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

**SPONSORED BY:**  
**Heafey Hoffmann  
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MORTUARIES & CREMATORY

7805 W Center Rd • Omaha, NE 68124

# THE Journey

DECEMBER 2019

**RETURN SERVICE REQUESTED**

## From The Heart

### Greetings, Dear Friends!

It's one of the best places to remember the past. There's a good chance you may have been to one or more in your lifetime. Going there creates all kinds of memories that you haven't had for a long time. I went to one just this last week in my neighborhood (I'm writing this in October). It was full of flashbacks from the past. Have you guessed what I'm talking about? A neighborhood garage sale!

Have you gone to one of these over the summer too? Or, perhaps you have held one yourself. If you have, you know they are a ton of work! With family help, some of you may have organized a sale after you experienced the death of your loved one. While it can feel good to go through the house and declutter, it also can be quite emotional to let so many things go. Some of us let things go easier than others. But there are always certain items that have deep emotions connected to them. You may have a very treasured possession that brings up lots of memories for you. But you can't keep this specific piece and you know you need to let it go. What price do you charge for something like this? And how does it feel when your priceless possession only sells for a few dollars? Or no one even wants it?

Remembering can get very messy, can't it? You can attend a garage sale and perhaps have flashbacks of the past,

remembering things from your parents' or grandparents' generations. Or you can hold your own sale and put your possessions on a table with prices. Either way, you will be forced through memories. What do you buy, what do you let go of, what do you keep? Lots of decisions to make too. Emotions can be all over the place.

I have good news! You have some priceless items and memories that no one can purchase from you. They are not for sale and no one will take them from you. This time of the year is a perfect time to reflect on how we use these memories to our benefit. That is what we will be navigating and discussing this month as we **remember with love**. Ask me about my purchases – ask me about what I remembered – ask me about those memories. How about you? What do you hold dear and remember? Let's reminisce together and find healing moments.

### Blessings,

**Sharon Zehnder**  
Aftercare Director  
[aftercare@heafeyheafey.com](mailto:aftercare@heafeyheafey.com)  
402-391-3900



# December

OPPORTUNITIES FOR

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 4:00 p.m. Christmas Lights Tour	2	3	4 Luncheon * 11:30 a.m.	5	6	7
8 6:00 p.m. REMEMBERING WITH LOVE	9	10 10:00 a.m. What Should I Do With All The Stuff?	11 Luncheon * 11:30 a.m.	12	13	14
15	16	17 10:00 a.m. Looking at a New Normal	18 Luncheon * 11:30 a.m.	19	20	21
22	23	24	25 CHRISTMAS <i>No Luncheon</i>	26	27	28
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: REMEMBERING WITH LOVE**  
"Precious Moments"  
**December 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

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

- 10:** What Should I Do with All the Stuff? Discussion of Belongings
- 17:** Looking at a New Normal: My Goals (3rd Tuesday due to Holiday)

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

## In This Issue:

### LIGHTS TOUR

Reminder for Pre-Registered Only.  
December 1 at 4:00 p.m.

Call Sharon at 402-391-3900 if you are unsure if you are pre-registered or need to change your plans. (More info inside)

### 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 Christmas Gathering

## Traces of You by Mary Hunt

Was it all a dream; did you really exist?  
It all went so fast. Was it real?  
I see your pictures on the refrigerator door.  
Your clothes in the closet,  
the grandfather clock you made.  
Your tools in the basement, your poems,  
my memories; you must have been here.

Was it real; did I dream those incredible years?  
A dream, now a nightmare that I live each day.

I remember waiting for you...  
I dreamed for years of you coming into my life.  
And then, one day, you did!  
Our joy was endless; our love so deep.  
Twin flames, one soul, hearts beating as one.

Oh, we had our squabbles now and then.  
But the foundation of our love was ever so strong.

And we always knew we loved deeply.  
We always quickly found each other's hand.  
Through each trial and each joy...each moment.

