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**RETURN SERVICE REQUESTED**

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

**SPONSORED BY:**  
**Heafey Hoffmann  
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MORTUARIES & CREMATORY  
7805 W Center Rd • Omaha, NE 68124

# THE Journey

JUNE 2018

## From The Heart

### Greetings, Dear Friends!

I like to win! Sounds silly...who doesn't, right? I'm guessing I really like to win because I always heard about the prizes my Mom would win in sweepstakes. From before I was born, my Mom would also write creative jingles and...win! So I'm guessing that I probably got my competitive side from my Mom.

How about you? Do you have a competitive side? If you do, this is your month to shine at our Sunday support group! At least, that is, if you like to cook. We are having a fun, social month, and we will be eating at our group. And YOU are providing the food.

This may seem like a strange format to help with grief, but having a time to just relax and share food together can be a very healing thing to do. Not only do we have food together, we connect with others who understand. To engage with others socially is an important part of surviving this grief journey.

You may have noticed that experiencing a grief journey can mess up some of the most basic of our needs, including eating and sleeping. It is not uncommon in grief to have periods of eating non-stop, especially junk foods, to the opposite of having no appetite at all. Food can suddenly have no emotional appeal at all, where it used to be something that you really enjoyed. There can be no desire or energy to cook either.

This month, we are going to discuss the important topic of **taking care of yourself**. We will share some tid-bits of information for practical help, but we will spend most of our time just sampling your great foods. Then we will vote for your

favorite. Competitive people, you might win! If you don't cook or aren't as competitive, no problem. Just bring something purchased to share, knowing you will still get the benefit of sampling other great foods and better yet, enjoying like-minded fellowship. If you have ever thought about attending, this is the month to come!

Here's a closing hint for those trying to win the fabulous prize (it's a nice prize): *You'd think the dessert might always win. Not necessarily! Here's a sampling of some of the winner titles: Grape Salad, Best-Ever Barbecued Ribs, Pecan Toffee Bars, Pork Chop Casserole, Cauliflower and Broccoli Salad.* So, just bring yourself and your food you like to fix. Plates, silverware, and drinks are provided. Are you hungry yet?

Come with growling stomachs, anticipation, maybe with a fear of the unknown - a new place and people. Leave with connecting, care, fun, understanding, laughter, helpful ideas, potential recipes, a full tummy, AND, maybe a WIN!

### Blessings,

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



### OPPORTUNITIES FOR

# June

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6 Luncheon * 11:30 a.m.	7	8	9
10 6:00 p.m. TAKING CARE OF ME	11	12 10:00 a.m. All The Stuff? Belongings	13 Luncheon * 11:30 a.m.	14	15	16
17	18	19	20 Luncheon * 11:30 a.m.	21	22	23
24	25	26 10:00 a.m. A New Normal/ My Goals	27 Luncheon * 11:30 a.m.	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: TAKING CARE OF ME**  
"Time For A Fill-Up"  
**June 10, 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

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

**12:** All The Stuff? Belongings  
**26:** A New Normal/My Goals

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

## In This Issue:

### June Potluck

*Everyone loves a potluck? This month we have our annual social time together where we "eat." You might be the winner this year and walk home with a nice prize. You don't have to be a "Betty Crocker" to win. (Or just bring a deli food to share). See inside for details.*

### 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



## “LET GO” - Doesn't Mean Stop Caring

- 1) To “Let Go” does not mean to stop caring, it means I can't do it for someone else.
- 2) To “Let Go” is not to enable or permit, but to allow learning from natural consequences.
- 3) To “Let Go” is not to cut myself off; it is the realization that I can't control another.
- 4) To “Let Go” is not to try to change or blame another, it is to make the most of myself.
- 5) To “Let Go” is to fear less and love more.
- 6) To “Let Go” is not to not care for, but to care about.
- 7) To “Let Go” is not to be protective, it is to permit another to face reality.
- 8) To “Let Go” is not to deny, but to accept.
- 9) To “Let Go” is not to nag, scold, or argue with, but instead to search out my own short-comings and correct them.
- 10) To “Let Go” is not to fix, but to be supportive. It is not to judge, but to allow another to be a human being.
- 11) To “Let Go” is not to regret the past, but to grow and live for the future.
- 12) To “Let Go” is to fear less and love more.

~ Unknown author

## Healing Thoughts

*“The present moment is significant, not as the bridge between past and future, but by reason of its contents, contents which can fill our emptiness and become ours, if we are capable of receiving them.”*

~Dag Hammarskjöld~



**Sunday, June 10, 2018 at 6:00 p.m.**

**Topic: “Time for a Fill-Up” TAKING CARE OF ME**

This night is unique...you've loved it and we keep doing it!! There's some talk, but this “fill-up” will have lots to do with filling your stomach with good food to eat.

We'll also be sharing your tips and ideas on what you have found is most helpful in eating well, especially if you are alone.

There's a prize for the best food shared. Bring your food and your appetite. Come ready to learn or ready to share, but most of all hungry. This will be light, practical and above all, delicious! For recipe sharing purposes afterwards, email me at: **aftercare@heafeyheafey.com with your recipe.**



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, July 8, 2018 at 6:00 p.m.**

**Topic: “Half Full or Half Empty?” ATTITUDE & HUMOR**

Are you tired of feeling tired? Always seeing your cup half-empty instead of half-full? How long has it been since you've been able to enjoy a good belly laugh? Are you beset by problems and hurts that are just pulling you down?

Join the support group as we explore some of the not so funny stuff that sneaks into our daily lives. Let's explore the impact of attitude.



## 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.**

**June Topics:**

- 12 All the Stuff? Belongings**
- 26 A New Normal/My Goals**

Facilitated by: Jayne Gundrum, LMHP

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