



Heafey-Hoffmann-Dworak-&-Cutler  
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October 2015

# The Journey

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

## Opportunities for October 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 "Anger"	12	13 10:00 AM "Toolbox for 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 "Expectations— How to Handle Them"	28 Luncheon * 11:30 a.m.	29	30	31

### Aftercare Support Group

Topic: ANGER

"This Isn't Fair!!"

October 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

October Topics:  
10:00—11:30 AM

13th: "Toolbox for Grief"  
27th: "Expectations—How to  
Handle Them"

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

## IN THIS ISSUE:

### Anger

Normal? Yes!!

Good news!

Healthy or unhealthy?

Depends...

Come find out....

### Caring Thoughts Inside

"The Day You Died"

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
- Annual Christmas Gathering

## From The Heart



### Greetings, Dear Friends!

It makes a big difference. Your nose has the ability to sniff out all kinds of smells. But we all know that not all smells are created equal. Aromas are pleasing smells. Whereas odors are not!!

Both aromas and odors can linger in a room, right? Because of this there are entire lines of products designed to help with our sense of smell. Some products help to bring out the pleasing emotions that go with aromas and convince us to buy their scent. Other products are promoted to help counteract and diffuse the scent, the odor, that is pungent and repulsive.

So why am I writing about smells and **anger** together? On a grief journey, it is very normal to run into the emotion of **anger**. Yet, it can be very disturbing to deal with it. Maybe you have never been an angry person before. Maybe you are feeling anger towards people you don't want to feel. Maybe it is anger toward your family, friends, church, neighbors, God, yourself, or even your loved one! Running into this emotion is real and can catch a person off guard, if and when it happens.

Remember those smells that are odors? They need to be diffused so they aren't so repulsive. So also with **anger** on a grief journey. People can get "stuck" in anger, thereby curtailing the healing process for grief. Anger needs to be processed in a healthy way so that it doesn't become unhealthy inside us and repulsive to others.

Let's get real and learn how to deal appropriately with this emotion. Like taking care of a repulsive odor smell, let's learn how to recognize **anger**, acknowledge it, be healthy with it and diffuse its repulsive effects. It's not as simple as Febreze-ing it away, but there's lots of ways to avoid getting stuck in it. You may not "smell like a rose" when you leave, but I think you'll have equipping tools to sniff out **anger**!

~Blessings,

Sharon Zehnder

Aftercare Director

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www.heafeyheafey.com

## The Day You Died

By Ryane Englar

The day you died, something inside of me died, too.

With no inner flame to light the way,  
I am greeted by an endless night,  
Dampened in your absence,  
And darkened by the lack of light.

The day you died, I lost a part of me forever.

I wander aimlessly with no direction.  
I am a broken compass, all alone  
On a journey without end,  
On a path that leads me far from home.

The day you died, I lost a listener and a friend.

I search for understanding and warmth,  
But my cries are hushed by distanced stares,  
An empty room, an empty silence,  
An overwhelming lack of care.

The day you died, I lost my zest for life.

I am passionless, hopeless, listless.  
I trudge through days, weeks, years,  
Frozen solid, dazed, in constant fog  
Living, breathing, fighting tears.

The day you died, I lost a world I thought I knew.

I drown myself in the question, "Why?"  
I know that you are gone forever,  
But still I expect you to return to me,  
To restore the bond that death did sever.

The day you died, I lost my voice.

I want to scream and shout  
And explain the emptiness I feel inside.  
But I am silenced by my disbelief,  
And have been since the day you died.

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## Healing thought

To suppress the grief, the pain, is to condemn oneself to a living death. Living fully means feeling fully; it means being completely one with what you are experiencing and not holding it at arm's length

~Philip Kapleau~

## Aftercare Support Group Meeting

(open to the public) **Sunday, October 11, 2015 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 8, 2015 at 6:00 p.m.**

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

## MARK YOUR CALENDARS

**Sunday, December 6, 2015 - Christmas Gathering**

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

(starting at 4:00 P.M. and ending by 7:30 P.M.)



### 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.**

#### October Topics:

**13th** - "Building My Tool Box for Dealing with Grief"

**27th** - "Expectations (Mine & Others) - Strategies to Handle Them"

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)**