



Sol Levinson & Bros. Funeral Home Newsletter

March 2019

Mourner's Kaddish: Traditions & Alternatives

As many people know, there is a timeline to Jewish mourning practices, designed to help ease a mourner's journey from the funeral back to full participation in daily life. Yet some people feel alienated from that process, based on their level of observance or need for something more personalized. Often, they have not yet found the best practice to help them on this path.



[In this blog post](#), we spoke with Rabbi Dana Saroken of Beth El Congregation, for some of her thoughts and suggestions. We also compiled a series of resources both explaining the traditional practice of reciting Mourner's Kaddish, and providing options for those who are looking for alternative rituals.



Tips for Cleaning Out a Relative's Home, Downsizing for a Move, or Decluttering to Help Your Family

Many people know the struggle of having to clean out a loved one's home after their death. There are several recent popular movements for decluttering or downsizing before a move, or as one ages - so that someone else doesn't have to take

on the burden of this responsibility.

[Our blog post](#) provides links to some tips and differing approaches to be able to process through a family member's belongings after their death, to clear out your space now, or to help someone else tackle this emotionally challenging task.

Ask the Expert: Social Security Benefits

Confused by Social Security benefits? Tim Barnaba, adjunct professor and teacher of "Understanding Medicare & Social Security" at CCBC, will help us understand the options.



Tuesday, April 9th, 12pm
David Chu's China Bistro
7105 Reisterstown Road

Lunch is free, but registration is required by April 2 to AskTheExpert@sollevinson.com or 410-653-8900. Kosher dietary rules observed.



Meet our "Family": Doug Carroll, Funeral Assistant, 3 Years at Levinson's

Doug Carroll is one of Levinson's Funeral Assistants and often first meets families when their loved one has just passed away. He fulfills many important responsibilities including ensuring all the details of families' needs are attended to, driving limousines, delivering shiva items, greeting funeral home visitors, and more. What most people don't know about Doug is that several years ago Doug received a phone call to save a life.

Nearly fifteen years ago, a representative from Be the Match organization spoke at Doug's office about the benefits of bone marrow donation. Several people signed up to offer a sample of their blood and have their sample entered into a registry of potential bone marrow donors. Every year, Be the Match will contact each person in the registry to confirm that they are still willing to donate. After ten years on the registry, Doug received a call. A young boy in Wisconsin was diagnosed with Acute Lymphoblastic Leukemia (ALL), and Doug was a match. Without hesitation, Doug agreed to have his bone marrow harvested, and the journey to save this little boy's life began.

When asked about his side of the donation experience, Doug said, "It really wasn't hard for me, it was a few hours in the morning at Georgetown for the harvesting - then my part was over." The harvested marrow was immediately taken up to Philadelphia, where the young man was waiting to receive it at the Children's Hospital of Philadelphia. Without Doug's marrow, the boy more than likely would not survive. Due to protocol of the registry, it would be one year before Doug would be able to hear from the young man's family to find out if the donation was a success.

Shortly after the year-long waiting period was over, Doug received a letter in the mail from the boy's family - he was thriving! The bone marrow transplant was a success, and he was on his way to recovery. The family decided to meet Doug at their next routine checkup in Philadelphia. Now, Doug sees the family every year the day of the young man's annual checkup. Just like any other survivor, there will be ongoing tests to make sure he is in the clear but, for now, the recipient has been cancer-free for six years. He is in the Boy Scouts, loves to swim, goes camping, and likes to fish - just like any other boy his age.

Doug said the bone marrow donation was a good experience, and that he would do it again in a heartbeat. He suffered no physical problems from the harvesting procedure and knew that a few hours of his time could possibly save a life. Bone marrow donation may not be for everyone, and there are other things that are in constant need, such as blood, that can also be donated easily. Another Levinson's employee is also a member of the "Be the Match" registry and said the sample process was easy; the organization sent a kit in the mail, she did a small cheek swab from home, and mailed it back. She also receives the letter once a year confirming her

willingness to participate if needed.

If you would be interested in possibly becoming a bone marrow donor, the [Be the Match website](#) has a lot of information on the process. There are also other organizations that provide this service, and all of them are connected to the National Bone Marrow Registry. Besides being a stellar employee, Sol Levinson & Bros. would like to extend a heartfelt "Thank You!" to Doug Carroll for his selfless act of giving to those in need.

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 by 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](#).

Feedback

Did our service exceed your expectations? Did a member of our staff go the extra mile to assist you? Sol Levinson & Bros. is committed to providing the families we serve with compassionate, personalized and detailed care, and we want to hear about your experience. You are welcome to [email us](#), as we are constantly trying to improve our service.

If you feel like sharing the benefits of your experience with others, we ask that you take a moment to [review your experience with us online](#). Your online review can be a useful tool for those who need to make funeral arrangements for their own families.

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