

Heafey Hoffmann Dworak Cutler

MORTUARIES & CREMATORY

7805 W Center Road
Omaha, NE 68124

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OPPORTUNITIES
FOR

November

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 Luncheon* 11:30 a.m.	3	4	5
6	7	8 10:00 a.m. Discussing the Holidays	9 Luncheon* 11:30 a.m.	10	11	12
13 6:00 p.m. ANGER	14	15	16 Luncheon* 11:30 a.m.	17	18	19
20	21	22 10:00 a.m. Looking at Emotions	23 Luncheon* 11:30 a.m.	24	25	26
27	28	29	30 Luncheon* 11:30 a.m.			

Heafey-Hoffmann-Dworak-Cutler
7805 W Center Rd • 402-391-3900
5108 F St, Omaha • 402-731-1234

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**
"Changed Holidays"

November 13, 6:00 p.m.

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

Wednesday Luncheon*
Every Wednesday • 11:30 a.m.

•• NEW LOCATION ••

Gorat's Restaurant
4917 Center St.

(*Open to those who are widowed only)

Walking Through the Valley of Darkness

NOVEMBER TOPICS

10:00-11:30 a.m.

8: Discussing the Holidays

22: 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.

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Heafey Hoffmann
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7805 W Center Rd
Omaha, NE 68124

THE Journey

NOVEMBER 2022

From The Heart

Greetings, Dear Friends!

What is the scariest thing you have ever done? Was it jumping into the swimming pool from the high dive as a child? Or maybe as an adult you jumped out of a plane? (I haven't done this, but my "I wish I could" side would like to...but it won't happen!) Or maybe you have been in a fire and escaped with your life, watching your home burn down?

We all have scary things we have experienced, and we might even have the scar stories to tell about them. Yet, I bring up the word "scary" this month to describe what it can feel like to enter the holiday season as a bereaved person. It may be your first holiday season, or it may be your second or beyond. The holidays can be so very challenging. Questions begin to fill your mind in advance of the holidays, like:

How will I emotionally get through and not fall apart?

What will my family be feeling as we try to experience this season without our mom or dad/loved one? Should we talk about it?

How can I make it fun and enjoyable like it used to be? I sure don't feel that now!

My world feels upside down. I don't want to do the holidays. Can I just skip it all?

All these questions, and many more, are so very normal as we begin to experience the **changed holidays**. Right along

with these questions are a lot of scary feelings. You know how different it is. No one else can quite understand what it feels like to be you. If a person could hide in a cocoon and come out after January 1, that is a common feeling. Many just want to skip it all.

But there's help and hope. There are so many practical things you can do to help yourself experience this changed holiday season. It will be different, no doubt, and even scary and challenging at times. But many of these practical suggestions can help you plan ahead to find a new way to carefully, lovingly, and sensitively experience the holidays with family and friends. You can find a new way to remember your loved one, especially during the holidays. Come learn with others who are feeling like you might be feeling. It is less scary when we do it with others.

Together helps... *(if the time is right for you!)*

Blessings,

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



••• Wednesday Luncheon Update •••

We have a **NEW LOCATION** for our Wednesday Lunch Group. If you have experienced the death of your spouse, please join us at **Gorat's Restaurant**, 4917 Center Street on Wednesdays for lunch. Gorat's is hosting us as a private group each week. You can come anytime between 11-11:30 a.m. and order off the special menu. You are welcome to call or check our website for information: www.heafeyheafey.com/heafey-support-groups.

In This Issue:

The holidays are known to present unique challenges for a grief journey. This is a great time to join us for emotional and practical help in planning for the holidays.

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

Caring Thoughts



Thanksgiving is ...

Thanksgiving is a time of gratitude to God, our Creator and Provider, whose guidance and care go before us... and whose love is with us forever.

Thanksgiving is a time to reflect on the changes, to remember that we, too, grow and change from one season of life to another.

Thanksgiving is a time of changing seasons, when leaves turn golden in Autumn's wake and apples are crisp in the first chill breezes of fall. Let us remember the true meaning of Thanksgiving.

As we see the beauty of Autumn, let us acknowledge the many blessings which are ours ... let us think of our families and friends ... and let us give thanks in our hearts.

