

Heafey Hoffmann Dworak Cutler

MORTUARIES & CREMATORY

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RETURN SERVICE REQUESTED

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

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12100 W Center Rd • Omaha, NE 68144

THE Journey

JULY 2017

From The Heart

Greetings, Dear Friends!

There's so much change all around us. Every area where you turn, it is like there is a fast forward button being pushed on change. Do you agree? Don't we especially see change in the area of technology? New iPhones come out, better TVs, newer computers, iPads...you name it...things are changing. I think about how companies have missed technological changes and therefore missed opportunities that proved detrimental to them in the long run. One often mentioned example is Blockbuster's decision not to buy Netflix in 2000. Wow, error! Now, Blockbuster is gone and Netflix is soaring. This is just one example of missed opportunities for negotiating change in a positive business way.

What about you? No, you are human, and aren't the same as companies, technology, etc, but how are you doing with the changes that grief has brought your direction? If I asked you what has changed since you went through the death of your loved one, we could probably sit for days and discuss this vast new reality.

If Blockbuster could have known the future, they would have chosen differently. What new things were coming that they could have seen differently to make

appropriate choices? What about you? What new things might be coming your way that challenge you to make bold or unfamiliar choices? *(We have a new change in groups too!! See below!)*

Change happens with grief. You can deny it and be miserable with it; or you can be educated by it, and choose to adjust to it. Not all change is in our best interest, so it takes wisdom and discernment to know and make wise choices that are best for us.

So how do you do this when you are grieving and somedays even just have a hard time thinking straight, or even getting going in the morning? How can one negotiate **New Beginnings** and not be paralyzed by these new choices? How can we have "new" and yet not lose our "old"? Normal... but challenging questions!

This is part of what we are discussing this month with our topic of **New Beginnings**.

Some new things can even be surprisingly refreshing. We will be able to learn from each other and find help and support for our changing reality. Don't miss this opportunity for helping you negotiate personal change.

Blessings,

Sharon Zehnder
Aftercare Director
aftercare@heafeyheafey.com
402-391-3900



OPPORTUNITIES FOR

July 2017

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|----------------------------------|----------|---|--------------------------------|-----|-----|-----|
| | | | | | | 1 |
| 2 | 3 | 4 Independence Day | 5 Luncheon * 11:30 a.m. | 6 | 7 | 8 |
| 9 6:00 p.m. NEW BEGINNINGS | 10 | 11 10:00 a.m. Nurturing Yourself | 12 Luncheon * 11:30 a.m. | 13 | 14 | 15 |
| 16 | 17 | 18 | 19 Luncheon * 11:30 a.m. | 20 | 21 | 22 |
| 23 30 | 24 31 | 25 10:00 a.m. Exploring the Why's | 26 Luncheon * 11:30 a.m. | 27 | 28 | 29 |

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12100 W Center Rd • 402-391-3900
5108 F St, Omaha • 402-731-1234
2466 S 16th St, Omaha • 402-346-1144

Bellevue Memorial Chapel • 2202 Hancock St, Bellevue • 402-291-5000
Cutler-O'Neill Funeral Home
Bayliss Park Chapel • 545 Willow Ave, Council Bluffs • 712-322-7779
Walnut Hill Chapel • 1350 Pierce St, Council Bluffs • 712-322-7779

Aftercare Support Group

Topic: NEW BEGINNINGS
"Picking up the Pieces"
July 9, 6:00 p.m.

Crown Pointe Retirement Center
2820 South 80th Street
(Chapel Area, 2nd Floor)

Wednesday Luncheon*

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

Garden Café in Rockbrook
11040 Oak St.

Walking Through the Valley of Darkness

(*Open to those who are widowed only)

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

- 11:** Nurturing Yourself & Identifying Your Needs
25: Exploring the Why's of Grief

Crown Pointe Retirement Center
2820 South 80th Street
(Chapel Area, 2nd Floor)

In This Issue:

New Beginnings

*While our topic is New Beginnings, we are sad to have to say "goodbye" to someone who has helped us grow and heal. Peggy Bonacci has changed positions and will no longer be able to do our Tuesday daytime groups. Peggy has cared for many over the last 7 years through our support groups. We will have a new group facilitator, **Jayne Gundrum**, for you to meet who will continue to support you. **God's blessings to Peggy! Thanks for the care and support you offered to so many.***

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

Excerpt from:

Lost? When People We Really Like Die

**Conversational reading for adult and young child
by Paul J. Moon**

(Sharon's note: While the author designed this book to be read together by a caring adult and a grieving child, I found this excerpt and the truths expressed are also appropriate for the topic of New Beginnings)

When we lose someone we really like, it can feel like a part of who we are has changed. We are not exactly the same as before when that person was still alive. Instead, we are becoming someone different. This change happens to everyone who loses someone they really like.

At the same time, we can find that some changes we have to go through can make us grow. As we learn to live without that person we really like, something about this kind of learning can change us in good ways. As we learn to live without that person we really like, we can grow to become a loving and caring person who really treasures special relationships.

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Healing Thoughts

*"It is never too late to become what you might have been."
~George Eliot~*

*"It is not because things are difficult that we do not dare; it is
because we do not dare that they are difficult."*

~Seneca~

Aftercare Support Groups

OPEN TO THE PUBLIC

Sunday, July 9, 2017 at 6:00 p.m.

**Topic: "Picking Up The Pieces"
NEW BEGINNINGS**

It's not easy starting over or trying something new, and it is even more difficult when you are grieving.

The death of your loved one is a huge adjustment and in some ways you might feel like you are starting over. Making necessary changes can be difficult, but almost always, personal growth comes with change.

Come join us and share creative ways of **"picking up the pieces in your life."**

Aftercare Group Meetings are held at
Crown Pointe Retirement Center • 2820 South 80th St.
(Chapel Area, 2nd Floor)

Facilitated by: Sharon Zehnder, Aftercare Director

Sneak Preview

Next Month: Sunday, August 13, 2017 at 6:00 p.m.

Topic: "Time for a Fill-Up" TAKING CARE OF ME

(This is our rescheduled POTLUCK event that we anticipate having with completed renovations at Crown Pointe.)

SUPPORT GROUP TEMPORARY CHANGES:

Renovations are taking place at Crown Pointe Retirement Center. Temporarily the support groups will be meeting in the Chapel, on the 2nd floor, NOT in the Lower Level Recreation Room. We anticipate being back in the Lower Level Recreation Room for our August Potluck. Watch newsletter in August for updated information.

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.

July Topics:

- 11 - Nurturing Yourself & Identifying Your Needs
- 25 - Exploring the Why's of Grief

Facilitated by: Jayne Gundrum, LMHP
Meetings are held at:
Crown Pointe Retirement Center,
Chapel Area, 2nd floor (off of West Center frontage road)

**While
renovations
are underway,
we will meet
in the Chapel
area, 2nd floor**