

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

JULY 2018



**RETURN SERVICE REQUESTED**

## From The Heart

### Greetings, Dear Friends!

What do all of these names have in common: Oprah, Tiger, LeBron, Beyonce? Well, if you are tracking like my brain, they all are famous, wealthy, "stars" and last, but not least, known by only their first name. How about this one: Lucy? Now this one may be defined by your age. If you are "of the older generations," assuredly hearing "Lucy" will pop in the vision of a red-headed dear woman who brought years of laughter into our lives by her hilarious escapades on the show "I Love Lucy." There's no one quite like Lucy! What made her so endearing with her comedy is that everyone could identify with her at some level in her thinking process... and then her resulting actions. She brought joy into the homes of families that gathered weekly to watch her.

What "Lucy's" do you have in your life to help you along on your grief journey? We all need them. While they may not be comedians, we all need people who can greatly influence our lives with their **attitude and humor**. You are reading that right. Humor, especially on a grief journey, is not only healthy, but greatly needed. It can feel very awkward at first to even experience the first laugh after your loved one died. But some families bring humor in right away at the funeral service. Humor can be a positive release a physical body needs in the whole process of trying to find healing.

Attitudes and perceptions, your own and others, can also condition you to feel like certain feelings or actions are okay on a grief journey and some aren't. This is where life can get very complicated in figuring this all out. Most days are not fun or filled with laughter – not even close! That's probably why even thinking about humor and grief together can feel strange. And yet we all have seen bereaved family members laughing at memories shared together. It bonds them together; it helps them remember; it helps them heal!

Grief is hard work, requiring lots of effort to feel your feelings and work through your pain. This is where learning about **attitude and humor** can be so helpful. I'm not guaranteeing that you won't laugh if you come this month, but I'm guaranteeing we will work through this together with others who understand. You just gotta trust me. It'll be hard to leave not feeling better.

### Blessings,

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



### OPPORTUNITIES FOR

# July

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4 NO LUNCH GROUP DUE TO HOLIDAY	5	6	7
8 6:00 p.m. ATTITUDE & HUMOR	9	10 10:00 a.m. Grief Basics	11 Luncheon * 11:30 a.m.	12	13	14
15	16	17	18 Luncheon * 11:30 a.m.	19	20	21
22	23	24 10:00 a.m. My Story	25 Luncheon * 11:30 a.m.	26	27	28
29	30	31				

**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: ATTITUDE & HUMOR**  
"Half Full or Half Empty?"  
**July 8, 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

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

- 10:** Grief Basics
- 24:** My Story (Please bring a picture of the deceased)

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

## In This Issue:

### YOUR THINKING

*How does your attitude and your thinking affect your living? And how does humor weigh in to all of this? It's a daily process, taken one step at a time. But you can help yourself. Good news!*

### 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 Healing Power of Laughter"

By Judy Schwab

Here's to "I Love Lucy," Groucho Marx and Dick Van Dyke.  
Those comedians with funny bones, just the kind we like!  
Here's to Bob and Bing, such clowns at home or  
"On the Road."  
And to Auntie Mame's wild antics  
as on that horse she rode.

Here's to Edgar Bergen with Charlie by his side,  
Jack Benny, George and Gracie, as they take us on a ride.  
On the road that leads to laughter, leaves us rolling the aisles.  
Has us gasping for our breath, faces hurting with our smiles.

Research, with its numbers, says the evidence is clear,  
The quality of life goes up when just one joke we hear.  
So curl up on your sofa, gather friends around your bed,  
Prepare to have some belly laughs  
while your face is turning red!

For laughter is a gift from God and meant to bring you healing;  
It will surely bring you joy, no matter how you're feeling.  
And in those special moments as you rest in His embrace,  
Let the blessings He would send be the smile upon your face.

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## 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.

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, August 12, 2018 at 6:00 p.m.**

**Topic: "Picking Up the Pieces" - NEW BEGINNINGS**

It's not easy starting over or trying something new, and it is even more difficult when you are grieving. The death of your loved one is a huge adjustment and in some ways you might feel like you are starting over. Making necessary changes can be difficult, but almost always, personal growth comes with change.

Come join us and share creative ways of "picking up the pieces in your life."



## 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.**

**July Topics:**

**10 What is This Thing Called Grief? (Grief Basics)  
24 My Story (Please bring a picture of the deceased)**

Facilitated by: Jayne Gundrum, LMHP

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

## Healing Thoughts

"The most wasted of all days is one without laughter."

~E. E. Cummings~

"Turn your can'ts into your cans...and your dreams into plans."

~Nan Zastrow~