~ Author Unknown ~

Healing Thoughts

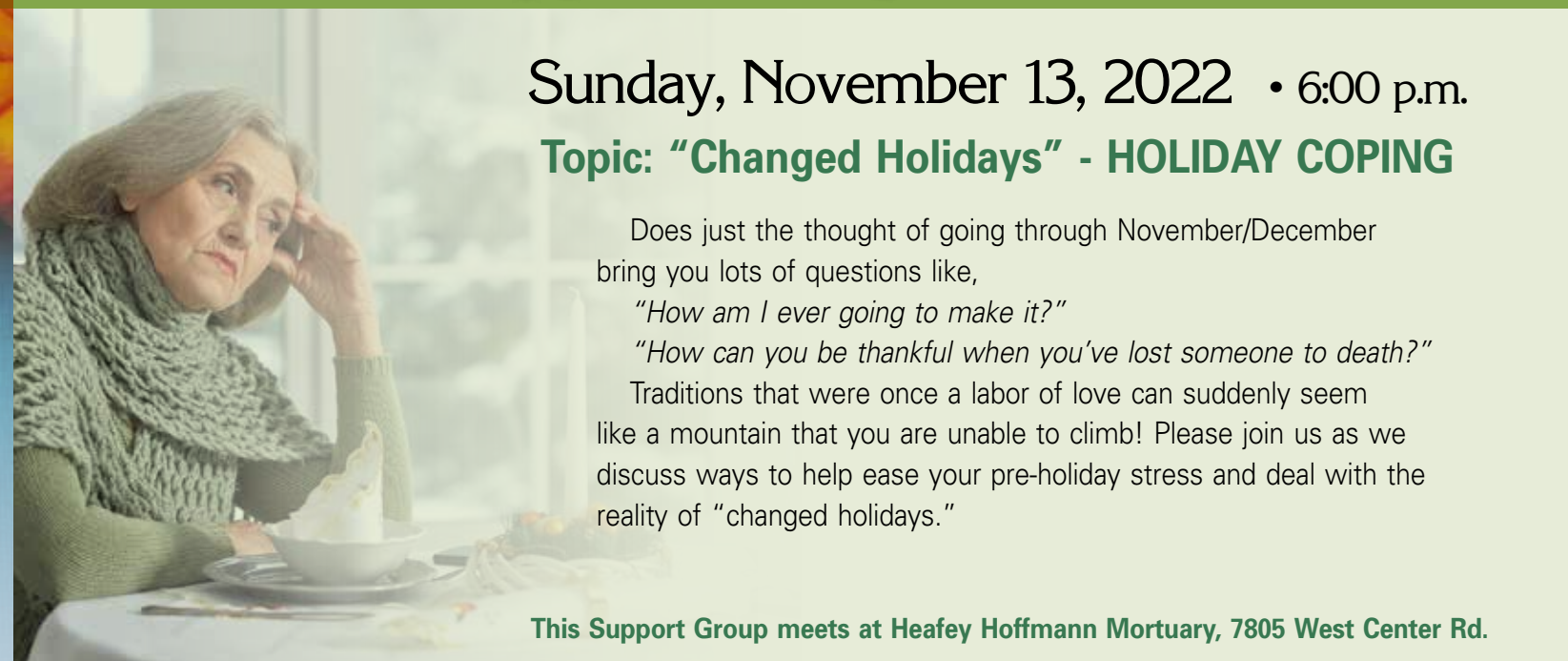
May your holidays be filled with reasons to be thankful. Having loved and having been loved is perhaps the most wondrous reason of all.

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



Aftercare Support Groups

OPEN TO THE PUBLIC



Sunday, November 13, 2022 • 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."

This Support Group meets at Heafey Hoffmann Mortuary, 7805 West Center Rd.

Sneak Preview:

remember...

Next month:

Sunday, December 11, 2022 at 6:00 p.m.

Topic: "Precious Moments" -- REMEMBERING WITH LOVE

The death of your loved one can be so extremely painful...let alone all the memories that follow!! Did you ever imagine the memories could sometimes feel almost as painful as the death? Hiding the hurt or avoiding the pain connected with these memories won't make it go away. It is good to talk about the person you love and miss.

Memories shared can be your gift to the one you love and his/her never-ending gift to the world. Especially during the holidays, there is a healthy need to navigate what old and new Christmas memories will look like. Let's explore together! Join us.



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: NEW LOCATION
Gorat's Restaurant, 4917 Center St.

They are open for us as a
private group each Wednesday.

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:

8 Discussing the Holidays

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

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