



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:

School

How does that word sound to you? Does it sound like work? Education requires some work, and so does grief. See how one helps the other.

Event Highlights

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!

I don't even think about it. I bet you go to bed each night with the same assumption for the next day that I have. I assume when the morning comes that the sun will come up about the same time and the moon will close the day about the same time. Now the weather may change in any given day. We never know what to expect with that for sure, right? But the sun rises and the sun sets each day. It is a given. Makes me think of the song from Annie, "The sun'll come out, tomorrow, Bet your bottom dollar that tomorrow, they'll be sun." Many days aren't sunny, but the sun does come up. It is a given! What else is a given for you these days?

"Not a whole lot." I'd say that's how many who are bereaved would answer that question. The world has been turned upside down. Aren't many days even a jumble as loss and death have changed everything? How do you even begin to think about a new year and planning when things are so very, very different and even thinking isn't thinking right?!!

Here's some good news for 2015: You can help yourself by getting education about grief. You can go to the library; you can go online; you can get counseling; you can go to one or more support groups. All of these things put you in a position to learn... which will help.

I'm not saying that education takes away the grief. Time and your hard work will help ease the grief pain. But part of the hard work that you do is let yourself be helped with good information. That information can come through many sources, books, people, internet, etc.

So why not make a New Year's resolution to try a new method to learn about grief? For our support group this month, we begin 2015 with the topic of the "school of grief." Come learn what healthy grief can look like. Whether you join with others or learn on your own, there are more things that will become "givens" again. Until then, God willing, my given to you is that I'll be there to assist and walk along with you and others as we learn and assist each other. Bet your bottom dollar we'll find help and hope!

~ Blessings,

Sharon Zehnder
Aftercare Director
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402-391-3900

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Heafey-Hoffmann-Dworak & Cutler
www.heafeyheafey.com

Opportunities for January 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7 Luncheon * 11:30 a.m.	8	9	10
11 6:00PM "School of Grief"	12	13 10:00 AM "Winter Blahs & Grief"	14 Luncheon * 11:30 a.m.	15	16	17
18	19	20	21 Luncheon * 11:30 a.m.	22	23	24
25	26	27 10:00 AM "Grief Basics"	28 Luncheon * 11:30 a.m.	29	30	31

Aftercare Support Group

Topic: SCHOOL OF GRIEF
"What's Happening to Me?"
January 11, 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

January Topics: 10:00 am - 11:30am
13th: "Winter Blahs & Grief"
27th: "Grief Basics"

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

Christmas Lights Tour 2014—Event Photos



Definitions of Grief

What is grief? *Distress of mind.*

What is bereavement? *The state of being deprived of someone/something.*

What is sorrow? *The sadness accompanying loss.*

What are lamentations? *The expression of that sadness accompanying loss.*

What is mourning? *The public display of lamentations resulting from loss.*

Aftercare Support Group Meeting (open to the public)

Sunday, January 11, 2015 at 6:00 p.m.

Topic: “What’s Happening to Me?” School of Grief

Whether you are brand new at grieving or have been muddling through it for some time, you may be trying to make some sense of the barrage of new feelings. At this support group we will discuss the anatomy of grief and mourning, and ways to help you adjust and cope. A little education goes a long way in helping!

**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, 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.



**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.**

January Topics:

13th - Winter Blahs and Grief

27th - What is This Thing Called Grief? (Grief Basics)

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)