



Sol Levinson & Bros. Funeral Home Newsletter

August 2017

We Remember Them: Finding Hope and Meaning After Loss

Levinson's is partnering with Jewish Community Services and Gilchrist Grief Services to present a powerful program on Tuesday, September 12, designed to help people who are grieving the death of a loved one.

Grief specialists from JCS and Gilchrist will help participants understand their feelings of grief, recognize what to expect during the grieving process, and acquire new coping skills. Rabbi Steven Schwartz, of Beth El Congregation, will discuss the Jewish view on the afterlife. The program is designed to help those who have lost a loved one come away with a renewed sense of hope and meaning.

Please [see our blog](#) for program and RSVP information.



Movement And Grief



We've recently written about how crafts can be an excellent therapeutic outlet for our grief. Creating art, journaling, and memory boxes are a good way to channel your feelings. Another thing to consider is physical activity. Moving your body at any level that you are capable of has tremendous benefits not only physically, but also mentally and emotionally. [This article](#) outlines several of the scientific benefits linked to moving through grief.

Many people have found yoga to be a physically low impact but emotionally high impact way to center their bodies and minds. There is yoga available for every fitness level and physical ability. [Check out this article](#) for ways that yoga may be able to help you navigate through a very difficult time.

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



Meet Our "Family": Greg Johnson, Funeral Assistant, 3 years at Levinson's

Greg Johnson is a Baltimore native who previously worked at Northwest Hospital for 16 years, where he became Supervisor of the Patient Access and Admitting department. When Greg came to Sol Levinson & Bros., he took on the role of Funeral Assistant, where he assists families with items for Shiva, greets and directs attendees of services, and performs a variety of tasks needed to keep the funeral home running smoothly.

When asked what it is that Greg enjoys about his career, he says his focus has always been on the well-being and personal care of people in the community. Coming to Levinson's from a corporate healthcare environment was a change that enabled him to see how his actions impacted people at their most vulnerable time. "Sometimes it's the little things that go a long way," said Greg, who takes pride in attending to the details, so families can focus on grieving. "I can help these people, who are going through a terrible time right now, and it's one less thing they have to worry about. It may not be much for me, but for them, it can mean a lot."

When Greg is not at work, he loves anything that involves being outside. He is a self-described "big kid at heart," who enjoys playing with his children, nieces and nephews at the playground, flag football with friends, and unwinding in the evening with a good movie. In his spare time, he is also helping his girlfriend fix up her new house.

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.

Aftercare

Levinson's bereavement library, support groups, and educational events in Pikesville and Columbia 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.

Daily Funeral Schedule

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

Pikesville Office & Chapels

Sol Levinson & Bros., Inc.
8900 Reisterstown Road
Pikesville, MD 21208

Voice: (410) 653-8900

Fax: (410) 653-1613

Toll Free: (800) 338-1701

Email: info@sollevinson.com

Web: www.sollevinson.com

Columbia Arrangement Center

Sol Levinson & Bros.

Funeral Services, P.A.

5560 Sterrett Place, Suite 204

Columbia, MD 21044

*Restricted - Operating out of Sol Levinson & Bros., Inc.,
Pikesville, MD*

Voice: (410) 730-7230

Fax: (410) 730-7353

Toll Free: (800) 338-1701

Email: HowardCounty@sollevinson.com

Web: www.sollevinson.com

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