

RETURN SERVICE REQUESTED



OPPORTUNITIES
FOR

April

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5 Lunch at Gorat's 4917 Center St 11:30 a.m.	6 Lunch at Greek Islands 3821 Center St 11:30 a.m.	7	8
9 Happy Easter	10	11 10:00 a.m. at Heafey 7805 W Center "Time for Yourself"	12 Lunch at Gorat's 4917 Center St 11:30 a.m.	13	14	15
16 6:00 p.m. at Heafey 7805 W Center "New Beginnings"	17	18	19 Lunch at Gorat's 4917 Center St 11:30 a.m.	20 Lunch at Greek Islands 3821 Center St 11:30 a.m.	21	22
23 30 Seminar on Socializing 7805 W Center 1:00-3:00 p.m.	24	25 10:00 a.m. at Heafey 7805 W Center "Vacation?"	26 Lunch at Gorat's 4917 Center St 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

Sunday Support Group

Topic: "New Beginnings"

Sunday, April 16 • 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

April Topics:

- 11 • Time For Yourself
- 25 • Time For a Vacation?

“ Only people who are capable of loving strongly can also suffer great sorrow. But this same necessity of loving serves to counteract their grief... and heals them.

(Leo Tolstoy)

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

APRIL 2023

THE
Journey

From  The Heart

Greetings, Dear Friends!

There's a little story I've carried around for more than twenty-five years. Sorry to say – I don't know its author. But, it goes like this:

A man walks down a familiar street. There's a hole in the sidewalk. He doesn't see it...and he stumbles. He catches himself and, a bit self-consciously, proceeds down the street.

The next day, the man heads down the same street. He forgets the hole is there and once again, he stumbles in. He regains his balance, scolds himself for not remembering the hole, and continues his walk.

The next morning, the man starts out down the same street. He reminds himself of the hole ahead of time and is determined that today will be different. But just then, a neighbor drives by, honks, waves, and distracts him...and he promptly stumbles...into the same hole.

The next day, the man stands and looks long and hard down the familiar sidewalk.

And then he takes a different street.

You may well find – in the midst of dealing with your loss and the numerous tasks that result, plus overwhelming and often unwanted emotions – that you feel like you're constantly falling into one hole after another, that the old ways you did things just aren't working. As much as many of us (myself included), dislike changing comfortable routines, sometimes it's necessary in order to move forward to where we need to be. At this month's Sunday meeting we will talking about new beginnings of all sorts. If this might be helpful to you, please join us on April 16th (not April 9th, which is Easter), for some tips on how to navigate life's hurdles. Together helps!

Nancy Nilsson, Aftercare Director
aftercare@heafeyheafey.com
402-391-3900



••• Wednesday & Thursday Luncheon Invite •••

Looking for a reason to "get out of the house" this week? Perhaps share a meal in a relaxed atmosphere with other folks who understand what it's like to lose a spouse? Come join our "lunch bunch" any Wednesday at **Gorat's Restaurant, 4917 Center Street** (or), first and third Thursdays each month at **Greek Islands, 3821 Center Street**. Arrive by 11:30 for good food and friendly conversation, no reservation required, "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: Join us at the Sunday night meeting on April 16th (instead of April 9th, which is Easter), to discuss how to create and get used to new routines, behaviors, and tasks. In other words, all kinds of new beginnings.

“ In the depth of winter I finally learned that there was in me an invincible summer.

(Albert Camus)

The Many Faces of Grief

Robert still can't sleep too well – awake from 3:00 a.m.
 Janet is the opposite and doesn't rise till ten.
 Sarah wrote a special card to each and every one.
 Sat out on the deck all day, back turned to the sun.

Paul trudged out beyond the shed in the middle of the night.
 Sat and stared at the woodpile until the morning light.
 George climbed in his fishing boat and almost rowed away.
 We're neighbors, friends and family; we grieve in different ways.

Pete flies off the handle now – anything sets him off,
 Pam put a note in a pink balloon and gently set it aloft.
 Linda simply went to bed and hid beneath the sheets.
 Can't seem to bear to leave her home; it's now been several weeks.



Janie cleaned the entire place – from room to room she went,
 Scrubbing, crying, scrubbing more, till all her tears were spent.
 Leo couldn't wash or shave, he didn't shower for days.
 We're neighbors, friends and family; we grieve in different ways.

Mark just had to go to work to "take his mind off things",
 Jan walked slowly to the park...sat quietly on the swings.
 Laura went daily to the gym. No, she didn't do this for fun.
 And if that didn't ease her pain, she'd head out for a run.

Jeff looks like there's nothing wrong, that not a tear's been shed,
 But, plenty have and no one knows – he often cries in bed.
 So please be kind and gentle when a loved one slips away,
 Because we all are grieving...just each in our own way.

(Adapted, with thanks, from a poem by A. van der Velden)



Healing Thoughts

*When you are sorrowful, look again in your heart and you shall see
 that in truth you are weeping for that which has been your delight.*

(Kahlil Gibran)

*We must be willing to let go of the life we'd planned,
 so as to have the life that is waiting for us.*

(Joseph Campbell)



Sunday Support Group

April 16, 2023 • 6:00 p.m. *(changed from April 9th)*

Topic: "Here Comes Spring and Other New Beginnings"

Every change of season tends to also bring changes in our moods, energy levels, sleep patterns and ability to socialize. While some people relish the warmer temperatures and extra hours of sunlight, others actually feel overwhelmed and depressed. Come learn how grief can mimic the symptoms of seasonal affective disorder and why you might find yourself saying "everyone seems so happy when spring rolls around...why don't I?" You need not be alone with these feelings.

Facilitated by: Nancy Nilsson, Aftercare Director

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



Sneak Preview:

Next month:

**Sunday Support Group
 May 21, 2023 • 6:00 p.m.**

(Changed from May 14)

TOPIC: "Facing Our Fears"

Abandonment, more loss, forgetting our loved one, being alone. Are these fears and more "normal" after loss? Yes. Can I possibly get past them? Yes.

This month we will be hearing from other members of our group who have successfully maneuvered their way through the scariest depths of grief and can offer practical and comforting advice for you.

Join us!

**NEW
 EVENT!**

A "Seminar in Socializing (Again)"

When you are ready, socializing is key to healing and moving forward with your new life. But, where to start when you've been used to doing so many things with that other person?

Join us on **Sunday, April 30 from 1:00-3:00 p.m.** at the West Center Chapel for a seminar on why, where and how to get back out there.

The first half will be about fun places to go in Omaha, where to find discounts and (sometimes) free tickets, community interest groups and concerts. The second half will be about making new friends and socializing one-on-one, to include how much personal information to disclose, setting boundaries, staying safe and yes, there will be role-playing!

Come for one or both hours. For more information, call Nancy at 402-391-3900 or email aftercare@heafeyheafey.com.

No fee and no registration required!



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 Hoffman Mortuary, 7805 West Center Road.) *No registration or fee; open to all.*

**April 11
 Time For Yourself**

**April 25
 Time For a Vacation?**