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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.

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**Heafey Hoffmann
Dworak Cutler**
MORTUARIES & CREMATORY

7805 W Center Rd • Omaha, NE 68124

THE Journey

MARCH 2019

From The Heart

Greetings, Dear Friends!

"I wanna hold your hand, I wanna hold your haaannndddd, I wanna hold your hand." Do I have you singing this Beatles song in your head? (I wasn't sure how to print out the long haaannndddd, but I hope you got the point!)

What does holding a hand mean to you? From the time we are a little baby, a little child, to the time we are a teenager, to the time we are an adult in love, the idea of holding a hand can change. A baby's hand is so tiny, and they naturally grasp our finger or hand. A little child is often told, "Hold my hand as we cross the street." Then a teenager – well, not too many want to hold their parent's hand, but they will definitely hold their boyfriend or girlfriend's hand. And the adult in love, well of course, that hand is the most cherished hand to hold. Holding a hand signifies care, love and trust from one person to another. Whether it is a tiny hand to an adult hand, love transfers in that touch.

Now think, who reaches out and holds your hand these days? That can be a really painful question as I know you are grieving the loss of your loved one. But it is still a valid question. While the one you love can't do this anymore for you, you can still reach out and hold someone else's hand who cares about you. Holding that hand can bring such comfort

and strength while you are navigating the unknown, the fears, and the changes. It's even harder when you may need to ask for that hand of support. Sometimes you may not just need a hand, you may need some professional help to get you through the next steps that are hard. But asking for help can be one of the best self-care steps you can make.

Grief is quite a journey, and it doesn't happen overnight. But as you take healthy steps, the healing begins and the pain and numbness dissipate. Hope enters. Eventually with healthy grief, everyone finds their place of grief integration. But along the way, those helping hands sure do make a difference. Hands of support are offered if you'd like that at our monthly support groups. Come check out the care offered to you. The darkness that grief can bring doesn't have to be experienced alone.

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 Luncheon * 11:30 a.m.	7	8	9
10 6:00 p.m. INTEGRATION	11	12 10:00 a.m. Support System	13 Luncheon * 11:30 a.m.	14	15	16
17	18	19	20 Luncheon * 11:30 a.m.	21	22	23
24 31	25	26 10:00 a.m. What Do I Need?	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: INTEGRATION
"Is It Goodbye or Something Else?"
March 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

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

- 12:** Looking at and Developing a Support System
- 26:** What Do I Need When I Am Grieving?

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

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



Raven

by Dale Miller

Today I saw a raven
As it quietly flew by.
It landed in a tree
That stood nearby.
I watched it for a moment
Wondering if it's here for me.
To take me away
To set my spirit free.
Or maybe it was you
Sent from above
Checking in on me
Sending all your love.
Then without a whisper
That black bird flew away
And I started to cry
Knowing I must stay.
I've been looking for you
In everything I see
Everywhere I go
Anywhere you may be.

I want to hear so badly
Your voice that sounds so sweet
To hear the words "I love you"
My heart would skip a beat.
To have you here beside me
To talk with you again.
To have you gone forever
This wasn't part of the plan.
We were to be together
Till we both were gone.
But now I'm here without you
You've been gone so long.
My life is changing so much
From where it was before.
And I am changing with it
Maybe even more.
It's entirely unfair
I can't be with you right now.
But some day when it's my turn
I will find you there somehow.

Reprinted with permission from:

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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

*"When one door of happiness closes,
another opens; but often we look so long at
the closed door that we do not see the one
which has been opened for us."*

~Helen Keller~



Sunday, March 10, 2019 • 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 14, 2019 at 6:00 p.m.

Topic: "Eraser Therapy" FORGIVENESS/GUILT

MARK YOUR CALENDAR FOR SATURDAY, APRIL 6, 2019

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.



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.

March Topics:

12 Looking at and Developing a Support System

26 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