

Heafey Hoffmann
Dworak Cutler
MORTUARIES & CREMATORY

7805 W Center Road
Omaha, NE 68124

TO UNSUBSCRIBE FROM THE NEWSLETTER
OR FOR MORE INFORMATION
call 402-391-3900 or
email aftercare@heafeyheafey.com



PSRT STD
US POSTAGE
PAID
OMAHA NE
PERMIT 1199

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

SPONSORED BY:

Heafey Hoffmann
Dworak Cutler
MORTUARIES & CREMATORY

7805 W Center Rd
Omaha, NE 68124

OCTOBER 2025



From The Heart

Hello dear friends:

This past July, the Sunday support groups gathered to hear a powerful panel presentation by longtime group member Torri Pantaleon and his adult daughters, Stephanie and Jody. The topic was how their family came together – after the sudden loss of their wife and mother – not only to survive their grief but to remain close, stay connected, and preserve their bond by building new traditions and ties. It was both eye-opening and heartwarming.

They shared several important insights – each from the perspective of three mature adults, living independently, with distinct personalities and unique ways of grieving. While many meaningful points emerged, here are five key takeaways that may be helpful for parents and grown children alike:

- 1. Losing a spouse is not the same as losing a mom or dad – and vice versa.** Don't expect to feel the same things at the same time, or to express those feelings in the same way.
- 2. There is no expiration date on grief.** Feelings will evolve, and the pain won't always feel as sharp as it did in the beginning. But even years later, it's perfectly normal to feel waves of sadness, nostalgia, or longing – and yes, even to cry.
- 3. Adult children may need their surviving parent in ways they haven't for years.** What they often need most now is reassurance that Mom or Dad is "okay" – or will be. They expect their parent to be grieving, overwhelmed, and in need of support – but they also look for signs of resilience and glimpses of their "old" self.
- 4. Parents may need their adult kids in ways they never have before.** And many parents find it hard to accept care from children after being the caregiver for so long. Parents:

learn to ask gently for what you need. Children: offer help, even if your parent seems strong.

5. Sharing memories and feelings aloud is healing. It's common to avoid talking about the person who died – for fear of stirring sadness or discomfort. But telling stories, remembering together, and even shedding tears can be incredibly therapeutic. Truthfully, talking about the person is better than saying nothing at all.

There's not enough space here to capture all the valuable lessons from the discussion, but I'll leave you with one more important thought:

Not everyone grieving a loss has children, siblings, or trusted friends nearby. But that doesn't mean you have to go through it alone. Many faith communities have clergy trained in pastoral care who are there to listen and support you. Support groups like those offered at Heafey are available – and free – in Omaha. Professional counselors can also guide you through this challenging time. **Help is out there.**

Grief and loss are not illnesses – they are human experiences, as common as a sprained ankle or the flu. And just like those, seeking help can make recovery easier and healthier. **Sharing your grief can help you heal and move forward.**

As I wrap up this month's message, I offer a heartfelt thank you to Torri, Jody, and Stephanie for their time, trust, and willingness to open their hearts to us. (*Your Judy – your Mom – would be so proud of how you've honored her memory.*)

Until next time, dear ones,
Nancy Nilsson-Samson and the Aftercare Team
aftercare@heafeyheafey.com • 402-391-3900

• • • 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) Contact Carol Johnson, 402-452-4412 for more information.

OPPORTUNITIES
FOR *October*

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 11:15 a.m. Lunch at Tanner's 1202 S 119th St	2	3	4
5	6	7	8 11:15 a.m. Lunch at Tanner's 1202 S 119th St	9	10	11
12 4:30-5:30 and 6:00-7:00 Support Groups	13 <i>Columbus Day</i>	14 9:30 and 10:45 Support Groups	15 11:15 a.m. Lunch at Tanner's 1202 S 119th St	16	17	18
19	20	21	22 11:15 a.m. Lunch at Tanner's 1202 S 119th St	23	24	25
26	27	28 9:30 and 10:45 Support Groups	29 11:15 a.m. Lunch at Tanner's 1202 S 119th St	30	31	

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

Movie Matinee

Fancy a film? Once monthly an informal group gathers for a movie & snack afterwards. For more information, contact Carol Johnson, 402-452-4412.

*"Death leaves a
heartache no one
can heal,
but love leaves a
memory no one can
steal."*

Caring Thoughts

There are friends, there is family, and then there are friends that become family. (Jay Shetty)

As Nancy says, not everyone has children or, if there are children, they live far away. Some have no family at all nearby. Fortunately, I have a son, but he lives in Washington state. I have no siblings, nieces, or nephews. I have a few cousins somewhere, but I've seen only one of them in the last 15 years. She lives in California, and we're not close. What I **do** have are really good friends.

My husband, John, had frequent health problems during the last 10 years of his life, some requiring surgery, but I was never alone in the surgical waiting room. One or more of my friends was always with me, often for several hours, and once throughout the night. Our son made many trips to Omaha during the years of John's health issues, but throughout those difficult times, friends often served as family, a great help to us **and** to our son.

After John died my "sister friends" did many of the tasks usually done by family. One friend even went with me to select a gravesite. After the traditional activities associated with a death were over and I was alone, that same friend

called me every day for months and another (the same one who once spent the night with me in the surgical waiting room) invited me to dinner every Sunday.

For those of you who don't have the support of family, I hope you have friends like mine. If you don't, a grief support group is a good place to find them. For me, the support and friendship of people who have also lost a spouse have been tremendously comforting. About a year ago, I found such a friend through a Heafey support group. I don't remember which of us initially suggested we meet for lunch, but we've been having lunch together regularly ever since and have become good friends. Neither of us participates in the Heafey group anymore, but we have our own "group of two" and continue to provide support to each other through the grief journey.

Bert Jackson

Healing Thoughts

The single best thing I've found when helping an adult child cope with grief is to wrap my arms around my child, cry alongside [them], admit I don't have the answers, but am committed to walking the road of grief together with them. (Edie Melson)

A friend is someone who helps you up when you're down, and if they can't...they lay down beside you and listen.

(Winnie the Pooh by A. A. Milne)

Friendship improves happiness and abates misery – by doubling our joys and dividing our grief. (Cicero – 50 BC)

Aftercare Support Groups

OPEN TO THE PUBLIC

Sunday,
October 12, 2025

Heafey-Hoffmann-Dworak-Cutler Mortuary offers six support groups each month. No registration or reservation is required and there are no fees. Join us as we explore topics focused on grief, loss and healing. (Facilitator led)

•• Sojourners I ••
(Newly grieving**) 4:30-5:30 p.m.

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

(Facilitated by Diane Cahill)

** "Newly grieving" can refer to someone whose loss is quite recent or to those who are just now focusing on their grief after addressing the many tasks that require attention when a loved one passes.

Have you read a poem, heard music lyrics that touched you – or found a quote you think would be a good fit in this newsletter? Send it to aftercare@heafeyheafey.com and we'll try to use it in an upcoming issue!

Tuesdays
This Month

(Facilitated by Dr. Keenan Krick)

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

Tuesday, Sept. 9,
& Tuesday, Sept. 23

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

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

“There’s a tendency to want to shield loved ones by not talking about the person who’s died, their life, and stories. It’s well-intentioned, but there’s another perspective that may be helpful for healing.

“...When people care about each other – they want to protect them” said Gamache....” But sometimes, like blocking a goalie in hockey or soccer, instead of protecting them you’re just making it harder for them to see what’s coming. Harm is done. By mistake.” (from The Beautiful Mystery by Louise Penny)

”