

**Heafey Hoffmann
Dworak Cutler**
MORTUARIES & CREMATORY

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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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THE Journey

March 2018

From The Heart

Greetings, Dear Friends!

"Are we there yet? Mommy, Daddy? Are we?" Familiar words that got asked oodles of times by our kids as we yearly drove to see out of town grandparents. The younger they were, the more they asked. I bet many of you can relate to this example.

"Am I getting there yet?!!" Perhaps a question you are asking yourself or others are insinuating to you as you traverse this grief journey. I find most of the time the feelings connected with this question, to yourself or asked by others of you, is an impatience with this hard work of grief. Will it ever end? Will you ever find your way through this most challenging pain? Understandably, it hurts!!

Good news!! Yes, most people find their healthy way through the grief. It often looks different than you ever imagined when you look back, but people survive. Unfortunately, it is filled with ups and downs, twists and turns, and no one can tell you when they will happen. You can feel progress one day and then a slipping back on other days. This is normal grief.

Most people find their healthy healing, hope, and acceptance of their grief. To imagine this at the beginning when you are just trying to navigate through the numbness and pain can seem impossible. But hang onto hope. It lies ahead as each person finds their own **grief integration**.

Author Darcie D. Sims, in her book, *Footsteps Through the Valley*, lists some of the "yardsticks" that show up as grief is integrated into a person's life. Whether you are at the beginning of your journey, or further along toward the acceptance of your loss, I hope you can read several of these statements as hope for you. You will get there. I'll share two "yardsticks" Darcie shares:

- You no longer choke when you say your loved one's name.
- Tears don't always well up in your eyes when you think of your loved one.

Darcie lists many more which we will cover and talk about this month. You may see a better picture of your own "Am I getting there yet?" and what is realistic for you at whatever point you are in your journey. It really helps to see where you have grown and made progress too. There's hope and acceptance as you feel through the pain and get further toward your destination of grief recovery.

Blessings,

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



OPPORTUNITIES FOR

MARCH

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7 Luncheon * 11:30 a.m.	8	9	10
11 6:00 p.m. Integration	12	13 10:00 a.m. Developing a Support System	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 a.m. What Do I Need When I Am Grieving?	28 Luncheon * 11:30 a.m.	29	30	31

Aftercare Support Group

Topic: INTEGRATION
"Is It Goodbye or Something Else?"
March 11, 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

March Topics
10:00-11:30 a.m.

- 13:** Looking at & Developing a Support System
- 27:** What Do I Need When I Am Grieving?

