

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

JUNE 2019

RETURN SERVICE REQUESTED



## From The Heart

### Greetings, Dear Friends!

OK, word association: What do you think of with "Growl?" ...Is it lion? Tiger? How about *borborygmi*? I'm sure no one associated that word. But the ancient Greeks did! It is what is described as an onomatopoeia (the word sounds like what you are trying to describe). For the Greeks it was an attempt to put the growling stomach sounds into words. Most people think of this growling sound in connection with hunger and an absence of food. But interestingly, the stomach growling can occur at any time, on an empty or full stomach. Usually the growling is louder with hunger as the stomach and intestines are empty and so the organs' contents don't muffle the noise as much.

So why am I writing about *borborygmi* this month in my Heafey newsletter? I'm glad you are probably wondering about this question. This month, June is different. I want you to come to our Sunday support group hungry this month, with your stomach growling. Why? Because this month instead of having our normal topic where we dig in with practical and helpful dialogue, we will emphasize a social time together. We do this once a year, and it is a fun night. Our topic is "**Taking Care of Yourself.**" We will talk about this a little bit, but mainly we will experience it with social time together centering around eating. And you will bring the food! We will have a wonderful potluck.

If you've never attended, this is a good month to join in with others while we enjoy lots of good food. We also vote for the best dish, so you will need to sample everything, so you can cast a vote for your winning choice. And better yet, there is a great winning gift. It might even be YOU who wins the wonderful prize. I've given away fans, crock pots, air fryers, etc., so who knows what YOU might win.

Even if you don't win the prize, you will win with connecting with some wonderful people who are navigating this grief journey too. Who better to understand how you might feel than those who have gone through a similar thing? Take care of yourself by joining us this month. See details inside. Even if you don't cook, come too. And come hungry – for food and fellowship! *Bon Appetit for your borborygmi! (I know it's corny, but it looks like a fun word to say).*

**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 Luncheon * 11:30 a.m.	6	7	8
9 6:00 p.m. TAKING CARE OF ME	10	11 10:00 a.m. All The Stuff	12 Luncheon * 11:30 a.m.	13	14	15
16	17	18	19 Luncheon * 11:30 a.m.	20	21	22
23 30	24	25 10:00 a.m. A New Normal	26 Luncheon * 11:30 a.m.	27	28	29

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 9, 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.

- 11: All The Stuff? Belongings
- 25: 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

## Will You Overcome Grief?

By Jack Cain (Steps 1 & 2 of 10)

### 1. Let Grief Happen

Unlike fog, grief doesn't arrive on little cat feet. Instead, it arrives in towering waves that engulf and own you all at once. Learn to ride the wave when it comes, because like all waves, it will come and go; it is not a constant state. It comes, washes over you, then subsides for awhile. Seek out others for connections and comfort. Set priorities. Focus your available energy on those things that are most essential to you. Give yourself permission to have moments of happiness. Forgive yourself for being swamped by those waves. Only then, when you have allowed the grief to happen, will you be able to move on to the next step.

### 2. Time to Move On

Eventually, when you come to the conclusion that you have suffered enough, you will decide it's time to move on with your life. Recognize that your grief has gone on for however long feels right to you, and you'll realize that it's okay to lessen the hurting as much as you can and move on. You'll know when it's the right time when the distance between the waves grows shorter.

It won't be time to stop hurting—that will remain for as long as it takes—but it is time to stop making hurt the central piece of your life. It is only a thread in the tapestry of your life; it isn't the whole tapestry.

Until now, this grief, has been the lens through which you have viewed absolutely everything. Now, your mission becomes making your present day the new lens. The time has come for you to start the process of taking care of and being good to yourself. You are ready to find a way of staying connected to your loved one through living, not just through grieving.

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Grief Digest, Centering Corporation, Omaha, Nebraska, 402-553-1200*

## Healing Thoughts

*"Today is life – the only life you are sure of. Make the most of today."*

*~Dale Carnegie~*

*"All the art of living lies in a fine mingling of letting go and holding on."*

*~Havelock Ellis~*

## Aftercare Support Groups

**Sunday, June 9, 2019 • 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. Plates, silverware, and drinks provided.

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! Come anyhow, if you don't cook. For recipe sharing purposes afterwards, email me at: [aftercare@heafeyheafey.com](mailto: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 14, 2019 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.

Worry  
LESS  
Laugh  
MORE

## 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:**

**11 ALL THE STUFF? Belongings  
25 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