Now I wait again...  
The shock of your absence ambushing me daily.  
Each one grabbing me, as if a first, jolting me.  
Robbing me of breath, stopping my heart.

There is so much I miss. It is all so indescribable.  
I cannot count the ways.  
No one can understand my pain, my loss  
Only you would know what we no longer have.  
The joy, the intimacy, the oneness.  
And so I wait again,  
trying to find purpose as I wait to be with you  
Where our joy will finally be endless.

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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

*"Enjoy the little things, for one day you may look back  
and realize they were the big things." ~Robert Brault~*



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

**Topic: "Precious Moments" – REMEMBERING WITH LOVE**

The death of your loved one can be so extremely painful...let alone all the memories that follow!!

Did you ever imagine they could sometimes feel almost as painful as the death? Hiding the hurt or avoiding the pain connected with these memories won't make it go away. It is good to talk about the person you love and miss.

Memories shared can be your gift to the one you love and his/her never-ending gift to the world. Especially during the holidays, there is a healthy need to navigate what old and new Christmas memories will look like. Let's explore together! 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, January 5, 2020  
at 6:00 p.m.\***

**\*This is a first Sunday\***

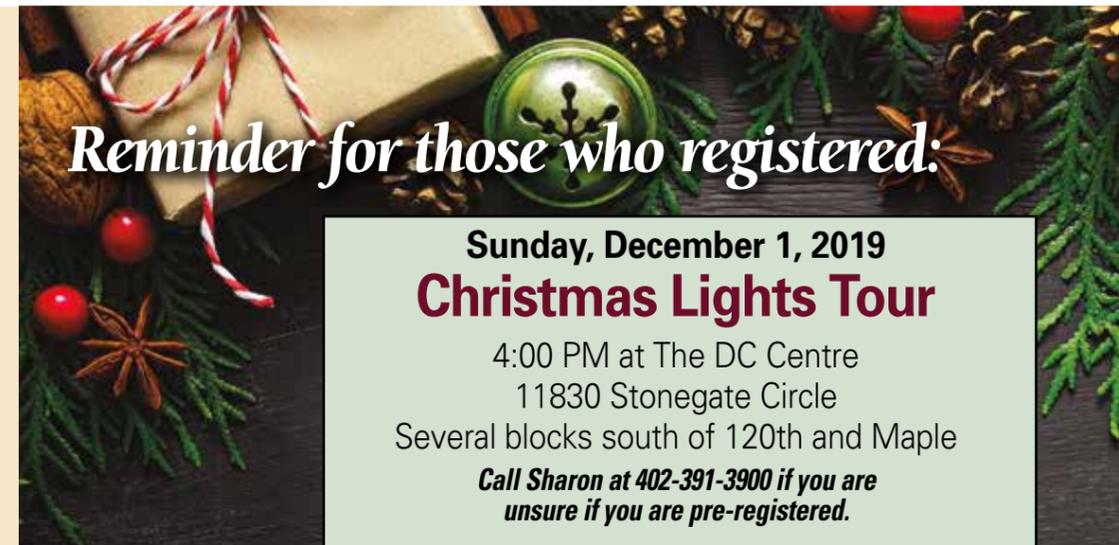
**Topic:  
"What's Happening  
to Me?"  
– SCHOOL OF GRIEF**

## Reminder for those who registered:

**Sunday, December 1, 2019  
Christmas Lights Tour**

4:00 PM at The DC Centre  
11830 Stonegate Circle  
Several blocks south of 120th and Maple

**Call Sharon at 402-391-3900 if you are  
unsure if you are pre-registered.**



## 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.**

**December Topics:**

- 10 What Should I Do With All The Stuff? Discussion of Belongings**
- 17 Looking at a New Normal: My Goals (3rd Tuesday due to holiday)**

**Facilitated by: Jayne Gundrum, LMHP  
Meetings are held at:  
Crown Pointe Retirement Center, Lower Level, Rec Room  
2820 S 80th Street**