



Heafey-Hoffmann-Dworak & Cutler
7805 West Center Rd.
Omaha, NE 68124

The Journey

Community service program of caring for individuals and families who are grieving the death of someone they love.

From The Heart

IN THIS ISSUE:

Tears

A normal reaction to the loss of a loved one. But they also bring complicated feelings. Find encouragement about your tears.

Caring Thoughts

*"Make a Difference"
Healing Thought*

Mark Your Calendars

Save the date for monthly grief support groups: (see details inside)

- Aftercare Support Group
- Wednesday Luncheon
- Walking Through the Valley of Darkness

Greetings, Dear Friends!

Author and lecturer Leo Buscaglia once talked about a contest he was asked to judge. The purpose of the contest was to find the most caring child. The winner was a four year old child whose next door neighbor was an elderly gentleman who had recently lost his wife. Upon seeing the man cry, the little boy went into the old gentleman's yard, climbed into his lap, and just sat there. When his mother asked him what he had said to the neighbor, the little boy said, "Nothing I just helped him cry."

How true! How true we can learn so much from little children!

I'm assuming this story is true, but even if it isn't, wouldn't you love to have a friend like this little boy? Sometimes the best support we can receive is not so much what someone says to us but just to have their presence. And even better - if they just let us feel and cry when needed.

Tears are such a funny thing in grief. We hate them most of the time because we never know when they will appear. And they can be hard to control too, once they start. And yet, tears can be one of the best stress relievers for grief that you have built into your body. Tears are a gift that God has given us to relieve and express these extreme emotions. Most people feel better after they have had a good hard cry!

With tears it isn't the quantity or the frequency that is important. Because this will vary so much from person to person. **But what is important is that if you feel the need to cry, that you are OK to cry.** That's the point. They are very normal. When you lose a loved one you hurt and the hurt gets expressed in tears. Some people cry a lot. Some people cry very little. Both can be normal.

While we don't have little children at our support groups to help us feel and cry when needed, we do have a bunch of "big adults" who get it. We will be covering the topic of *loneliness and tears* this month. I think the best gift we can give each other is the presence of listening and caring, as we ourselves navigate these roller-coaster grief emotions. Kleenex is provided (just in case). But beware, caring can turn to laughing support too. We just want to be real with each other. We need that from each other. ~ Blessings,

Sharon Zehnder

Aftercare Director

aftercare@heafeyheafey.com

402-391-3900

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Heafey-Hoffmann-Dworak & Cutler

www.heafeyheafey.com

Opportunities for February 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 6:00PM "Loneliness & Tears"	2	3	4 Luncheon * 11:30 a.m.	5	6	7
8	9	10 10:00 AM "My Story"	11 Luncheon * 11:30 a.m.	12	13	14
15	16	17	18 Luncheon * 11:30 a.m.	19	20	21
22	23	24 10:00 AM "Nurturing Yourself & Needs"	25 Luncheon * 11:30 a.m.	26	27	28

Aftercare Support Group

Topic: LONELINESS & TEARS
"Down in the Valley"
February 1, 6:00 p.m.

Crown Pointe Retirement Center
2820 South 80th Street
(Lower Level—Recreation Room)

Wednesday Luncheon

(*Open to those who are widowed only)

Every Wednesday at 11:30AM
Garden Café in Rockbrook
11040 Oak St.

Walking Through the Valley of Darkness

February Topics: 10:00 am - 11:30am
10th: "My Story" (Please Bring a Picture of the Deceased)
24th: "Nurturing Yourself & Identifying Your Needs"

Crown Pointe Retirement Center
2820 South 80th Street
(Lower Level—Recreation Room)

Caring Thoughts

Make a Difference

The following quiz is meant to make us stop and think.

1. Name the five wealthiest people in the world.
2. Name the last five Heisman trophy winners.
3. Name the last five winners of the Miss America contest.
4. Name ten people who have won the Nobel or Pulitzer prize.
5. Name the last half dozen Academy Award winners for best actor or actress.
6. Name the last decade's worth of World Series winners.

How did you do? The point is, none of us remember the headliners of yesterday. There are no second-rate achievers. They are the best in their fields. But the applause dies. Awards tarnish. Achievements are forgotten. Accolades and certificates are buried with their owners.

Now do the following:

1. List a few teachers who aided your journey through school.
2. Name three friends who have helped you through a difficult time.
3. Name five people who have taught you something worthwhile.
4. Think of a few people who have made you feel appreciated and special.
5. Think of five people with whom you enjoy spending time.
6. Name a half dozen heroes whose stories have inspired you.

Easier? The lesson?

The people who make a difference in your life are not the ones with the most credentials, the most money, or the most awards. They are the ones that care about you. Let them know the difference they make in your life.

Healing thought

"The friend who can be silent with us in a moment of despair or confusion, who can stay with us in an hour of grief and bereavement, who can tolerate not knowing, not curing, not healing and face with us the reality of our powerlessness, that is a friend who cares." ~ Henri Nouwen

Aftercare Support Group Meeting (open to the public)

Sunday, February 1, 2015 at 6:00 p.m. ** (This is a first Sunday) ******



Topic: "Down in the Valley" LONELINESS & TEARS

Ever feel like the world goes on and you are sinking ever deeper into a pit of loneliness and no one seems to notice? Do you ever feel like you are drowning in your tears? . . . Or perhaps wish you could let some come out!!!! You are normal and not alone! If you find yourself wondering if you can ever survive this feeling of loneliness, we will share thoughts and ideas to help overcome this alone feeling and to learn the "blessing" of tears.

**Aftercare Group Meetings are held at: Crown Pointe Retirement Center,
2820 South 80th St. (Lower Level—Rec Room) Facilitated by: Sharon Zehnder,
Aftercare Director**

Sneak Preview

Next Month: Sunday, March 8, 2015 at 6:00 p.m.

Topic: "Is it Goodbye or Something Else?" INTEGRATION

MARK YOUR CALENDAR FOR APRIL 18, 2015

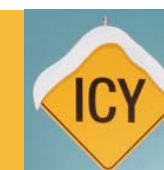
Heafey's Annual Services of Remembrance

**Catholic Memorial Mass at 11:00 a.m. or
Non-Denominational Memorial Service at 3:00 p.m.**

(Complete info will be in the March newsletter.)



**IN CASE OF INCLEMENT WEATHER, THE RULE OF THUMB IS:
If other community events are being cancelled, it is safe
to assume ours is too. If in doubt, call: 402-391-3900**



Wednesday Luncheon*

(*open to those who are widowed only)

Great Conversation!
Good Food!
Wonderful People!

**Every Wednesday
at 11:30 a.m.**

**Ask for the Heafey tables.
Bring a friend or two!
No RSVP needed
Meet us at:**

**Garden Café in Rockbrook
11040 Oak St.**

Walking Through the Valley of Darkness

These sessions are adult education for people who have lost a loved one.

**(Meets normally on the 2nd & 4th Tuesdays)
at 10:00 a.m. - 11:30 a.m.**

February Topics:

**10th - My Story (Please bring a picture of the Deceased)
24th - Nurturing Yourself & Identifying Your Needs
Facilitated by: Peggy Bonacci, LCMSW, CT**

**Meetings are held at: Crown Pointe Retirement Center,
2820 South 80th St. ~ Lower Level-Rec Room
(off of West Center Frontage Road)**