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

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

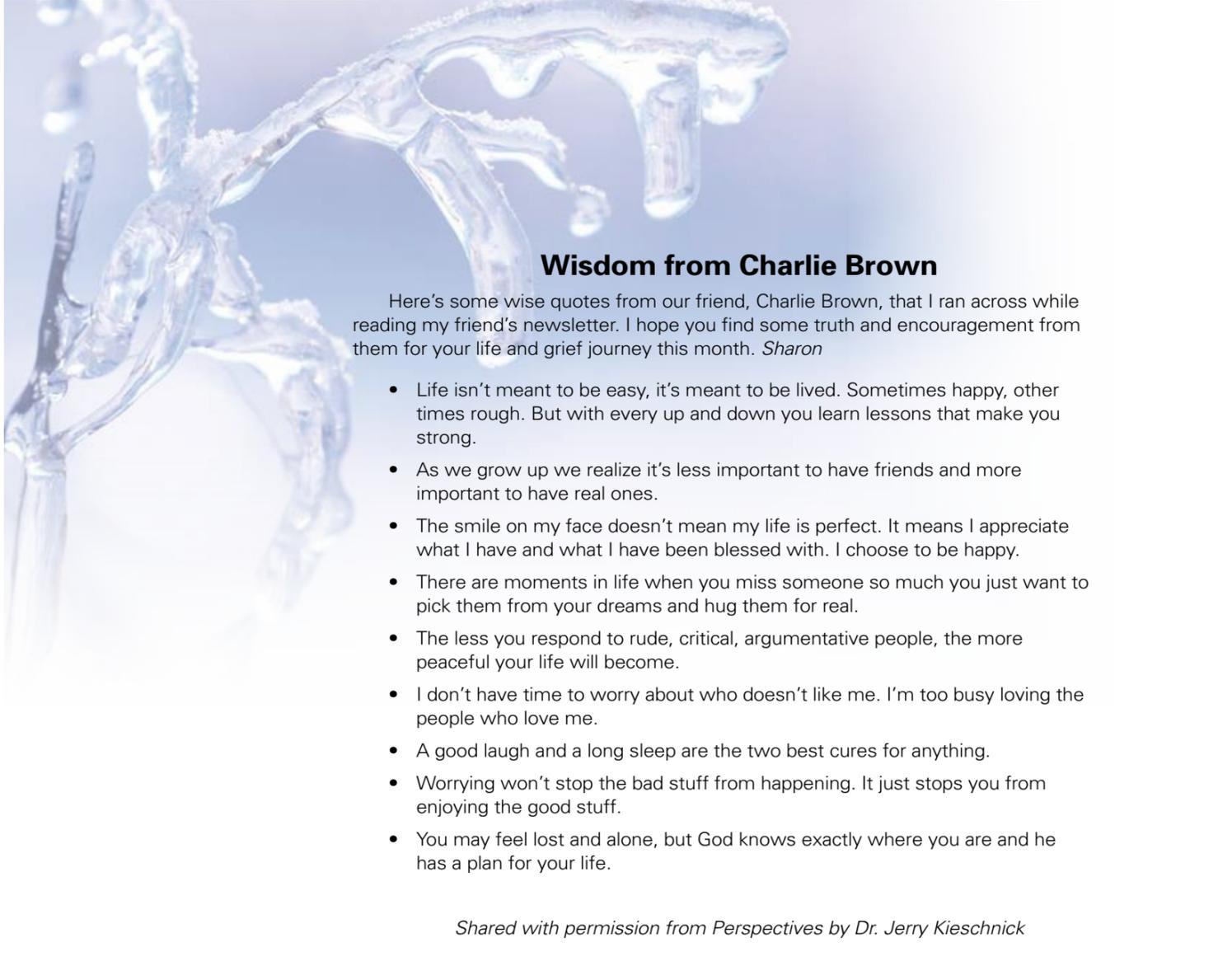
In This Issue: Integration

Does grief ever end? Good question! We'll talk through this question and what healthy grief looks like for you.

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 Services of Remembrances



Wisdom from Charlie Brown

Here's some wise quotes from our friend, Charlie Brown, that I ran across while reading my friend's newsletter. I hope you find some truth and encouragement from them for your life and grief journey this month. *Sharon*

- Life isn't meant to be easy, it's meant to be lived. Sometimes happy, other times rough. But with every up and down you learn lessons that make you strong.
- As we grow up we realize it's less important to have friends and more important to have real ones.
- The smile on my face doesn't mean my life is perfect. It means I appreciate what I have and what I have been blessed with. I choose to be happy.
- There are moments in life when you miss someone so much you just want to pick them from your dreams and hug them for real.
- The less you respond to rude, critical, argumentative people, the more peaceful your life will become.
- I don't have time to worry about who doesn't like me. I'm too busy loving the people who love me.
- A good laugh and a long sleep are the two best cures for anything.
- Worrying won't stop the bad stuff from happening. It just stops you from enjoying the good stuff.
- You may feel lost and alone, but God knows exactly where you are and he has a plan for your life.

Shared with permission from Perspectives by Dr. Jerry Kieschnick

Sunday, March 11, 2018 at 6:00 p.m.

Topic: "Is it Goodbye or Something Else?" INTEGRATION

Are you having a hard time accepting the reality of the death of your loved one? Does it seem impossible, even wrong to let go of your loss? We will explore these thoughts together and discuss ways to integrate your love for your loved one and find inner peace.

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, April 8, 2018 at 6:00 p.m.**
Topic: "Eraser Therapy" **FORGIVENESS/GUILT**

MARK YOUR CALENDAR FOR SATURDAY, APRIL 14, 2018

Heafey's Annual Services of Remembrance

Catholic Memorial Mass at 11:00 am
Christ the King Catholic Church, 654 S. 86th St.
Non-Denominational Memorial Service at 3:00 pm
Heafey, Hoffmann, Dworak & Cutler Mortuaries
West Center Chapel • 7805 West Center Road

In honor of our loved ones who have died in the past year or so. Refreshments served following the services. No RSVP needed.



**IN CASE OF INCLEMENT WEATHER, THE RULE OF THUMB IS:
If other community events are being cancelled, it is safe
to assume ours is too. If in doubt, call: 402-391-3900**

Healing Thoughts

"We must be willing to let go of the life we planned, so we can accept the life that is waiting for us." ~Joseph Campbell~



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 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.**

March Topics:
13 Looking at and Developing a Support System
27 What Do I Need When I am Grieving?

Facilitated by: *Jayne Gundrum, LMHP*
Meetings are held at:
**Crown Pointe Retirement Center, Lower Level, Rec Room
2820 S 80th Street**