

# Heafey Hoffmann Dworak Cutler

MORTUARIES & CREMATORY

7805 W Center Road  
Omaha, NE 68124



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

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## From The Heart

### Greetings, Dear Friends!

Since I work in an office space, I'm so thankful for the little gadgets that help make my job easier. Sometimes I need a stapler for papers; sometimes I need a paper clip. Sometimes I need a black marker; sometimes I need a pencil. Sometimes I need a Post It note (side note - what a great invention!); sometimes I need a rubber band. When these little office tools do their job, I am more organized and efficient. But speaking of rubber bands – don't use an old one or don't stretch one too far or you know what will happen?...SNAP! It breaks. Then it is totally useless and trashed.

Our topic this month is **anger**. It is a normal emotion for everyone to experience in life. Some people experience great anger every day. Some people experience it only periodically. Have you noticed as you work through your grief emotions that you have run into this anger emotion? Most bereaved people will experience it at least once; some are continually battling this emotion. While some anger is totally justifiable and obvious, some anger is just bizarre, confusing, and can result in destructive actions.

No matter whether your anger is justifiable or not, it is a normal emotion to be aware of and to learn about. The emotion itself isn't usually the problem. It is what you

choose to do next... after you feel the emotion of anger... that can get a person in trouble or not. How can you direct your anger into a proper outlet for expression so healing can occur? If anger isn't vented properly, it can become internalized, which then can show up as depression, guilt, self-recrimination, or bitterness. Or it can be vented outwardly in destructive actions toward others or oneself.

Don't become like the rubber band. Don't fume so far that you SNAP with anger, letting it come out in an unhealthy and unhelpful way. Instead, before you SNAP, let's learn how to identify your **anger** *before* it takes over. Then you can learn what to do next...and how to properly vent it out. Healthy anger can't just be ignored or stuffed, or let explode everywhere, but instead you can organize your thoughts to better be able to care of yourself and continue for a healthy grief path. Let's help clean up and organize your grief office together.

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



### OPPORTUNITIES FOR

# October

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 Luncheon * 11:30 a.m.	3	4	5
6	7	8 10:00 a.m. Tool Box for Grief	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. Expectations: How to Handle Them	23 Luncheon * 11:30 a.m.	24	25	26
27	28	29	30 Luncheon * 11:30 a.m.	31		

**Heafey-Hoffmann-Dworak-Cutler**  
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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: ANGER**  
**"This Isn't Fair!"**  
**October 13, 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.

- 8:** Tool Box for Grief
- 22:** 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? 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



## A Time to Mourn

by Jill Englar

*I am lost in grief, numb with shock, filled with disbelief and at times, rage,  
besieged by an army of rebellious emotions, my instinct is to retreat.*

*I want to hide under a blanket and sleep, awakening only to your smiling face.  
But the nightmare is real, and you are not coming back.*

*I am a worry to my family and a stranger to our friends,  
adrift in a sea of despair and marooned in an unwelcome reality.*

*Please don't rush my grief or tell me to move on with my life.  
I need time. My loss must be processed; my pain must be healed.*

*Please be gentle and kind. Offer a hot meal – not advice!  
Share a cup of tea.*

*Understand my silence may be from fatigue and emptiness within.  
Please don't shy away when I vent anger and frustration.  
I may even seem bitter and envious of those around me.*

*Have patience as I reminisce and gaze fondly at old photographs.  
Speak my beloved's name and smile as we reflect shared memories.  
I am not afraid of tears, only the loneliness each day brings.*

*Grieving takes time; grieving requires support.  
Embrace me with love; companion me with hope.  
My faith gets me out of bed, your support keeps me going.*

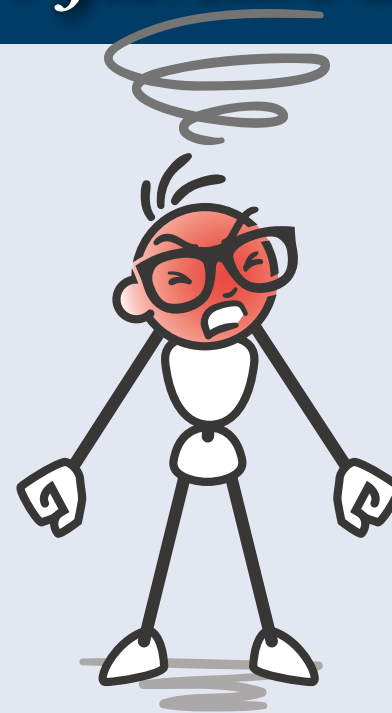
*Thank you for being my friend.*

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## Healing Thoughts

*"Anger ventilated often hurries toward forgiveness;  
and concealed often hardens into revenge."*

~Edward G. Bulwer-Lytton~



**Sunday, October 13, 2019 • 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 10, 2019**

**6:00 p.m.**

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

## MARK YOUR CALENDARS!

**Sunday, Dec. 1, 2019**

*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\*

**\*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 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.**

**October Topics:**

- 8 Building My Tool Box for Dealing with Grief
- 22 Expectations (Mine & Others) - Strategies to Handle Them

Facilitated by: Jayne Gundrum, LMHP

Meetings are held at:  
Crown Pointe Retirement Center, Lower Level, Rec Room  
2820 S 80th Street