

RETURN SERVICE REQUESTED

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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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**Heafey Hoffmann
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MORTUARIES & CREMATORY

7805 W Center Rd
Omaha, NE 68124

FEBRUARY 2023

THE Journey

From The Heart

Greetings, Dear Friends!

The baton has been successfully passed from your friend and mine, Sharon Zehnder...and I've already had the distinct pleasure of meeting many of you. In her final newsletter last month, Sharon wrote about the winds of Nebraska, something I'm still getting used to after moving here two years ago. I had no idea that weather could change so quickly and winds shift from a gentle breeze to damaging levels in a matter of minutes. Swirling, battering, out of control. Such is the weather, wrote Sharon, and so too is life sometimes. But, the weather and all of life in its path also changes fairly predictably at times, especially as the seasons roll around.

A quick story. When my granddaughter Lacey was four, she and her younger brother visited me in New Jersey during February. They had flown in from Hawaii, where it was warm and lush and green. On the ride from the airport, Lacey was very quiet, staring out the window. "Nana," she finally asked. "Why are the trees all dead?" She had never really seen a stark winter landscape before. I told her the trees weren't really dead, but just resting...that when the temperatures dropped, they immediately began to pull into themselves, storing their resources, soaking up water, and dropping the leaves that would sap strength they needed to survive the winter.

Grief can feel like that too. The loss of a loved one shocks the system, hitting like a cold blast that numbs and paralyzes. It's easy to wonder if you'll survive the emotional, physical and spiritual storm that threatens to knock you down. But know this. It's perfectly okay to hunker down and dig in, to take care of, and do what you can, to protect yourself. Now is the time to draw upon all the resources available...friends and family, support groups and faith communities, books and films, counselors and caregivers. Hold on and get through the storm. The seasons will change in due time, and one day you'll look around and realize the pain isn't as bad, your life has stabilized, and once again you can stretch, feel safe, vibrant, and yes...glad to be alive.

Please know that our support groups and luncheon events are among the resources available to you to weather the storm. Come join us...*together helps!*

Nancy Nilsson, Aftercare Director
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402-391-3900



••• Wednesday & Thursday Luncheon Update •••

Just need to "get out of the house"? Don't feel like cooking? Maybe you'd like to share a meal in a relaxed atmosphere with others who understand what it's like to lose a spouse. Please consider joining us any **Wednesday at Gorat's Restaurant**, 4917 Center St. (or) first and third **Thursdays at Greek Islands**, 3821 Center St. for lunch and conversation. Arrive between 11-11:30, no reservation needed, "Dutch treat" for all. For more information, contact **Nancy Nilsson at 402-391-3900** or go to www.heafeyheafey.com/heafey-support-groups.

IN THIS ISSUE: It's the top of the year and time again to review the basics of *Grief & Loss*. See page 2 for an abridged list of "Things I Wish I'd Known About Grief", and check out the topics of our upcoming support groups. Hope we'll see you there.

Mark Your Calendars

Save the date for monthly grief support groups: (see details inside)

- Aftercare Support Groups
- Wednesday & Thursday Luncheons

OPPORTUNITIES
FOR

February

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Lunch at Gorat's 4917 Center St 11:30 a.m.	2 Lunch at Greek Islands 3821 Center St 11:30 a.m.	3	4
5	6	7	8 Lunch at Gorat's 4917 Center St 11:30 a.m.	9	10	11
12 6:00 p.m. at Heafey 7805 W Center "Loneliness and Tears"	13	14 10:00 a.m. at Heafey 7805 W Center "Love Stories"	15 Lunch at Gorat's 4917 Center St 11:30 a.m.	16 Lunch at Greek Islands 3821 Center St 11:30 a.m.	17	18
19	20	21	22 Lunch at Gorat's 4917 Center St 11:30 a.m.	23	24	25
26	27	28 10:00 a.m. at Heafey 7805 W Center "Love Letter to Myself"				

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

Sunday Support Group

Topic: "Loneliness and Tears"
Sunday, February 12 • 6:00 p.m.
Heafey Hoffmann Mortuary
7805 W Center Rd

