

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

SEPTEMBER 2019

RETURN SERVICE REQUESTED



## From The Heart

### Greetings, Dear Friends!

We are in the middle of it. You may not realize it because Nebraska doesn't have them, but we are in the middle of it. It goes from June 1 to November 30 this year. Have you guessed it yet? It's hurricane season! Unless you have family living in hurricane areas or plan to travel into those areas, it probably isn't even on your radar.

But let's just pretend we lived in coastal Florida. Every year, you are likely to be fully tuned into the weather from June through November. Your plans can quickly be affected by changing weather. Will it be safe to stay? Should you put up storm guards? Or do you need to pack up and leave? Real fear of the weather and its swirling raw effects can become a new reality to be continually processing.

Nebraska hasn't had the fear of hurricanes, but we certainly have had the reality and aftermath of severe flooding this year, forcing many people out of their homes and businesses. This may be true even for some of you who are reading this newsletter. Or you may have family or friends greatly affected. Questions and fear of how you will make it through the next steps is a brutal "in your face" reality.

While the flooding and hurricanes may not be directly affecting most of you, I do know that you are dealing with

your own new state of grief as you navigate the weather of walking through many challenging emotions. And **fear** can be a very common and even new emotion for many. There are so many new things to experience that weren't part of your plans. You can even be so crippled in your mind that you don't want to do anything ...and that reality is even fearful! Thoughts of: "Will I be like this forever? How will I make it through this decision? Who will help take care of me?" are common. I'm sure if I asked you, you could tell me your own fearful thought!

You can't turn on the weather channel to know what is coming with your grief and how that information will swirl up the raw **fear** emotions. But you can stay educated about how to combat **fear** when it does surface so that you can stay safe and hunker down, to overcome this battle. We have storm guard **fear** protection available. And it won't run out! Are you ready for the potential **fear** season?

### Blessings,

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



### OPPORTUNITIES FOR

# September

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4 Luncheon* 11:30 a.m.	5	6	7
8 6:00 p.m. FEAR	9	10 10:00 a.m. Developing a Support System	11 Luncheon* 11:30 a.m.	12	13	14
15	16	17	18 Luncheon* 11:30 a.m.	19	20	21
22	23	24 10:00 a.m. The Needs of Grief	25 Luncheon* 11:30 a.m.	26	27	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: **FEAR**  
"False Evidence Appearing Real"  
September 8, 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

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

- 10: Looking at and Developing a Support System
- 24: The Needs of Grief

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

## In This Issue:

### FEAR!!

Some fear has a real basis, but a lot of fear is "made up" or rooted in false realities. Healthy grief involves understanding the difference.

### 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

## I Didn't Expect...

I really didn't expect that I would ever have to make this journey.  
Oh, someday, maybe, but not today.  
But if I had to, I expected that I would make it in an orderly, rational fashion.

So when the journey was in front of me,  
surprise, disbelief, and shock were waiting for me.  
The road in front of me looked too steep and rocky to even attempt.  
I was afraid that if I ever descended into that Hell I would never emerge.

I didn't expect the never-ending tears—I don't cry that much.  
I didn't expect the panic attacks—I'm an in-control person.  
I didn't expect to be so tired that I would cry some more.  
I didn't expect to lie in bed half the day, with the cat on my chest meowing at me, because she was hungry.

I didn't expect that my family and friends would be incredibly kind,  
thoughtful and brave enough to make some of the journey with me.  
But they have! And I am so grateful.

I didn't expect to get the courage to descend fully into Grief.  
But I did get the courage, and I have fully entered into Grief.  
And I've found that it's not so bad.  
At this time it suits me; in a strange way it's comforting.

At this point I do have some hope for I have re-discovered the Bob I first knew.  
The young Bob, the strong Bob—  
the Bob that lived his life with purpose and gusto.

I'm beginning to trust that I will follow his example and be able to live my life after him with purpose and gusto!

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

**Sunday, September 8, 2019 • 6:00 p.m.**

**Topic: "False Evidence Appearing Real" FEAR**

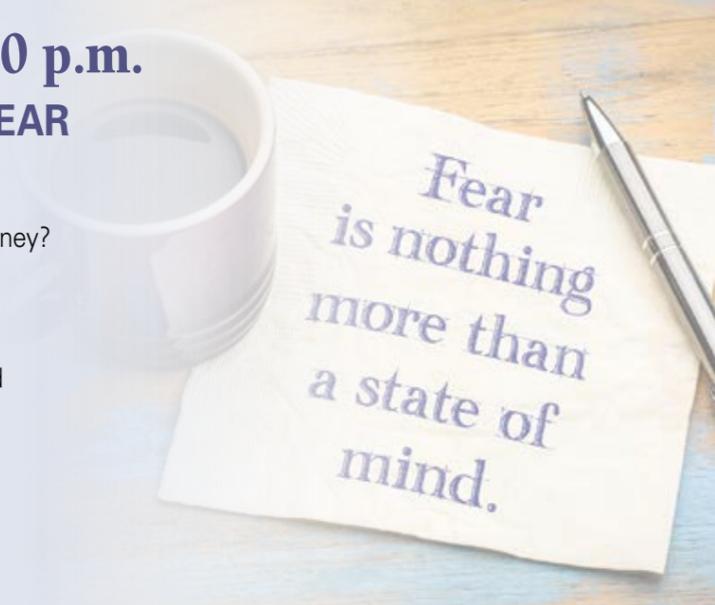
- Are you trapped in fear?
- Has it interfered with you moving forward on your personal journey?
  - Do you have decisions looming that you are afraid to make?
  - What about being alone at night?

Take heart, you are not alone in these feelings.  
Fears can be overcome by replacing them with understanding and courage. Hope to see you!

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

**Topic: "This Isn't Fair!" – ANGER**

Don't you just have those days –

***"It isn't fair; no one seems to understand!... or even care!!"***

***THE ANGER JUST WELLS UP INSIDE!!!***

We will be discussing how to deal with your anger in a healthy way. Anger can be used to your advantage to eventually ease the pain you are feeling. Come to this group meeting where we will be discussing how to deal with anger.



## 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.**

**September Topics:**

- 10 Looking At and Developing a Support System**
- 24 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

## Healing Thoughts

*"I am an old man and have known a great many troubles, but most of them never happened."*

*~Mark Twain~*

