

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
Dworak Cutler
MORTUARIES & CREMATORY
7805 W Center Rd • Omaha, NE 68124

THE Journey

JANUARY 2019

From The Heart

Greetings, Dear Friends!

Talk about hard to understand...our English language sure is challenging. Examples of this are homographs (words spelled alike but with more than one meaning) and heteronyms (a homograph that is pronounced differently):

1. The farm was used to produce produce.
2. The soldier decided to desert his dessert in the desert.
3. I didn't object to the object.
4. Since there is no time like the present, he thought it was time to present the present.
5. Upon seeing the tear in the painting, I shed a tear.
6. I had to subject the subject to a series of tests.

Whoa! How challenging is it to read and understand these sentences filled with homographs and heteronyms? Can you imagine how hard it would be to come from another country trying to learn our English language? You would have to keep learning for quite some time to understand all these language nuances. How confusing!

How about you? Does your "school of grief" even compare to going to school to learn the English language? No comparison, right? You didn't want to be in this school of grief, but death pushed you into it. If only grief were as easy as the English language (and it isn't easy!). You think homographs and heteronyms are challenging, what about the twists and turns of grief? English learning doesn't even compare to the

emotional, physical, spiritual, and social toil of grief. If only there was a textbook for grief!!!

You know, there isn't a textbook, but we sure can put our learning hats on to better understand some of the quirks and twists of grief. Education about anything helps, and so it is true with grief education. Join us this month as we study the **school of grief** together. We will learn together about what is true and false about grief, separating out what isn't helpful. I already have you learning about homographs and heteronyms. Why not learn from the **school of grief** and about this subject of healthy grief? You won't have to bare your feelings; we just hear others' burdens, as we offer care. We just listen and hear your heart while you are here. Know that you don't have to feel a certain way and no two journeys are alike. As I write this, remember you have a right to feel what you need to feel. Come here and hear! Learn and grow with us. Ok, I'll stop! But please learn with us.

Blessings,

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



OPPORTUNITIES FOR

January

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 <i>New Year's Day</i>	2 Luncheon* 11:30 a.m.	3	4	5
6	7	8 10:00 a.m. Winter Blahs and Grief	9 Luncheon* 11:30 a.m.	10	11	12
13 6:00 p.m. SCHOOL OF GRIEF	14	15	16 Luncheon* 11:30 a.m.	17	18	19
20	21	22 10:00 a.m. Grief Basics	23 Luncheon* 11:30 a.m.	24	25	26
27	28	29	30 Luncheon* 11:30 a.m.	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: SCHOOL OF GRIEF
"What's Happening to Me?"
January 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

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

- 8: Winter Blahs and Grief
- 22: What is This Thing Called Grief? (Grief Basics)

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

In This Issue:

Christmas Event '18

If you missed our Christmas fellowship, be sure to check out some of the photos from this meaningful, festive event. See if you see some familiar faces!

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



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

Grief is the emotional reaction to loss. Mourning is the expression of that grief.

"Actually, doing well with your grief means becoming well acquainted with your pain. Don't let others deny you this critical mourning need." ~Dr. Alan Wolfelt



Sunday, January 13, 2019 • 6:00 p.m.

Topic: "What's Happening to Me?" – SCHOOL OF GRIEF



Whether you are brand new at grieving or have been muddling through it for some time, you may be trying to make some sense of the barrage of new feelings. At this support group we will discuss the anatomy of grief and mourning, and ways to help you adjust and cope. A little education goes a long way in helping!

Join us.

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, February 10, 2019 at 6:00 p.m.

Topic: "Down in the Valley" LONELINESS & TEARS

Ever feel like the world goes on and you are sinking ever deeper into a pit of loneliness and no one seems to notice? Do you ever feel like you are drowning in your tears? . . . Or perhaps wish you could let some come out?!!!

You are normal and not alone! If you find yourself wondering if you can ever survive this feeling of loneliness, we will share thoughts and ideas to help overcome this alone feeling and to learn the "blessing" of tears.



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.

January Topics:
8 Winter Blahs and Grief
22 What is This Thing Called Grief? (Grief Basics)

Facilitated by: Jayne Gundrum, LMHP

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