

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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7805 W Center Rd
Omaha, NE 68124

FEBRUARY 2025

THE
Journey



From The Heart

Dear Friends:

After one afternoon of commercial TV, I am convinced there's a pill for just about every illness...plus, the names of the conditions and the medications are all unpronounceable and a mystery – to me at least!

Wouldn't it be nice if there was simply a little pill you could take to relieve grief?

Well, there *are* a number of "medicines" for grief, that are 1) available to everyone, 2) have proven to provide relief (at least temporarily), and 3) have **no** negative side effects. There are more than these, but let's look at just two – music and humor.

Music has been around for as long as humans have (perhaps longer?), but it wasn't until after World War II that music therapy emerged as a profession with measurable and identifiable healing results for mental, emotional, and physical well-being. As you might guess, listening to upbeat vs. sad music affects how you perceive your surroundings. But did you know that your heartbeat changes to mimic the music you're listening to? And that music triggers brain activity that releases the "pleasure" chemical dopamine into your bloodstream? (Blodgett-2015). So next time you need your spirits lifted, maybe find an Oldies station and crank it up, sing along, and – even – dance around a bit? Actor and entertainer Bob Hope didn't serve IN the military because he was considered too valuable an asset for raising troop morale with the music and comic routines of his USO shows. He once said "I have seen what (a song and) a laugh can do. It can transform almost unbearable tears into something

bearable, even hopeful." That's powerful grief medicine.

And then there's laughter.

Now, I realize that few people who are in deep mourning, especially in the early days, feel like laughing, can't even *imagine* doing so, and then experience guilt when they do. But. Like music, laughter has terrific short-term effects. A good gusty laugh stimulates the heart, lungs and muscles with a hearty intake of oxygen, increasing the release of endorphins in the brain all the while. Laughter activates – *and then deactivates* – the body's stress response, which in turn decreases heart rate and blood pressure. It helps the body step up production of its own natural painkillers and improves immune system function since positive thoughts jumpstart the neuropeptides that fight stress. Mark Twain quipped that "the human race has only one really effective weapon – and that is laughter". Could be that Twain had something else in mind without knowing he was also spot on for using laughter as a "weapon" against grief.

Of course, we all know there *are* "medications" that can numb your grief, but please...when you need something effective and safe, please consider a funny movie or a YouTube of your favorite music first. And when your sadness is lifted for a moment? Bask in it, guilt-free...you've earned it.

Wishing you smiles and laughter,
Nancy Nilsson-Samson, Aftercare Director
aftercare@heafeyheafey.com
402-391-3900

OPPORTUNITIES
FOR February

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5 11:15 a.m. Lunch at Tanner's 1202 S 119th St	6	7	8
9 4:30-5:30 Secondary Losses 6:00-7:00 Newer Losses	10	11 9:30 and 10:45 Creating New Rituals	12 11:15 a.m. Lunch at Tanner's 1202 S 119th St	13	14	15
16	17	18	19 11:15 a.m. Lunch at Tanner's 1202 S 119th St	20	21	22
23	24	25 9:30 and 10:45 Accepting the Good	26 11:15 a.m. Lunch at Tanner's 1202 S 119th St	27	28	

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

ALL SUPPORT GROUPS
meet at
Heafey Hoffmann
Dworak Cutler
7805 W Center Road, Omaha
For more info contact
Nancy Nilsson-Samson (402) 391-3900

Contact Nancy at
aftercare@heafeyheafey.com if you'd like to attend
the Strategic Planning
Workshop being planned
for a Saturday this spring.

Dr. Bert Jackson will
facilitate the workshop.
Come and learn!

... Join the Lunch Bunch ...
Stop by any Wednesday for good food and friendly conversation. We meet at Tanner's Bar & Grill,
1202 South 119th Street (and Pacific), 11:15. All are welcome, no reservation needed and feel free
to bring a friend! (Dutch treat)

Caring Thoughts

*(Bert Jackson has graciously ceded her space in this issue
for an original poem by our own Vern Biel.)*

DRUG LIST

Smile as much as I can.
Laugh as hard as I can.
Cry when I must.
Ice cream twice a week (for brain freeze).
Hot tea (for thawing).
Cherish the rain on the roof.
Walk in the snow
and the prairie grass full of flowers.
Watch the “fog come in on little cat feet”.
Enjoy friends whenever.
Eat well (stop when full).
OK to feel down but jump up and (try to) be
HAPPY!
And always smile and wave goodbye.

(V. Biel-2024)



Healing Thoughts



“...Let this be my epitaph: ‘The only proof he needed for the
existence of God was music.’ (Kurt Vonnegut)

”Music was my refuge. I could crawl into the space between the
notes and curl my back to the loneliness. (Maya Angelou)

”And those who were seen dancing were thought to be insane
by those who could not hear the music. (Friedrich Nietzsche)

Aftercare Support Groups

OPEN TO THE PUBLIC

Sunday, February 9, 2025

Sojourners I (Newly grieving) 4:30-5:30 p.m.
Topic • Secondary Losses

Sojourners II (1-2+ years toward healing) 6:00-7:00 p.m.
Topic • Newer Losses

(Facilitated by Nancy Nilsson, Aftercare Director, & Dr. Bert Jackson)

**This Support Group meets at Heafey Hoffmann Dworak Cutler
7805 West Center Rd.**



Sneak Peek: Tuesdays This Month

This support group meets
the second & fourth Tuesday
each month.

9:30-10:30 a.m.
(newly grieving)

10:45-11:45 a.m.
(2-3+ years later)

Feb. 11 – Creating New
Rituals

Feb. 25 – Accepting the
Good

“I believe that imagination is stronger than
knowledge. That myth is more potent than
history. That dreams are more powerful
than facts. That hope always triumphs over
experience. That laughter is the only cure for
grief...that love is stronger than death.”

(Robert Fulghum)



**IN CASE OF INCLEMENT WEATHER: If Omaha public schools are closed,
Heafey support groups and the Lunch Bunch gatherings are cancelled.
If in doubt, just call us at 402-391-3900 at 8:00 a.m. that day and the
receptionists can give you current status!**