN BE A STAR

If you missed the City of Lynn fireworks celebrating the Fourth of July, you are still in luck. The spectacular display was captured by Lynn Community Television's Dave Reilly and is aired at your convenience on cable television. Even if you don't have cable service, you can watch the show on your computer through the station's website.

This is just one of the goodies you can find on your public access Lynn television channels. Actually Lynn has 3 cable channels, one public access, one government access, and an educational one that is run by the schools. Executive Director Seth Albaum, his staff and

volunteers produce shows on politics, news, sports, religion, community information, and a whole lot more.



Mukala Kabongo, News Director, has been recognized for his reporting of sports in Lynn.

GIRLS, INC.: STRONG, SMART AND BOLD

Imagine you are a girl from a single-parent family struggling to make ends meet on an income of \$25,000 a year. Your family loves and supports you, but there isn't a dime for any extras. These are the kids who too often fall between the cracks, stuck in a cycle of poverty from generation to generation. Who will help? Enter Girls, Inc., a Lynn nonprofit that serves 1500 girls each year.

Deb Ansourlian, Executive Director of the Lynn Girls, Inc., says "I am inspired by

the mission to empower girls to be the best they can, and get them ready for careers." The local group is funded by grants from United Way and some state agencies, plus donations and an annual fundraiser in April that brings in a significant amount. With these resources, a staff of about 50, mostly part-time, plus interns from local colleges and a lot of volunteers, provide programming ranging from help with schoolwork to fitness and meditation training, cooking and family game nights.

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Girls, Inc. members are strong, smart and bold!

ON LYNN COMMUNITY TELEVISION, ANYONE CAN BE A STAR

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The Basics on Local Access

Seth has a full time staff of six, a couple of part-timers, and coop students from Lynn Technical High School and other interns. Besides the staff, the station has hundreds of members from the community who take classes to learn how to film and edit. Any Lynn resident can be a member for just \$25 a year (\$15 for seniors), which provides training on the video equipment and loans of cameras for their own programs. Businesses can also become members, although the station is noncommercial; a company might create an online seminar on financial planning, for example, sharing expertise but not advertising directly.

Regular classes cover the basics on how to use audiovisual equipment. More advanced training is available for those who wish to move beyond filming easier studio shows and head out into the community with camera in tow. Folks of all ages take the classes, although those under the age of 14 have

to be accompanied by an adult. Scout troops can earn communications badges through working with Lynn Cable TV.

They Win Awards!

The station has recently received several awards for programming ranging from a video on boxers training for the Olympics, coverage of the 2018 Beyond Walls Mural Festival, and filming Brian Pistols, a local break dancer.

Programming

“For a lot of people, we are the only way they know what is going on city government, gavel to gavel, the entire meeting,” Seth says. Coverage of city council and other meetings are covered live from council chambers; broadcasting other city meetings depends on Wifi in public buildings, but they are aired soon after the final gavel. Seth hopes to move the biweekly newscasts to weekly. Other offerings include talk shows, a quiz show from



Mukala Kabongo, Seth Albaum, and David Riley Jr. display recent awards

Lynn Tech students, cooking, cars, sports, religion, and more.

As for your ideas? “That’s the wonderful thing about public access. It’s your show, it’s your subject matter,” says Seth.

For further information, check out www.lynn.tv, org, see Facebook (Lynn Community Television), or call (781) 780-9460.



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GIRLS, INC.: STRONG, SMART AND BOLD

How does it work?

Girls, Inc. runs their program from 50 High Street, a building with classrooms, gymnasium, kitchen, and library. Girls enjoy the enrichment and support from kindergarten through high school, with the focus shifting over time as interests develop and age-based needs change. The organization’s website says “Girls, Inc., inspires all girls to be strong, smart and bold, through direct service and advocacy.”

Strong

Girls, Inc. supports an active lifestyle, with after school and summer programming to develop healthy bodies. They learn about health issues that affect not only themselves but their families and their community. They build the foundation for healthy living that increases their physical activity and creates positive body images.

