



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.

Opportunities for August 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5 Luncheon * 11:30 a.m.	6	7	8
9 6:00PM "New Beginnings"	10	11 10:00 AM "Nurturing Self & Needs"	12 Luncheon * 11:30 a.m.	13	14	15
16	17	18	19 Luncheon * 11:30 a.m.	20	21	22
23	24	25 10:00 AM "The Why's of Grief"	26 Luncheon * 11:30 a.m.	27	28	29
30	31					

Aftercare Support Group

Topic: NEW BEGINNINGS
"Picking Up the Pieces"
August 9th, 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

August Topics: 10:00—11:30 AM
11th: "Nurturing Yourself & Identifying Needs"
25th: "Exploring the Why's of Grief"
Crown Pointe Retirement Center
2820 South 80th Street
(Lower Level—Recreation Room)

IN THIS ISSUE:

New Beginnings

You are doing this. Did you know that? Whether you consciously want to or not, you are having new beginnings. We'll discuss how this feels.

Caring Thoughts Inside

"Courage"
Healing Thought

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

From The Heart



Greetings, Dear Friends!

He's just amazing! Permit me to brag a minute here on one of my grandsons. He lives in Florida and he just turned 4 in April. So I got to see him in April, along with his 7 year old brother. And guess what their Mom had laying on the table as I arrived? A 1000 piece puzzle that they had started! Now some of you that get this newsletter know I love puzzles, especially as a family activity. So over the course of the next few days we proceeded to make progress on that puzzle, piece by piece.

Brady, the 4 year old, amazed me with his patience. He sat and turned the pieces around, trying piece after piece. When I found a puzzle piece that fit, I would often pass it over to him and ask for his help and show him where I thought it fit. He'd look at it and in a few seconds have it in place. But what amazed me is there were some of the pieces he was able to do all by himself. At 4 years old, he could see how they fit and had the patience to keep turning and trying! And what fun to see his face beam as he pushed each new piece into place!

Life sure can be like a puzzle sometimes. Death occurs and all the puzzle pieces get messed up, thrown up in the air, falling down differently. There's no sure box lid picture guide to look at anymore either. Everything's different! And it doesn't fit together the same! It's scary and unknown.

Remember Brady? Take his patience and add courage as you try to work on putting together what actually is a new puzzle. Some of the old pieces are there. But they just don't fit together anymore. It hurts and it's frustrating. Some sections are clumps, hanging on together, while other pieces are totally disconnected. New pieces are also there. It's confusing!

As you feel through the grief and the pain, one day at a time, this new puzzle will come together...your new life. There are huge steps of **new beginnings** as old and new pieces come together, uncomfortably at times, but they will fit. Picking up the pieces brings a sense of accomplishment for each piece that fits...one at a time...with patience and courage...till a reconstructed picture is pieced together. Please grieve and feel with the old pieces, with patience and care, and embrace the fit as you get new pieces.

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

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



Courage

*Courage is the strength to stand up
When it's easier to fall down and lose hold.*

*It is the conviction to explore new horizons
When it's easier to believe what we've been told.*

*Courage is the desire to maintain our integrity
When it's easier to look the other way.*

*It is feeling happy and alive, and moving forward
When it's easier to feel sorry for ourselves and stay.*

*Courage is the will to shape our world
When it's easier to let someone else do it for us.*

*It is the recognition that none of us are perfect
When it's easier to criticize others and fuss.*

*Courage is the power to step forward and lead
When it's easier to follow the crowd; their pleas resound.*

*It is the spirit that places you on top of the mountain
When it's easier to never leave the ground.*

*The foundation of courage is solid,
The rock that doesn't roll.*

*Courage is the freedom
Of our mind, body, and soul!*

~ Author Unknown ~

Healing thought

***“Love the moment. Flowers grow out of dark moments.
Therefore, each moment is vital. It affects the whole. Life is a
succession of such moments and to live each, is to succeed.”***

~ Corita Kent ~

Aftercare Support Group Meeting

(open to the public) **Sunday, August 9th, 2015 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. (Lower Level—Rec Room) Facilitated by: Sharon Zehnder, Aftercare Director

Sneak Preview

Next Month: Sunday, September 6th, 2015 at 6:00 p.m.

****This is a First Sunday of the Month****

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*

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.

August Topics:

11th - “Nurturing Yourself & Identifying Your Needs”

25th - “Exploring the Why’s of Grief”

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)