

Heafey Hoffmann Dworak Cutler

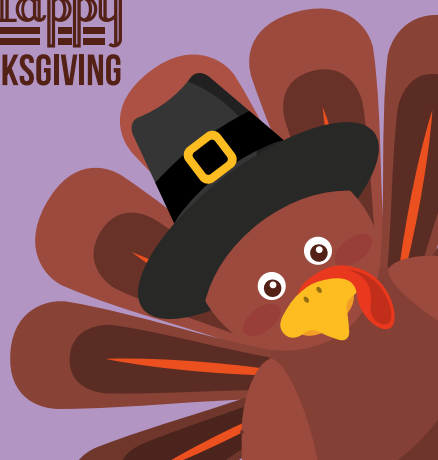
MORTUARIES & CREMATORY

7805 W Center Road
Omaha, NE 68124

PRSRT STD
US POSTAGE
PAID
OMAHA NE
PERMIT 1199

RETURN SERVICE REQUESTED

Happy
THANKSGIVING



OPPORTUNITIES FOR

November

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4 Luncheon* 11:30 a.m. <i>Now open!</i>	5	6	7
8 6:00 p.m. HOLIDAY COPING	9	10 10:00 a.m. Discussing the Holidays	11 Luncheon* 11:30 a.m. <i>Now open!</i>	12	13	14
15	16	17	18 Luncheon* 11:30 a.m. <i>Now open!</i>	19	20	21
22	23	24 10:00 a.m. Looking at Emotions	25 Luncheon* 11:30 a.m. <i>Now open!</i>	26 <i>HAPPY thanks giving</i>	27	28
29	30					

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 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: **HOLIDAY COPING**
"Changing Holidays"

November 8, 6:00 p.m.

All Topic Groups
will meet at Heafey Hoffmann
Mortuary, 7805 West Center Rd.

Wednesday Luncheon*

Every Wednesday at 11:30 a.m.

Now open!
Garden Café in Rockbrook
11040 Oak St.
(*Open to those who are widowed only)

Walking Through the Valley of Darkness

NOVEMBER TOPICS
10:00-11:30 a.m.

- 10: Discussing the Holidays
- 24: Looking at Emotions: Anxiety, Fear, Anger & Guilt

All Topic Groups
will meet at Heafey Hoffmann
Mortuary, 7805 West Center Rd.

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

NOVEMBER 2020

From The Heart

Greetings, Dear Friends!

News flash!! We are in an election year for President of the United States. The election will be soon and by the time you get this newsletter, we are getting close to knowing who will be in that office for the next four years. I hope you each plan to exercise your right and freedom to vote for the candidate of your choice. I'm very thankful that we have the freedom to do that. Many countries around the world do not.

While you and I can get tired of the continual ads we see with an election year, I'm still choosing to be grateful for my freedom. Not only are we free to vote, we are free to speak, choose our religious affiliation, and many other freedoms. These freedoms are clearly stated in our original Bill of Rights and other amendments. As we know with the unrest within our country, our country isn't perfect, but we have clear statements of our rights. How we live them out can continually be improved.

As we approach this season of holidays, it certainly can be tricky and overwhelming. We have the continual concern for our health - navigating viruses, new and old. We have a country struggling with political and racial unrest. All of these things are realities in addition to the grief of the death of your loved ones. It is no wonder that you, as a bereaved family member, can feel especially anxious and stressed. Then you throw in what the approaching holidays will look like, well... it can just feel like too much. No way can you do it!

This next support group will be highly practical. We are discussing the **changed holidays** and how to cope. You will learn how to plan ahead, simplify, and give yourself permission to feel and do things in a new way that may help. Since the holidays flow from Thanksgiving to Christmas to New Year's, you may just want to escape. It's a normal feeling. Instead, let's learn how to process through the holidays in a new, yet meaningful way.

One simple way to start is by focusing on what you are thankful for. I'm thankful for each of you and the courage you bring as you continue to learn how to grieve in a healthy way and honor the life of the one you miss. I'm thankful you loved them. I'm thankful I will learn to know you better as we journey this time together with others. Together helps... *(if the time is right for you!)*

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

Due to the
continuing care for
your well-being, we will
not be sponsoring our
annual Lights Tour Event
this year. We apologize
and hope to offer this
again next year.



In This Issue:

GROUPS MEETING? Coronavirus Update: Check our website for the latest information: <https://heafeyheafey.com/heafey-support-groups>

Please check our website or call us at 402-391-3900 for current status updates on the support groups as things can change quickly. We are happy to be meeting for support as directed by our governor's standards for safety. Please make your individual decisions about attending, keeping your health in mind as your first concern.

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

The Power of Hope

by Nan Zastrow

I believe in the power of **HOPE**. I believe that through our grief everyone has the ability to find hope.

I believe hope is found in:

- Saying yes instead of no;
- Loving the concept of living; dying can wait;
- Turning the sad memories, to stories of the living soul;
- Forgiving the unforgivable, not planning for revenge;
- Counting your blessings; not your challenges;
- Mending relationships instead of replacing them;
- Saying, "I'll always remember", not "I'll never stop missing you;"
- Getting up, instead of laying down;
- Giving in gracefully, when you have nothing to gain;
- Letting go, when you can't change the outcome;
- Looking for the miracle; not just waiting for it to happen;
- Strengthening your spiritual self, not being angry at God for your lack of faith;
- Counting your steps forward; not the ones that sometimes drift back;
- Saying, "what next?" instead of "why me?"

Hope begins your journey. Believe in it. Trust in it. Imagine it. Build a strategy! Feel the energy! Allow yourself to be enveloped with its radiant embrace. You have begun. You will see dignity and grace in others. Compassion in the human touch. Faith in a power far greater than you. Peace in the order of all things. Wonder in the roads not traveled. Promise in what is yet to be.

Reprinted with permission from:
Grief Digest, Centering Corporation, Omaha, Nebraska
(402) 553-1200

Healing Thought

May your holidays be filled with reasons to be thankful.
Having loved and having been loved is
perhaps the most wondrous reason of all.

Remembering you during this Holiday Season from the staff at
Heafey Hoffmann Dworak & Cutler Mortuaries



Aftercare Support Groups

OPEN TO THE PUBLIC

Sunday, November 8, 2020 • 6:00 p.m.

Topic: "Changed Holidays" – HOLIDAY COPING



Does just the thought of going through November / December bring you lots of questions like,

"How am I ever going to make it?"

"How can you be thankful when you've lost someone to death?"

Traditions that were once a labor of love can suddenly seem like a mountain that you are unable to climb! Please join us as we discuss ways to help ease your pre-holiday stress and deal with the reality of "changed holidays."

Facilitated by: Sharon Zehnder, Aftercare Director

This Support Group will permanently meet at Heafey Hoffmann Mortuary, 7805 West Center Rd.

Our support groups will no longer meet at Crown Pointe Retirement Center.

Sneak Preview:

Next Month:

Sunday, December 13, 2020

6:00 p.m.

Topic: **"Precious Moments" –
REMEMBERING WITH LOVE**



**Due to the
continuing care for
your well-being, we will not
be sponsoring our annual
Lights Tour Event this year.
We apologize and hope to
offer this again next year.**

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

Now open!

Walking Through the Valley of Darkness

These support group 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.

November Topics:

10 Discussing the Holidays

24 Looking at Emotions: Anxiety, Fear, Anger & Guilt

Facilitated by: Jayne Gundrum, LMHP

This Support Group will permanently meet at Heafey Hoffmann Mortuary, 7805 West Center Rd. Our support groups will no longer meet at Crown Pointe Retirement Center.