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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.

SPONSORED BY:
Heafey Hoffmann
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MORTUARIES & CREMATORY

7805 W Center Rd • Omaha, NE 68124

THE Journey

AUGUST 2020

From The Heart

PLEASE NOTE:
All support groups during
the month of August
will be held at
Heafey Hoffmann Mortuary
at 7805 W. Center Rd.
(No classes will be held at Crown
Point Retirement Center)

Greetings, Dear Friends!

"So good to see you! Take care!" Boy, do these phrases have more new significance right now. As I have been walking through this pandemic, there is a new highlighted significance to these phrases when I say them now. Isn't perspective interesting? When seeing someone gets limited or taken away for a time, to say, "So good to see you!" now has a fresh new meaning. "Take care!" also means, "Please be careful. I mean, really be careful." Previously, these phrases could quickly be quipped, but now they mean more, don't they?

What does "taking care" look like for you as a bereaved person? I'm not talking now about the coronavirus. I'm talking about what a normal grieving person experiences as you experience grief. Look at the following list and pick what you think is normal.

- Sleeping a lot – Can't seem to sleep much**
- Working a lot – Can't seem to do much of anything**
- Crying a lot – Haven't cried much at all**
- Eating all the time – Have no appetite at all**
- Reading grief materials – Can't concentrate to read**
- Attending church a lot – Avoiding church/angry at God**
- Never home – Never leave the house**

All the above are typical opposite reactions of the bereaved. And they are all normal. Normal grief can vary so

much from person to person. Can you relate to some of the above reactions? Taking care of yourself is finding what is right for YOU in helping you process through your grief in a healthy way. Grief is so very complicated. There are no easy 1, 2, 3...stages, nor are there easy steps that work for everyone.

This month we will share some practical things you can do to take care of yourself. One of the best things you can do is make the choice *(if the time is right for you to get out)* and choose to gather new information and education that will help you with your grief. Ok, one more opposite:

Come to the support group – No one can help

Ok, one of these isn't normal, so it's a little different than the previous opposites. Guess which one I think is better if you desire to learn to **take care of yourself** while you are grieving? Hope to see you soon! *(if the time is right for you!)*

Blessings,

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



Aftercare Support Group Topic: **TAKING CARE OF ME** "Time for a Fill-Up" August 9, 6:00 p.m.

The August Aftercare Support Group
will meet at Heafey Hoffmann
7805 West Center Rd.

Wednesday Luncheon* Every Wednesday at 11:30 a.m.

Now open!
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.

- 11:** Nurturing Yourself & Identifying Your Needs
- 25:** Exploring the Whys of Grief

The August support groups
will meet at Heafey Hoffmann
7805 West Center Rd.

OPPORTUNITIES FOR

August

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5 Luncheon* 11:30 a.m. <i>Now open!</i>	6	7	8
9 6:00 p.m. TAKING CARE OF ME	10	11 10:00 a.m. Nurturing Yourself	12 Luncheon* 11:30 a.m. <i>Now open!</i>	13	14	15
16	17	18	19 Luncheon* 11:30 a.m. <i>Now open!</i>	20	21	22
23 30	24 31	25 10:00 a.m. Exploring the Whys of Grief	26 Luncheon* 11:30 a.m. <i>Now open!</i>	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

In This Issue:

GROUPS MEETING? Coronavirus Update: Check our website for the latest information: <https://heafeyheafey.com/heafey-support-groups>

Please check our website or call us at 402-391-3900 for current status updates on the support groups as things can change quickly. We are happy to be meeting for support as directed by our governor's standards for safety. Please make your individual decisions about attending, keeping your health in mind as your first concern. Due to the pandemic, I have changed the order of some of our annual classes.

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

This excerpt is taken from Dr. Alan Wolfelt's article, "Support Groups"

How to Know if You've Found a "Healthy" Support Group

Not all support groups will be helpful to you.

Sometimes the group dynamic becomes unhealthy for one reason or another.

Look for the following signs of a healthy support group.

1. Group members acknowledge that each person's grief is unique. They respect and accept both what members have in common and what is unique to each member.
2. Group members understand that grief is not a disease, but is a normal process without a specific timetable.
3. All group members are made to feel free to talk about their grief. However, if some decide to listen without sharing, their preference is respected.
4. Group members understand the difference between actively listening to what another person is saying and expressing their own grief. They make every effort not to interrupt when someone else is speaking.
5. Group members respect others' right to confidentiality. Thoughts, feelings and experiences shared in the group are not made public.
6. Each group member is allowed equal time to speak; one or two people do not monopolize the group's time.
7. Group members don't give advice to each other unless it is asked for.
8. Group members recognize that thoughts and feelings are neither right, nor wrong. They listen with empathy to the thoughts and feelings of others without trying to change them.

As a professional grief counselor, I have been privileged to have thousands of grieving people reach out to me for help. Among other important lessons, they have taught me that sharing their grief with others is an integral part of the healing process.

I hope this has helped you understand the importance of reaching out for help when you are grieving. Please don't try to confront your grief alone. You need companions—friends, relatives, counselors, others who have experienced a similar loss—who will walk with you as you make the difficult journey through grief.

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Healing Thoughts

“A strong positive mental attitude will create more miracles than any wonder drug.”
~ Patricia Neal~

Sunday, August 9, 2020 • 6:00 p.m.
Topic: "Time for a Fill-Up" **TAKING CARE OF ME**

Life can be very full sometimes with just trying to keep up. There are so many things that must be done by a certain time. At the same time, grief can be so exhausting! Obligations can sometimes get in the way of your grieving and stop you from taking care of yourself. This month we will forgo our normal potluck where we fill up on food. Give yourself a break and join us to learn some helpful things to keep you going, especially during these stressful times.

Facilitated by: Sharon Zehnder, Aftercare Director

The August Aftercare Support group will meet at Heafey Hoffmann Mortuary, 7805 West Center Rd.



Sneak Preview:

Next Month: **Sunday, September 13, 2020 • 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.

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

Now open!

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:

11 Nurturing Yourself & Identifying Your Needs

25 Exploring the Whys of Grief

Facilitated by: Jayne Gundrum, LMHP

The August support group sessions will meet at Heafey Hoffmann Mortuary, 7805 West Center Rd.