

Newsletter - November 2021



A Month of Gratitude

November is National Gratitude Month. Creating a gratitude practice has been shown to change people's brain function for the better, and can be especially helpful for those who are grieving.

It seems strange to talk about gratitude and grief in the same sentence. However, even at one of the worst moments in our life a funeral service is an opportunity to express gratitude for who that person was and how they influenced us. And practicing gratitude in small ways can help mourners process grief, as well as support their physical and mental health.

<u>Please see our blog</u> for a few articles we found about gratitude specifically as it relates to grief, and some about general benefits of a gratitude practice. While some of them are written in a less serious way, they are in no way intended to minimize grief or the grief journey. We hope everyone (grieving or not) finds useful information here.

Jewish Funerals & Advance Planning Webinar



Join us for an educational webinar on Tuesday, November 16, 7:30-8:30pm

A lot more goes into a funeral than many people realize. Join us as we discuss the decisions that need to be made and the importance of having this conversation ahead of time.

- Rabbi Yerachmiel Shapiro, of Moses Montefiore Anshe Amuno (MMAE), will present a highlight of Jewish funeral traditions and the reasons behind them.
- Eliza Feller, Director of Advance Planning at Sol Levinson & Bros., will review the ways you can make funeral planning much easier for your family.

Registration is required in order to receive the Zoom link. <u>Please register here</u> by Monday, November 15.

Please reach out to Eliza Feller with any questions at 410-653-8900 or<u>via email</u>.

If you are unable to attend but would like to learn more about the importance of Advance Planning and how to get started, please <u>see our website</u>.

Grief Support & Community Outreach Events

Fall Donation Drive

There are just a few weeks left in Levinson's Fall Donation Drive. See



below for each week's collection category and drop off any items to us at the Pikesville funeral home, at the office entrance.

It is important that you check our website before bringing any items, to see specific requests and requirements.

November 1-7: Toiletries (Includes Women's Hygiene) that are unused and unopened

November 8-14: Books for children and adults, in new or good condition

- November 15-21: Adult Clothing, washed and free from damage
- November 22-28: New school supplies for elementary through high school students

Thank you for helping us make a difference in the community!

For information on other upcoming programs and support groups, please see Levinson's online calendar.

Join Our Team

Sol Levinson & Bros. Funeral Home is consistently voted one of Baltimore's Top Workplaces by the Baltimore Sun.

Do you know someone who would be a good addition to our team as an Accounting Specialist?

Please see the <u>Join Our Team</u> page on our website for all current job openings, full position descriptions, and how to apply.

Advance Planning: A Gift to Your Family

We are here to help you help your family. By learning about funeral options and making decisions now, you can greatly impact your family's experience at the time of a loss. Advance Planning allows you to be in charge of what the funeral looks like (and its cost), and makes things much easier on surviving family. That is why several hundred people a year come in well in advance of needing our services.



You do not need to have all the answers about your wishes when you meet with us. At an Advance Planning appointment, our goal is to answer any of

your questions and help provide you with the information you need in order to make the best decisions for yourself. An Advance Planning Specialist will meet with you in our Pikesville, Columbia or Annapolis offices, by Zoom, or by phone and provide you with all the options.

For more information:

- See our online appointment scheduler
- Start filling out our <u>Advance Planning Questionnaire</u>
- Send an email to Eliza Feller, our Director of Advance Planning
- Take a look at the Advance Planning section of our website
- Call us at 410-653-8900

If you aren't ready to make decisions but would like to call and ask a few questions, one of our Advance Planning Specialists would be happy to help you. Whether you want to know about less-traditional funeral options, how to purchase cemetery plots, or the general benefits of advance planning and prepayment, please don't hesitate to reach out.

Levinson's is committed to providing the same caring, professional and personalized service that has been synonomous with our name for over 125 years. If you have any questions regarding our services, please contact us so we can help.

Our Locations

Pikesville 410-653-8900 | 8900 Reisterstown Road **Columbia** 410-730-7230 | 5560 Sterrett Place, Suite 204 **Annapolis** 410-881-0801 | 170 Jennifer Road, Suite 150

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