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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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7805 W Center Rd  
Omaha, NE 68124

# THE Journey

MAY 2023

## From The Heart

### Greetings, Dear Friends!

Hope this issue of "The Journey" finds you getting out into the sun and enjoying more daylight and warmer temperatures.

Oxford's Dictionary defines journey as "the act of travelling from one place to another, especially where those places are far apart." A trek, an expedition, a voyage. A hike, a quest, a pilgrimage.

A little story about travelling. Once when my kids were young, we were driving somewhere, and I got us lost (this was long before Google Maps or Waze). We weren't terribly off the path, but enough that I was muttering aloud to myself. After a few minutes, three-year-old Emily leaned forward and asked a bit anxiously, "Mommy...is this the road we're on?" She probably meant to ask "is this the right road?" or "is the road we're on the right one?" But the question she did ask has become a kind of personal mantra—a koan – I've asked myself frequently over the last 35 years.

*"Is this the road we're on?"*

Sometimes, it's useful to think about our grief as a travel narrative – that we are "on the road" to a far place, a trek with numerous stops along the way. If it were an actual road trip, of course, we'd fully expect to run into a random traffic jam or bad weather, detours or construction once in awhile. We'd plan to have to make a stop now and then – for food, fuel, and other essentials. We'd be on the lookout for a good place to stay overnight. And when I was a kid, we'd also stop for things like "Scenic Overlook" or "Home of the World's Largest Frying Pan", just for fun.

So, try thinking of your grief as a journey. It's not a trip you asked for or wanted to make. It's a trip that has you traveling from a comfortable, familiar place to one you might not (yet) be

able to even imagine. But your grief is not your destination. It is a byway (albeit one you did not choose), that has taken you off your life's former path, and will carry you forward to a new place.

There are probably a half dozen apps out there you could find that would be helpful in navigating grief, but some of the old school rules of the road work well too. For instance...

- If you find yourself feeling lost – stop, ask for help, get directions;
- When you're feeling tired, find a safe place, pull over...and rest;
- Steer clear of others who want to tell you how to drive or where you "ought to be" in your journey;
- Ignore the person who calls and wants to know "what's taking you so long? Why aren't you here yet?"
- Try not to be too discouraged by those detours that slow or halt your progress. They're not your fault, and they will come up, and will have to be navigated;
- Stay alert for bad weather and other hazards of the journey. There are no prizes for going fast and taking your time can prevent mishaps down the road.


And by the way? Maybe find time to occasionally enjoy those "scenic overlooks" – a clear blue sky, spring flowers along the way, wonderful people who cross your path – those moments that pop up that have the power to renew, restore and sustain you to your journey's end.

Safe and gentle travels, dear friends, wherever you're headed. This is the road we are on.

**Nancy Nilsson, Aftercare Director**  
[aftercare@heafeyheafey.com](mailto:aftercare@heafeyheafey.com)  
402-391-3900

### OPPORTUNITIES FOR



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3 Lunch at Gorat's 4917 Center St 11:30 a.m.	4 Lunch at Greek Islands 3821 Center St 11:30 a.m.	5	6
7	8	9 10:00 a.m. at Heafey 7805 W Center "Paperwork1"	10 Lunch at Gorat's 4917 Center St 11:30 a.m.	11	12	13
14 HAPPY Mother's DAY	15	16	17 Lunch at Gorat's 4917 Center St 11:30 a.m.	18 Lunch at Greek Islands 3821 Center St 11:30 a.m.	19	20
21 6:00 p.m. at Heafey 7805 W Center "Facing Our Fears"	22	23 10:00 a.m. at Heafey 7805 W Center Guest Speaker	24 Lunch at Gorat's 4917 Center St 11:30 a.m.	25	26	27
28	29 	30	31 Lunch at Gorat's 4917 Center St 11:30 a.m.			

**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: "Facing Our Fears"

Sunday, May 21 • 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

May Topics:

- 9 • Paperwork; Practical Info
- 23 • LeRoy Peterson, Esq. Guest Speaker

“

*Even if we have  
tangled with grief  
before, this new grief  
may be different.*

(Harold Ivan Smith)

”