Smart

The goal for younger girls through summer literacy programs is to avoid the summer learning loss. As they grow older, they have opportunities to be mentored in career choices, with a full 100% of them going

on past high school to further education. “We want to expose the girls to careers where they can be passionate about what they do and be successful,” says Deb. Girls can visit workplaces with their mentors.

Bold!

An important facet of the girls’ development is developing leadership skills. A girl might start by organizing a family night, then develop the self-confidence to go before the group, then maybe the city council or the community to advocate for programs she believes in. Girls, Inc. members worked with state and local officials to foster the plastic bag initiative that takes effect in September in Lynn.

Volunteer

Over 350 volunteers contributed close to 4000 hours to Girls, Inc., in 2018. More help is always welcome. Mentors for older girls, homework tutors for all ages, career speakers, fundraisers, and workshop leaders are needed.

The impact is impressive. One young woman returned to Girls, Inc., as an



Girls, Inc. young ladies rock like royalty!

AmeriCorps member. A group designed jewelry for Hearts on Fire. Another girl is a paid summer intern at Lynn Community Television. And one Girls, Inc. grad, as a college senior, was awarded a Fulbright Scholarship to teach in France. Pretty impressive for struggling kids!

For more information check out <https://girlsinclynn.org>, email info@girlsinclynn.org or Call (781) 592-9744.

CITIZENS INN AND HAVEN FROM HUNGER: TWO NAMES, ONE GOAL



Art therapy is one aspect of serving clients.

The folks at Citizens Inn/Haven from Hunger understand food insecurity better than most. The term not only covers those who can't put food on the table for their families, but also clients like college students, who might have to choose between tuition and breakfast. Or families forced to buy cheap, filling carbohydrate-rich foods rather than healthier fresh produce.

Each month hundreds of volunteers join the staff at Haven from Hunger to provide groceries for home cooked meals as well as four dinners each week for those who are not always sure where their next meal will come from. Haven from Hunger is located in Peabody. The food pantry serves Peabody, Salem and Lynnfield; the City of Lynn has My Brother's Table providing similar benefits.

The focus of Citizens Inn/Haven from Hunger is two-fold: to provide housing for the homeless and to feed them, while offering tools to find permanent solutions to break the cycle of poverty.

The Merger

Citizens Inn's merger with Haven from Hunger strengthens both. "The most basic needs you can think of are food and shelter," says Corey Jackson, Executive Director. They seek long-term solutions to help families move past shelters. "We stick with the family to build real, long term stability. It is a great marriage of nonprofits," he continues.

The Housing Side

Citizens Inn has three levels of housing for individuals and families:

- Citizens Inn Transition helps those recovering from addictions
- Citizens Inn Between offers temporary shelter on an emergency basis
- Citizens Inn Homes manages affordable rental units for long term stability

These programs are funded through state agencies and grants. Most of the organization's staff works on the housing side of the equation. Executive Director Jackson is "over the moon" about a project that could add over \$100,000 to the building fund. He explains that the Solimine family's Boulderwood Peabody development will benefit Citizens Inn. With each home sold, the Solimines will donate \$1000 to Citizens Inn in the name of the new homeowner, who gets a tax deduction. "This incredibly generous plan is a way for those who have nothing to benefit from the great housing market, too."

Food, Glorious Food

Haven from Hunger's volunteers donate 4000 hours a month organizing the donated groceries and serving four weekly meals. A big piece of their work is the transformation of the ground floor of the building at 71 Wallis Street in Peabody from a "grocery store" setup into "restaurant mode" and back—four times a week! Citizens Inn is planning an expansion that will give each of the functions its own permanent space.

To provide the 1.7 tons of food each year, worth about \$2.3 million, they rely on donations of nonperishable goods from individuals and organizations as well as the annual "Stamp Out Hunger" Post Office drive. Haven for Hunger receives a lot of food through the Greater Boston Food Bank. Fruits, vegetables, and

other perishable foods are donated by Trader Joe's, Whole Foods, restaurants and supermarkets. Home gardeners share their seasonal bounty like surplus zucchini.

