

RETURN SERVICE REQUESTED

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

SPONSORED BY:  
Heafey Hoffmann  
Dworak Cutler  
MORTUARIES & CREMATORY

12100 W Center Rd • Omaha, NE 68144

# THE Journey

February 2017

## From The Heart

### Greetings, Dear Friends!

You can tell it is getting exciting; something is about to change! For those who like dramatic shows or movies, how do you know that things are about to change? It's the music, of course! The tempo changes, the volume usually increases, and you know that you had better sit up and pay close attention so you don't miss any details. The music alerts you to what is coming next.

Isn't it fascinating that the world of music is so vast? On a piano, the same 88 keys can be played in so many different styles and forms that no two songs are quite alike. With just the changing of a rhythm, the volume, or the speed, quite different feelings can be evoked from playing the same 88 keys.

I find the words that Joshua Liebman writes in his book, *Peace of Mind*, descriptive of music and grief. He writes, "The melody that the loved one played upon the piano of your life will never be played quite that way again, but we must not close the keyboard and allow the instrument to gather dust. We must seek out other artists of the spirit, new friends who gradually will help us to find the road to life again, who will walk that road with us."

It is so hard to navigate grief for most people. It can feel like no one else really understands how you feel. Because attempts by some people to understand can fail, there can be a temptation to just isolate. "No one gets it. I'm just in this by myself!" These common feelings just intensify feelings

of **loneliness**. You just want to "close the keyboard" and assume that your "piano of life" will never be played again.

OK, hang on! This is now the point in the movie where the music changes. The tempo changes. The music gets louder. There are some critical next steps ahead that will dictate how the "melody of your life plays out." What music will you play?

There's a new keyboard that you have access to which can help you figure out your melody and lessen the **loneliness**. It takes courage and strength to try to make some new music, but others are joining in with their new sounds too. As we play through the notes on the topics of **Loneliness and Tears**, we will hit some dissonant notes for sure. No grief journey is without its challenges. But you may surprise yourself with the notes you can hit, as you are supported by me and others. And together, the notes that sound of support and understanding, make the evening worth the risk. Come, as we gather to help each other write more lines in the melody of each life. Your music will play on. How do you want your piano of life to sound?

Blessings,  
Sharon Zehnder  
Aftercare Director  
[aftercare@heafeyheafey.com](mailto:aftercare@heafeyheafey.com)  
402-391-3900



OPPORTUNITIES FOR

## February 2017

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

### Aftercare Support Group

Topic:

**LONELINESS & TEARS**  
"Down in the Valley"  
February 12, 6:00 p.m.

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

### Wednesday Luncheon\*

Every Wednesday  
at 11:30 a.m.

Garden Café in Rockbrook  
11040 Oak St.

(\*Open to those who are widowed only)

### Walking Through the Valley of Darkness

February Topics  
10:00-11:30 a.m.

14 - My Story (Please bring a  
picture of the deceased)  
28 - Nurturing Yourself &  
Identifying Your Needs

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

## In This Issue:

### Loneliness

Support systems can change. Intense emotions of loneliness are felt. Where are all those who you thought really cared? Instead of focusing on who isn't there, focus on who IS there for you. In this issue, be encouraged to move from loneliness to new support.

### 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



## I Asked...

*I asked for Strength*

**And was given Difficulties to make me strong.**

*I asked for Wisdom*

**And was given Problems to solve.**

*I asked for Prosperity*

**And was given a Brain and Brawn to work.**

*I asked for Courage*

**And was given Danger to overcome.**

*I asked for Love*

**And was given Troubled people to help.**

*I asked for Favors*

**And was given Opportunities.**

*I received nothing I wanted.*

**I received everything I needed.**

~~ Author Unknown ~~

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

## Healing Thought

"Pain may well remind us that we are alive, but love reminds us why we are alive."

~Trystan Owain Hughes~

**Sunday, February 12, 2017 at 6:00 p.m.**

**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 12, 2017 at 6:00 p.m.

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

**MARK YOUR CALENDAR FOR APRIL 1, 2017**

## 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.)**



## 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 Street

## 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)**

**10:00-11:30 a.m.**

February Topics:

- 14 - My Story (Please bring a picture of the deceased)
- 28 - 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)