

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

AUGUST 2017



From The Heart

Greetings, Dear Friends!

"How are you doing?" I bet that you get asked this by so many people. Hopefully they are people who love and care about you. You usually answer something non-specific. What happens next is that the listener may then give you suggestions on what you can do to make your grief go better.

Do some of these suggestions ever work? Of course. But some of them fall on deaf ears as you are trying to just cope with the day to day struggle that exists. You know this person has no idea of how really hard it is to endure through this grief journey. They mean well, but it feels like they don't "get it."

Since our topic this month is **taking care of yourself**, I thought that I wouldn't join in with others who are telling you what to do to be healthy with your grief. Those words spoken are easier said than done. Instead, sometimes opposites make things more clear and get your attention. Again, words easier to say than to do. But see if this opposite focus helps...

Do you want to be unhealthy and miserable on your grief journey?

Results are guaranteed if you do the following:

1. Eat lots of junk food, and drink unhealthy ways. Medicate and comfort your pain.
2. Sit in front of the TV, computer, or screen and don't move. Lose your thoughts.
3. Think about and dwell on how many people have failed you or let you down.

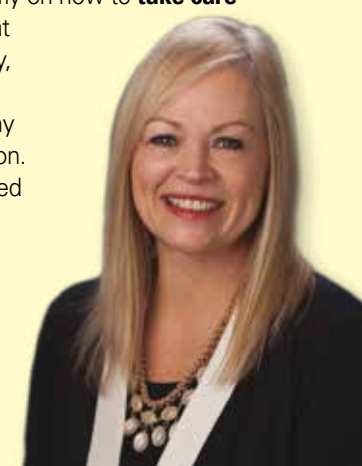
4. Let your anger at God fester since he treated you so unfairly.
5. Don't get out of bed, and nap frequently, so you can't sleep at night.
6. Develop the attitude: No one understands, cares, or they are against you.
7. Find ways to dump your anger and painful feelings on others.
8. Stay home by yourself - since no one understands - and focus on how bad and alone you feel.
9. Punish God by not attending any church services or activities.
10. Find negative people who blame others too.

These above actions will bring guaranteed sickness with your grief. I'm not talking about one day of them, but a consistent pattern of these.

Instead, let me encourage you. Do the opposite! Better yet, join us for our potluck as we gather together socially to eat and have fellowship with others. We will share briefly on how to **take care of yourself**, but mostly we will have fun at this social time together. More importantly, you will meet people who "get it." They are on this grief journey too. I hope that my suggestion to come bears the fruit of action. Join us, eat healthy fruit, and feel supported and filled up with good food and care.

Blessings,

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



OPPORTUNITIES FOR

August 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 Luncheon* 11:30 a.m.	3	4	5
6	7	8 10:00 a.m. Grief Basics	9 Luncheon* 11:30 a.m.	10	11	12
13 6:00 p.m. TAKING CARE OF ME (Potluck)	14	15	16 Luncheon* 11:30 a.m.	17	18	19
20	21	22 10:00 a.m. My Story (Bring a picture)	23 Luncheon* 11:30 a.m.	24	25	26
27	28	29	30 Luncheon* 11:30 a.m.	31		

Heafey-Hoffmann-Dworak-Cutler
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: TAKING CARE OF ME
"Time for a Fill-Up"

August 13, 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.

Walking Through the Valley of Darkness

(*Open to those who are widowed only)

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

- 8:** What is this thing called Grief (Grief Basics)
- 22:** My Story (Please bring a picture of the deceased)

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

In This Issue:

August Potluck, Welcome, & Renovations

Everyone loves a potluck? This month we have our annual social time together where we "eat." You might be the winner this year! See inside for details.

Welcome to Jane Gundrum, who facilitates our Tuesday Support Group classes. Please come meet her!

Renovations are done! Meetings again in Lower Level - Recreation Room.

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

Grief

We all experience many losses in life.

The losses are associated with

Relationships,
Jobs and Careers,
Health,
Moving,
Possessions,
Natural disasters,
Violence and Crime,
Death.

Every Grief is Unique

Because we are Unique,

Our Relationship was Unique,

Our Loss experience was Unique.

It seems that the only way to move beyond Grief

is to go through it,

not trying to go around it,

nor deny it, nor defer it.

In addition,

it seems that we cannot get through Grief alone;

We need help from friends and family.

And sometimes we need help from a Counselor.

Author Unknown

Healing Thoughts

"Enjoy the little things, for one day you may look back and realize they were the big things." ~Robert Brault~

"Whenever you fall, pick something up." ~Oswald Avery~

Aftercare Support Groups

OPEN TO THE PUBLIC

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

Topic: "Time for a Fill-Up"

TAKING CARE OF ME

This night is unique...you've loved it and we keep doing it!! There's some talk, but this "fill-up" will have lots to do with filling your stomach with good food to eat.

We'll also be sharing your tips and ideas on what you have found is most helpful in eating well, especially if you are alone.

There's a prize for the best homemade food shared. Bring your food and your appetite. Come ready to learn or ready to share, but most of all hungry. This will be light, practical and above all, delicious! (if you don't cook, please still come and bring a store-bought food to share) For recipe sharing purposes afterwards, email me at: aftercare@heafeyheafey.com with your recipe.

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, September 10, 2017 at 6:00 p.m.



Topic: "False Evidence Appearing Real" FEAR

Are you trapped in fear?

- Has it interfered with you moving forward on your personal journey?
- Do you have decisions looming that you are afraid to make?
- What about being alone at night?

Take heart, you are not alone in these feelings.

Fears can be overcome by replacing them with understanding and courage. Hope to see you!

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.

August Topics:

- 8 - What is This Thing Called Grief (Grief Basics)**
- 22 - My Story (Please bring a picture of the deceased)**

Facilitated by: Jayne Gundrum, LMHP
Meetings are held at:
Crown Pointe Retirement Center,
Lower Level, Rec Room