



## Sol Levinson & Bros. Funeral Home Newsletter

July 2017

### What is Aging in Place?

What does it mean to "age in place?" According to the U.S. Center of Disease Control and Prevention the definition is, "the ability to live in one's own home and community safely, independently, and comfortably, regardless of age, income, or ability level." Most people's first desire is to remain in their own home as they age, if possible, and there are important ways that homes can and should be updated to ensure one's physical safety.

With families more spread out than ever, many adult children worry about making decisions for - and ensuring the well-being of - their aging parents, often from a distance. There are many resources available in Baltimore to help people continue their independent lifestyle and remain in their communities and their own homes. [Please see our blog](#) for more information.



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### Bereavement Support Groups

Several times a year we host bereavement support groups. This 8-week program offers you the opportunity to talk with specialists about grief, and find support among a community of others who are grieving.

Pre-registration is required. Contact Jewish Community Services to find out more or request to join an upcoming group: 410-466-9200

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### Memory Pillows Craft Project



*Photo from Budget Girl blog*

When coping with the loss of a family member or friend, a craft activity is a good way to reflect on your feelings and memories without having to say a word. Hands-on projects can be a relaxing and meditative way to create something as a comforting reminder of your loved one.

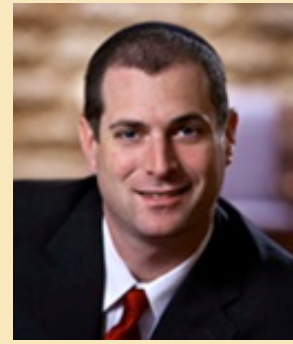
Memory pillows or quilts are a wonderful way to recall their personality by using articles of clothing, such as a favorite shirt, necktie or scarf. With very few materials or little experience, you can create a meaningful keepsake for yourself and others by using a favorite tie Grandpa always wore to Shabbat dinner, a silk scarf on which

Grandma's perfume still lingers, or the button-up shirt Dad favored.

For simple, do-it-yourself instructions or ideas for memory pillows, you can [visit this website](#).

## Meet Our "Family": Greg King, 8 years at Levinson's

Many of you know Greg King, as he is a Pikesville native. A graduate of Boston University, Greg attained his degree in education, working as a high school teacher, then he owned and operated a Baltimore-area vending machine business for several years. With his strong ties to the community, and a yearning to be involved with people on a more personal level, Greg then decided to make a change of career which led him to Levinson's.



As an avid reader, Greg has enthusiastically accepted the task of maintaining the Marjorie Levinson Bereavement Libraries for use by anyone in need, as well as assisting with community outreach events. When asked what it is that Greg enjoys about his career, he says he finds satisfaction in being able to help families through a difficult time, especially since he has long-lasting relationships with many families from his upbringing in Pikesville.

When not at work, Greg has many interests and hobbies such as playing piano, crafting homemade cheeses, farming organic produce, playing tennis and fishing. Greg's many interests keep Rebecca, his wife of 12 years, entertained and they provide endless teaching opportunities for his two young daughters.

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## Plan Ahead

There are several important reasons to pre-plan a funeral. Planning ahead helps provide peace of mind for you and your family, and eases the financial burden of a funeral. It is also an acceptable way to spend down a person's assets.

Now, when you sit down with us to plan ahead for yourself or a loved one, you will get a personalized copy of the [Levinson's Pre-Planning Guide](#), filled with organizational resources.



Click the image to watch our video, or [go to our website](#) and use the [Plan Ahead form](#) to get started.

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## Aftercare

Levinson's bereavement library, support groups, and educational events in Pikesville and Howard County ensure that the families we care for have support long after the funeral service ends.

You can find more details going to our [Aftercare Resources](#) page.

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## Daily Funeral Schedule

If you would like to receive Levinson's Daily Funeral Schedule every morning by email, [click here to sign up](#).

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