Tuesday Support Group

10:00-11:30 a.m.
Heafey Hoffmann Mortuary
7805 W Center Rd
February Topics:
Feb. 14 • Love Stories
Feb. 28 • Love Letter to Myself

Wednesday Luncheons

(Open to those who have lost a spouse)
11:30 • EVERY WEDNESDAY
Gorat's Restaurant
4917 W Center Rd

Thursday Luncheons

(Open to those who have lost a spouse)
11:30 • 1ST & 3RD THURSDAYS
Greek Islands
3821 Center St

“15 Things I Wish I’d Known About Grief”

(adapted with thanks from Teryn O’Brien’s 265 Comments)

Here are the first seven...more to follow next month.

1. You will feel like the world has ended. I promise, it hasn’t. Life will go on, slowly. A new normal will come, slowly.
2. No matter how bad a day feels, it is only a day. When you go to sleep crying, you will wake up...to a new day.
3. Grief comes in waves. You might be okay one hour, not okay the next. Okay one day, not okay the next. Okay this month, but not okay the next. Just let your heart and mind feel what they’re feeling.
4. It’s okay to cry; do it often. But, it’s also okay to laugh. Don’t feel guilty for having positive feelings even though you’re dealing with loss.
5. Take care of yourself, even if you don’t feel like it. Eat healthfully. Take a walk. Do some of the things you love. Remember that you are still living.
6. Don’t shut people out or cut yourself off from relationships. That hurts you...and others.
7. No one will respond perfectly to your grief. People – even those you love – will let you down. Friends and family you thought would be there won’t...while people you hardly know will reach out to you. Be prepared to forgive the responses – or lack of responses – from others.



Sunday Support Group • February 12, 2023 • 6:00 p.m.

Topic: “Loneliness and Tears”



Loneliness is normal at any time in life, but especially so when you have lost a loved one and the relationship groups that included them. While loneliness is normal, it does not have to be permanent. Learn how to allow yourself to feel what you will and own the feelings, without blaming others. This month, we’ll explore some ways to enjoy being by yourself, as well as finding new companionship, volunteer opportunities, and how to choose how you respond to your loss. Voltaire once wrote “I have chosen to be happy because it’s good for my health”...and you can too.

Facilitated by: Nancy Nilsson, Aftercare Director

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

Sneak Preview:

attitude...

Next month:

Sunday Support Group, March 12, 2023 at 6:00 p.m.

Topic: “Attitude and Humor”

Did you know that laughter is actually good for your mind and body? We’ll spend a few minutes exploring how attitude – and especially laughter – can alter your brain chemistry and significantly reduce stress. Is it okay to have moments of happiness while you’re working through a profound experience of loss? You may not find yourself in a place to believe – or experience it today – but the answer is a resounding “YES”.

IN CASE OF INCLEMENT WEATHER, THE RULE OF THUMB IS:

If other community events are being cancelled, it is safe to assume ours are too. In doubt, call: 402-391-3900.

Healing Thoughts

“Some of us think holding on makes us strong, but sometimes it is in the letting go.” - Herman Hesse

“You may not be able to alter reality, but you can alter your attitude towards it, and this, paradoxically, alters reality. Try it and see.” - Margaret Atwood

“The light shines in the darkness, and the darkness has not overcome it.” - John 1:5



Wednesday & Thursday Luncheons

(Open to those who have lost a spouse)
GREAT CONVERSATION! DELICIOUS FOOD! WONDERFUL PEOPLE!

Every Wednesday at **Gorat’s, 4917 Center Street** (and/or) first and third Thursdays each month at **Greek Islands, 3821 Center Street**. (Arrive at 11:30, no reservation or RSVP required, “Dutch treat”) Bring a friend or two!

Tuesday Support Group

These facilitated support group sessions are adult education available to anyone who has lost a loved one. *(Meets on the second and fourth Tuesday each month from 10:00-11:30 a.m. at Heafey Hoffmann Mortuary, 7805 West Center Road.)*

No registration or fee; open to all.

February 14 – Love Stories
February 28 – Love Letter to Myself

