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RETURN SERVICE REQUESTED

OPPORTUNITIES FOR

August

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. NEW BEGINNINGS	12	13 10:00 a.m. Nurturing Yourself	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. Exploring The Whys of Grief	28 Luncheon * 11:30 a.m.	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: **NEW BEGINNINGS**
"Picking Up The Pieces"
August 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

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

- 13: Nurturing Yourself & Identifying Your Needs
- 27: Exploring the Whys of Grief

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

Community service
program of caring for
individuals and families
who are grieving the death
of someone they love.

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THE Journey

AUGUST 2019

From The Heart

Greetings, Dear Friends!

It will be several months yet before you read this, but it just happened yesterday. James just got beat! He was setting all kinds of records with daily wins and he almost topped the total winnings on the popular daytime show *Jeopardy*. How brilliant many people are with their quick answers! I learned something from one of the clues recently. I learned that *The Game of Life* was originally created in 1860 as *The Checkered Game of Life*. Later in 1960 the modern version, *The Game of Life*, was introduced.

In the original, *The Checkered Game of Life*, the game board resembled a modified checkerboard. The object was to go through the virtues and vices of life and land on "good" spaces and collect 100 points. If you got to the upper-right corner square, you could gain 50 points by reaching "Happy Old Age."

Hmmm...if we could create such a thing, what would a *Checkered Game of Life* look like for you? I know life is NOT a game, but for the sake of illustration, let's talk using the game analogy. Picture a checkerboard with red and black squares. As you are traveling this road of life, it can be hard to see the virtues of life spaces (red squares) as the **vices of grief spaces (black squares) can appear to be emboldened** and around you on every corner. It can feel like making any move will just take you deeper

into the challenges of surviving the grief. Where are the red virtue squares? Some days it can feel like they don't exist!

But they do! The good red squares are there. Some days you may not even know until you go to bed at night that the day was better than you expected. Some unexpected good things happened. You can breathe easier now. You laughed, and it actually felt good. The vice squares are there, but some days you can choose to jump right over them and avoid them. You are making it; day by day, you are making a new start. The good red squares are becoming your new reality, with fewer and fewer black squares tripping you up. You are changing, progressing, and **new beginnings** are happening for you.

I know James on *Jeopardy* will be back to answer more questions on the return of the champions. He will be back to compete and figure out his next moves. How about you? What will be your next move? Is it a red square move? I hope so!

Blessings,
Sharon Zehnder
Aftercare Director
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402-391-3900



In This Issue:

New Beginnings

Whether you consciously want to or not, you are having new beginnings. Did you know that? Healthy grief requires new beginnings. We'll discuss how this feels.

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

Excerpt from

“Choice Points in Your Grief”

by Darcie Sims

Gentle as a whisper

Small as a moment in time

I am glad I bought the ticket. I'm glad I paid the price. I am glad I shared the journey, and I have a memento or two from the ride. Let go of the hurt so there is room for love to grow. Remember the life, not just the death.

I think the truly bereaved are those who have never known love at all. You and I are rich beyond measure because someone loved us and we loved them...we still do. And for this I am thankful.

Grief isn't a seasonal song. It's a lifetime song,

but it doesn't have to be a sad song forever.

Our loved ones lived. We loved them. We still do.

I choose joy and thanks for the little while.

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Sunday, August 11, 2019 • 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.”**

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, September 8, 2019 at 6:00 p.m.

Topic: “False Evidence Appearing Real” FEAR

Are you trapped in fear?

- Has it interfered with you moving forward on your personal journey?
- Do you have decisions looming that you are afraid to make?
- What about being alone at night?

Take heart, you are not alone in these feelings.

Fears can be overcome by replacing them with understanding and courage. Hope to see you!



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.**

August Topics:

- 13 Nurturing Yourself & Identifying Your Needs**
- 27 Exploring the Whys of Grief**

Facilitated by: Jayne Gundrum, LMHP

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

Healing Thoughts

“Comfort comes from knowing that people have made the same journey. And solace comes from understanding how others have learned to sing again.”

~Helen Steiner Rice~