Volunteers who prepare and serve the meals might bring their own ingredients or might rely on what has been donated. Corey laughs, "What do you do with a lot of rutabagas? Mash and season them—they're good!"



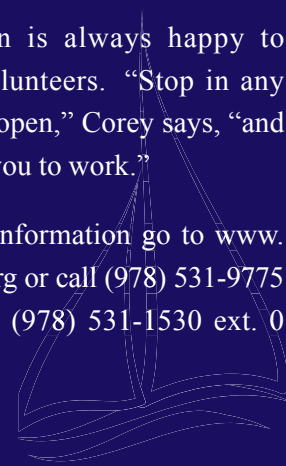
Citizens Inn Volunteers are essential to the services.

SAVE THE DATE

The annual fundraiser is scheduled for Danversport Yacht Club on Friday evening October 25. Newsman Randy Price is the emcee for the event, which includes silent and live auctions of jewelry, sports memorabilia, a safari trip, restaurant gift cards, and much more. Citizens Inn needs \$800,000 each year to stay open, and a substantial portion is raised at this annual gala.

Citizens Inn is always happy to welcome volunteers. "Stop in any time we are open," Corey says, "and we will put you to work."

For further information go to www.citizensinn.org or call (978) 531-9775 (housing) or (978) 531-1530 ext. 0 (hunger)



CITIZENS INN AND HAVEN FROM HUNGER: TWO NAMES, ONE GOAL

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What They Need Now

They are in the throes of raising \$1.1 million to upgrade their building, to provide both a permanent grocery and on the second floor a restaurant for serving meals. Monetary donations, bequests, grants, estate plans, and individual gifts are essential.

Their cadre of volunteers is overwhelmingly drawn from the retired community; their service gets folks out into the community, to make friends and remain active; there are seniors in their 80s and beyond at work at the Haven. Students get community service credits, as do citizens sent from the district

Students get community service credits, as do citizens sent from the district court.

Citizens Inn needs all the items anyone needs to set up housekeeping: towels, sheets, furniture, cleaning supplies, dishes, pots and pans, but multiply the need by 34 to cover all of the housing units they have to set up.



FAQ: WHAT CAN I DO WITH MY LOVED ONES' CREMATED REMAINS?

Families today often choose cremation rather than burial for their loved ones. Instead of a cemetery plot, they will have an urn of cremains. Ashes will not need an immediate final resting place, so there is time to make plans based on wishes of the deceased.

The funeral home or crematorium returns the ashes in a box or urn suitable for burial, scattering, or even long term display. The options after that are almost endless, although "some restrictions apply."

- First, please be respectful not only of your loved one's wishes but also of the public. Laws and regulations regarding the disposition of cremains vary from place to place, state to state.
- Ask permission before you proceed, whether the property is private or public. In some cases, permits are needed as well.
- Avoid sensitive or developed areas. Your mother's favorite trail at a national park sounds like a lovely resting place, but do check with the rangers first, and of course scatter well away from the trail itself. National parks do allow such disposal with some restrictions.
- Amusement parks and athletic arenas are private property. Seeking permission is essential but quite likely to be denied. If you violate the policy, at the least the remains will be removed from the site to another, and police might be contacted.
- Scattering ashes on bodies of water is popular. In the case of the oceans, whether by plane or boat, the laws require that the site be 3 nautical miles or more from land.
- Choosing inland waters is a different matter, depending on the jurisdiction, so using your uncle's secret fishing spot would depend on the regulations for that area.
- Burying the urn in a cemetery plot or placing it in a niche at a columbarium at a memorial park is popular and unquestionably legal. Scattering the ashes in a cemetery might not be.
- Spreading your sister's ashes on a beach is prohibited, even in the water, where they could wash ashore.
- Understand that ashes include little bits of bone but will blow around in the wind, and often fly back into the crowd of mourners, so do consider the wind direction.

Do check with your funeral director for further information regarding the final disposition of your loved ones' remains.

