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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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7805 W Center Rd • Omaha, NE 68124

THE Journey

NOVEMBER 2018

From The Heart

Greetings, Dear Friends!

We were forever impacted! It's a tradition now— a new ritual that is 30 years old! We lived in Tennessee for about 10 years and adopted some customs from that area. And guess what? One of the many yummy recipes I picked up while living there was a southern cornbread stuffing. The only time I make this stuffing is on Thanksgiving. I wouldn't miss making the traditional stuffing in the turkey, but also now I have the option of the yummy cornbread one too. It's a new ritual and tradition because our lives were impacted by the people and customs in the area we lived and loved.

Traditions and rituals are huge words as we enter the months of November and December, aren't they? It's like these words are written in neon lights. The value in rituals is that they provide safe ways to experience connection with things and people that are dearest to us. We have rituals connected to holidays, to our faith, to even our daily routines with others. We know what to expect with traditions and rituals.

Enter grief – now traditions and rituals become challenged, don't they? Walking through daily life is so different now, let alone trying to navigate the traditions of the holidays. For many bereaved, we just want to skip through and fast forward about two months. The traditions are an "in your face" reminder that your loved one is no longer here. What do you do? You can't skip forward two months, nor can you hole up in your room with the covers over your head.

There's hope! Always is! Working through the

"**changed holidays**" is best done with preparation and planning. With some insight and planning, you can figure out which traditions and rituals will help you find safe ways to grieve and experience many feelings in a more manageable and contained way. We can differentiate between traditions and obligations. There are practical helps which can make a world of difference. You may choose to begin some new traditions and rituals, or keep it as simple as can be this year.

It's hard to do this planning alone. I'm so thankful as we approach this Thanksgiving, that we have an opportunity to come together and learn, care, and support each other before some of these holidays are experienced. I promise it will be practical and helpful. Also, if I have you curious about my now traditional yummy cornbread stuffing, I might even share my recipe with you. Who knows, you might make this your new tradition too! The power of figuring out the "**changed holidays.**"

Blessings,

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



OPPORTUNITIES FOR *November*

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. HOLIDAY COPING	12	13 10:00 a.m. Discussing the Holidays	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. Looking at Emotions	28 Luncheon * 11:30 a.m.	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: HOLIDAY COPING
"Changed Holidays"
November 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

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

- 13:** Discussing the Holidays
- 27:** Looking at Emotions:
Anxiety, Fear, Anger and Guilt

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

In This Issue:

HOLIDAY EVENT

Join us! We offer you sensitive holiday social time with others, while enjoying the sights of the Christmas holiday. Call to register your name on our list. We invite you to share and come with one guest or family member, so let me know their name too when you call. Signups continue until full or November 14th. Call Sharon (or receptionist) at 402-391-3900 (more info inside)

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

Grief and Gratitude

The author Melody Beattie wrote:

"Gratitude unlocks the fullness of life,
It turns what we have into enough, and more.

It turns denial into acceptance,
chaos to order and confusion to clarity.

It can turn a meal into a feast,
a house into a home, a stranger into a friend."

As I make this journey I find I could substitute
Grief for Gratitude
and find that most of the lines ring true.

Grief unlocks the fullness of life.
It turns what we have into enough, and more.
The journey of Grief turns denial into acceptance
chaos into order, confusion into clarity, and
strangers into friends."

In death, Grief has brought me
a real appreciation for Bob's life.

*by Colleen Curnyn Ramsey, Omaha, Nebraska
From "Bob Doesn't Live Here Anymore"
- but now, it's not the first thing
I think of when I wake up!
(used with permission)*



Sunday, November 11, 2018

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."**

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, December 9, 2018 at 6:00 p.m.**

Topic: **"Precious Moments" – REMEMBERING WITH LOVE**

RSVP by November 14

Christmas Lights Tour Sunday, December 2, 2018

By reservation only: call 402-391-3900 to reserve a spot for you and your guest. Come and join with others for light food, wonderful, sensitive fellowship, and holiday music.

**WHERE: The DC Centre
11830 Stonegate Circle**

(Located several blocks south of 120th and Maple.
Turn east at the light at Stonegate Circle.)

TIME: 4:00 p.m. - When we will eat
5:30 p.m. - Depart for our annual tour of lights
7:30 p.m. - Expected return time
Dessert served upon return

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.**

November Topics:

13 Discussing the Holidays

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

Facilitated by: Jayne Gundrum, LMHP

Meetings are held at:

**Crown Pointe Retirement Center, Lower Level, Rec Room
2820 S 80th Street**

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*

