

**Heafey Hoffmann  
Dworak Cutler**  
MORTUARIES & CREMATORY

7805 W Center Road  
Omaha, NE 68124



PRSRT STD  
US POSTAGE  
PAID  
OMAHA NE  
PERMIT 1199

**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

7805 W Center Rd • Omaha, NE 68124

# THE JOURNEY

OCTOBER 2017

## From The Heart

**Greetings, Dear Friends!**

What does it do for you? What makes you immediately go from a 1 to a 10 in being upset or angry? Of course, this answer will vary from person to person. One thing that immediately jumps to mind for me is when or if I see someone being made fun of or marginalized. Even in grade school I can remember feeling such compassion for those whom others picked on or made fun of for stupid reasons. The victim needed an advocate – someone to stand up for them and help them.

Do you run into this emotion of **anger** very often? Are you aware it can be a normal part of a grief journey? I'm not saying everyone will experience it. But most will have some degree of dealing with it at least a little, and others may be dealing with anger daily. For some people, the anger may even surface months later, when you least expect it. Whether anger at the medical field personnel, God, family, friends, yourself, or even your loved one, this all can be a part of a normal grief journey. Still, it's not easy.

Since it can be normal, something that does frequently happen, the next question can be, is it alright? Is it healthy or unhealthy to experience this **anger**? When is it healthy and when is it not healthy?

Now this part gets trickier. Feelings are feelings. We can't always control what we feel. Some feelings just come. But...we can control how we react to them. So how do we react when feelings of anger surface?

Remember I said that I would get angry if someone got made fun of and that they needed an advocate? Well, you aren't being made fun of, but you are experiencing grief after the death of your dearly loved one. And I'm here to be your advocate, someone to stand up for you and help you, as you navigate the tricky state of what to do with the feelings of **anger** when they surface.

You won't be the only one. Others will be there to learn and understand this tricky emotion that surfaces, often when you least expect it to come. Others will be there to support and be an advocate with you too. Don't get trapped or taken under by anger as you grieve. Come learn how to process it!

**Blessings,**

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



OPPORTUNITIES FOR

## October 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4 Luncheon* 11:30 a.m.	5	6	7 Open House Sat-Sun (see details)
8 Aftercare 6:00 p.m. ANGER	9	10 10:00 a.m. Tool Box for Grief	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 a.m. Expectations- How to Handle Them	25 Luncheon* 11:30 a.m.	26	27	28
29	30	31				

**Heafey-Hoffmann-Dworak-Cutler**  
7805 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: ANGER**  
**"This Isn't Fair!!"**

**October 8, 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

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

- 10:** Building My Tool Box for Dealing with Grief
- 24:** Expectations (Mine & Others) – Strategies to Handle Them

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

## In This Issue:

*Open House – October 7 & 8*  
*Come see our New Place! Information inside...*  
**Anger...Normal? Yes!! Good news!**  
**Healthy or unhealthy? It depends... Come find out...**

### 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
- Annual Christmas Gathering



## JOIN US FOR AN *Open House*

**SATURDAY, OCTOBER 7**  
2:00-4:00 PM

**SUNDAY, OCTOBER 8**  
1:00-4:00 PM



We are happy to announce the completion of our  
**West Center Chapel**  
7805 West Center Road • 402-391-3900

Visit our new community room October 7-8 for refreshments and a tour of our state-of-the-art facility!

## Healing Thoughts

"It is easy to fly into a passion...anybody can do that, but to be angry with the right person to the right extent and at the right time and in the right way...that is not easy."

~Aristotle~

**Sunday, October 8, 2017 at 6:00 p.m.**

**Topic: "This Isn't Fair!!" ANGER**

Don't you just have those days –  
"It isn't fair; no one seems to understand!... or even care!!"  
THE ANGER JUST WELLS UP INSIDE!!!  
We will be discussing how to deal with your anger in a healthy way. Anger can be used to your advantage to eventually ease the pain you are feeling. Come to this group meeting where we will be discussing how to deal with anger.

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

**Topic: "Changed Holidays"**  
**– HOLIDAY COPING**

**MARK YOUR CALENDARS!**  
**Sunday, Dec. 3, 2017 -**  
**Christmas Gathering**

Hold the date on your calendar,  
for this seasonal time of  
fellowship.

(Starting at 4:00 pm and  
ending by 7:30 pm)



## 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.**

September Topics:  
**10 - Building My Tool Box for Dealing with Grief**  
**24 - Expectations (Mine & Others) -**  
**Strategies to Handle Them**

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