### ••• 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](http://www.heafeyheafey.com/heafey-support-groups).

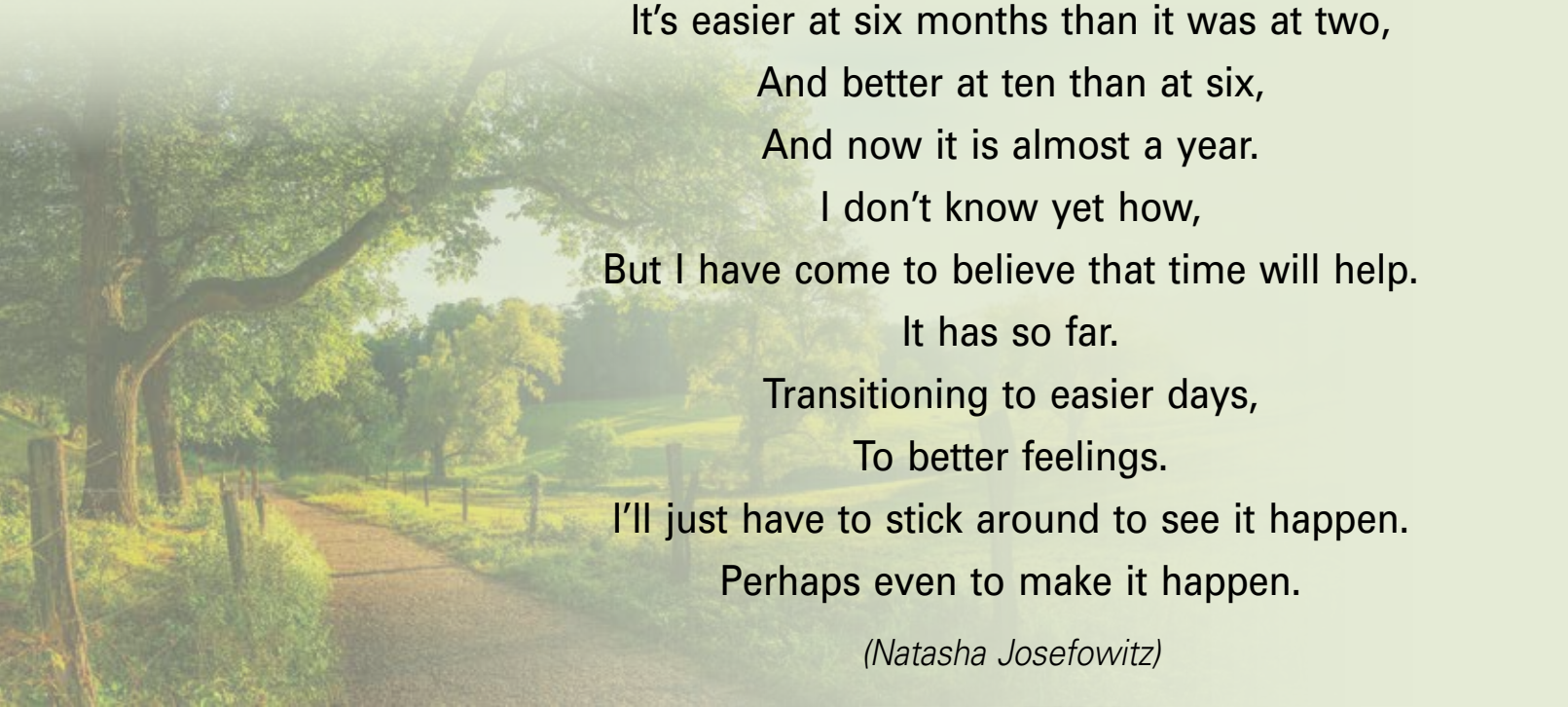
### IN THIS ISSUE:

Join us at the Sunday night meeting on May 21st (instead of May 14th, which is Mother's Day), when the topic will be "Facing Our Fears" as we discuss moving forward confidently into the future.

## Stuck

A few steps forward,  
 One or two back,  
 But it's still progress.  
 It's easier at six months than it was at two,  
 And better at ten than at six,  
 And now it is almost a year.  
 I don't know yet how,  
 But I have come to believe that time will help.  
 It has so far.  
 Transitioning to easier days,  
 To better feelings.  
 I'll just have to stick around to see it happen.  
 Perhaps even to make it happen.

*(Natasha Josefowitz)*



## Sunday Support Group

May 21, 2023 • 6:00 p.m. *(changed from May 14th)*

**Topic: "Facing Our Fears"**

So much of grief involves the fears that arise after loss. "How will I go on without her/him?" "What about my own health?" "Who will take care of me?" "Will I forget my loved one?" Join us to hear how others have faced – and succeeded – in overcoming their fears, plus strategies for dealing with your own.

*Facilitated by: Nancy Nilsson, Aftercare Director*

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



## Healing Thoughts

### A NEW GPS FOR YOUR PHONE OR CAR

*(adapted from Elaine Stillwell's GPS for Grief)*

If I could, I would give every person who is grieving a new app called a Grief GPS...or GGPS. This GGPS "would allow only soothing words from those loving people who do not put us on a timetable or tell us what to do. It would sense and delete insensitive comments...it would protect us from feeling the sting of those painful comments that might cause us to veer off the road of recovery into a ditch of depression."

"This GGPS would also enable us to hear that tiny voice from within that cheers us on to believe 'I can do this', and guides us to new life." Who knows, it might even turn some lights on automatically as it senses we're headed into an especially dark stretch.



## Sneak Preview:

Next month:

**Sunday Support Group  
June 11, 2023 • 6:00 p.m.**

**TOPIC:  
"Relief, Regret,  
Happiness, Guilt"**

Following profound loss, it often feels like emotions control you rather than you controlling your emotions. Are there feelings that are "good" or "bad"? "Healthy" or "destructive"? Come explore these questions and more.

**SPECIAL  
EVENT!**

LeRoy Peterson (of LeRoy Peterson Law – Specialists in Elder Law, Estate Planning & Probate), will be our guest speaker at our regular **Tuesday Support Group Meeting on May 23rd**. Join us, bring a friend and your questions about Wills v. Trusts, Nebraska inheritance tax, Medicaid planning, preserving your retirement assets and more.

## “ DID YOU KNOW? ”

Loss of a parent is the single most common form of bereavement in this country. Yet, the unstated message is that when a parent is middle-aged or elderly, the death is somehow less of a loss than others. The message is [almost] that grief for a dead parent isn't entirely appropriate! *(Edward Myers)*

## 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.*

**May 9**  
Managing the Paperwork

**May 23**  
LeRoy Peterson – Guest Speaker  
(Elder Law, Estates, Probate Specialist)