

**Heafey Hoffmann
Dworak Cutler**
MORTUARIES & CREMATORY

7805 W Center Road
Omaha, NE 68124

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

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MORTUARIES & CREMATORY

7805 W Center Rd
Omaha, NE 68124

THE
Journey
OCTOBER 2022

From  The Heart

Greetings, Dear Friends!

It's the fall. Can you smell the season? I think fall is one of the seasons with the most smells attached to it, perhaps tied with winter. Can you imagine the wood burning fire smell... the pumpkin spice lattes... the warm hot chocolate... the seasonal aromas of the cinnamon candles in the stores? Isn't it funny how smells can transport us into happy places? At least, some smells. When I think more about this, some smells can transport us into not-so-great places. Need I mention, rotten potatoes or, well, for your sake, I won't elaborate.

When a smell is good, you can enjoy the lingering aroma long after it is gone. But when a smell is bad, you can also be plagued by the lingering odor. Thinking about smells reminded me about emotions. Some emotions are so very pleasant: happiness, joyfulness, peacefulness. But some emotions are so very hard and challenging: sadness, grief, and anger.

Anger is one of those emotions that can leave a negative trail behind it, just like a bad smell can leave a lingering unpleasant odor. Yet, anger on a grief journey can be a very normal emotion to be processed. But it can be so surprising. You may not normally feel like an angry person, but now you become easily angered about the slightest thing. You can get up in the morning and you get that one phone call, and boom! Someone says something insensitive to you; someone has voiced expectations of you that are unrealistic; the insurance company calls, and you still need to file more

paperwork. You've had it! Enough! Anger is at a 10! No one gets what it feels like to be you.

Whether you are easily angered, or rarely angered, this emotion needs time to be processed for a healthy outcome. Much anger is understandable. You simply need to feel it and find a healthy place for it to be vented and discharged. But some anger, if not handled carefully, can leave a stinky and messy trail behind it, just like a foul odor. And on a grief journey, that hastily expressed anger can be damaging to relationships.

How many of you know that good things can come out of healthy anger? They can. Old systems can change. Communication can be clarified. Healing can happen. That sounds like a pleasant ending to what could have been an ugly, smelly mess. Let's fumigate this topic of anger together so that only the healthy by-products remain.

Together helps... *(if the time is right for you!)*

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



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

**OPPORTUNITIES
FOR**

October

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. ANGER	10	11 10:00 a.m. Building My Toolbox	12 Luncheon* 11:30 a.m.	13	14	15
16	17	18	19 Luncheon* 11:30 a.m.	20	21	22
23 30	24 31	25 10:00 a.m. Expectations	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

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: ANGER

"This Isn't Fair!"

October 9, 6:00 p.m.

All Topic Groups
will meet at Heafey Hoffmann
Mortuary, 7805 West Center Rd.

Wednesday Luncheon*

Every Wednesday • 11:30 a.m.

•• **NEW LOCATION** ••

See website update: <https://heafeyheafey.com/heafey-support-groups/> for current information on group location or call 402-391-3900.

(*Open to those who are widowed only)

**Walking Through the
Valley of Darkness**

OCTOBER TOPICS

10:00-11:30 a.m.

- 11:** Building My Toolbox for Dealing with Grief
- 25:** Expectations (Mine & Others) – Strategies to Handle Them

All Topic Groups
will meet at Heafey Hoffmann
Mortuary, 7805 West Center Rd.

••• **Wednesday Luncheon Update** •••

We have a new location!! Please check the Heafey website under the Grief and Healing links: <https://heafeyheafey.com/heafey-support-groups/> for current information on group location or call 402-391-3900.

In This Issue:

**Anger... Normal? Yes!! Good news!
Healthy or unhealthy? It depends ... Come find out ...**

Mourner's Bill of Rights

For Parents and Family Members

- I have the right to be sad and to cry without worrying what others think.
- I have the right to choose whom I talk to about my grief. It is not my fault if the feelings of others are hurt because of my choice.
- I have the right to make decisions for myself. My grief doesn't mean that I don't want to be involved.
- I have the right to mourn the loss in my own way, even if it is different from others.
- I have the right to be angry, as long as I'm not hurting others or myself, because my loved one has died. My anger is part of the grieving process.
- I have the right to get outside help for myself. Sometimes I need to talk with someone who is not involved with my grief.
- I have the right to take care of myself and to find ways that help me cope with my grief.
- I have the right to enjoy my life without feeling guilty.

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Healing Thoughts

Anger is a great force. If you can control it, it can be transmuted into a power which can move the whole world.

~William Shenstone~



Sunday, October 9, 2022 • 6:00 p.m.

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.

Facilitated by: Sharon Zehnder, Aftercare Director

ANGER

This Support Group meets at Heafey Hoffmann Mortuary, 7805 West Center Rd.

Sneak Preview:

Next month:

Sunday, November 13, 2022 at 6:00 p.m.

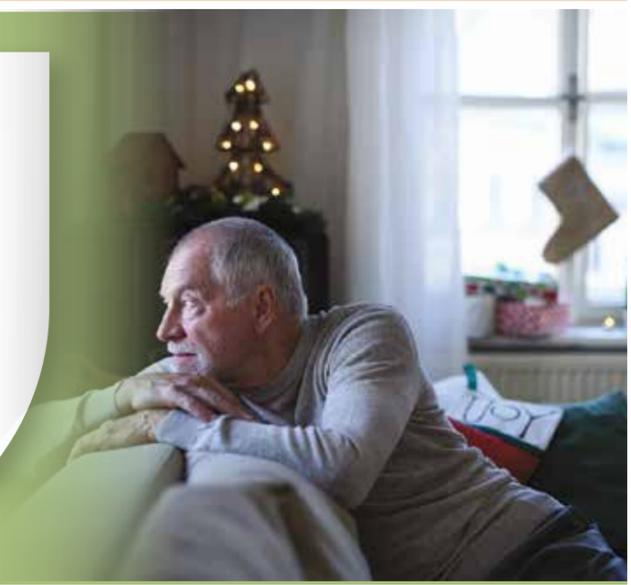
Topic: "Changed Holidays" -- HOLIDAY COPING

Does just the thought of going through November/December bring you lots of questions like,

"How am I ever going to make it?"

"How can you be thankful when you've lost someone to death?"

Traditions that were once a labor of love can suddenly seem like a mountain that you are unable to climb! Please join us as we discuss ways to help ease your pre-holiday stress and deal with the reality of "changed holidays."



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.**

NEW LOCATION!!

Please check website or call.

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.

October Topics:

11 Building My Toolbox for Dealing with Grief

25 Expectations (Mine & Others) – Strategies to Handle Them

This Support Group meets at Heafey Hoffmann Mortuary, 7805 West Center Rd.