

**Heafey Hoffmann  
Dworak & Cutler**  
MORTUARIES & CREMATORY

P.O. Box 24147  
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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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12100 W. Center Rd., Omaha, NE 68144

# THE Journey

August 2016

## From The Heart

**Greetings, Dear Friends!**

It's all NEW! Newly redone and remodeled and ready to serve you! We are here and experiencing the wonders of figuring out new things.

- Like where are the restrooms? You can't make it without those.
- Where are everyone's offices?
- What will I put in my new office space to make it feel like home?
- Less steps to go up and down, but a longer distance to walk. Good for exercise.
- I miss the corner spot that I had. My new spot is nice, but just different.

How about you? Are you experiencing the "wonders" of figuring out new things too? Naaaa...bad word choice, isn't it? No one who is bereaved would use the word "wonders" to describe what new things feel like. Instead "wonder" might describe the thoughts of even questioning if one can survive this thing called grief. New can be exciting and different; new can be challenging and frustrating; new can be scary and depressing. New can be all of the above and much more.

Hang on! You will figure this out, in your own way and in your own time. The heart hurts deeply and it takes some time to figure out your new heart space, in what you allow in and in what protects your heart. Figuring out what will be your adjusted new life,

without the presence of your loved one can be so very exhausting. You have to go through the hard work of feeling through your feelings. It isn't easy work, but it has to be done to heal.

But as you engage in the process of working through the touchy and emotional moments, you will find that some things become a lot easier. New roads will come that you never imagined would be there. And guess what? You will make it. You will step out in courage and you will make it. Afterwards, you will think, "I never thought I could do that without my loved one, but I did it. I actually survived it and it feels good that I was able to do that!" You will even "wonder" at yourself, in how you survived, are becoming a new person, and how you even like sides of this new person you are becoming.

**New beginnings** are challenging. We know that. But they can be exciting too. We are becoming better at serving you well from all that has transpired. And that part is truly "WONDERFUL!"

Blessings,

Sharon Zehnder, Aftercare Director  
[aftercare@heafeyheafey.com](mailto:aftercare@heafeyheafey.com)  
402-391-3900



## OPPORTUNITIES FOR August 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3 Luncheon * 11:30 a.m.	4	5	6
7	8	9 10:00 a.m. Nurturing Yourself & Identifying Your Needs	10 Luncheon * 11:30 a.m.	11	12	13
14 6:00 p.m. "Picking Up The Pieces" NEW BEGINNINGS	15	16	17 Luncheon * 11:30 a.m.	18	19	20
21	22	23 10:00 a.m. Exploring the Why's of Grief	24 Luncheon * 11:30 a.m.	25	26	27
28	29	30	31 Luncheon * 11:30 a.m.			

### Aftercare Support Group Topic:

**NEW BEGINNINGS  
"Picking Up The Pieces"  
August 14, 6:00 p.m.**

Crown Pointe Retirement Center  
2820 South 80th Street  
(Lower Level—Recreation Room)

**Wednesday Luncheon  
(\*Open to those who are widowed only)  
Every Wednesday  
at 11:30 a.m.**

Garden Café in Rockbrook  
11040 Oak St.

### Walking Through the Valley of Darkness

**August Topics  
10:00-11:30 a.m.**  
9 Nurturing Yourself & Identifying Your Needs  
23 Exploring the Why's of Grief

Crown Pointe Retirement Center  
2820 South 80th Street  
(Lower Level—Recreation Room)

## In This Issue:

**WE ARE OPEN!!** We are excited to have our new site opened to you at 12100 West Center Road (behind the Nobbies store). Please check out our pictures inside and come by and visit us!

### Mark Your Calendars

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

- Aftercare Support Group
- Wednesday Luncheon
- Walking Through the Valley of Darkness



# New Facility!!!

## Come visit us at our new location!

### Bel Air Chapel Now Open!

121st &  
W. Center Road  
(In the back of the  
Bel Air Plaza)



- Two Spacious Chapels
- Dedicated Reception Room



## Aftercare Support Groups

OPEN TO THE PUBLIC

### Sunday, August 14, 2016 at 6:00 p.m.

#### Topic: "Picking Up The Pieces" NEW BEGINNINGS

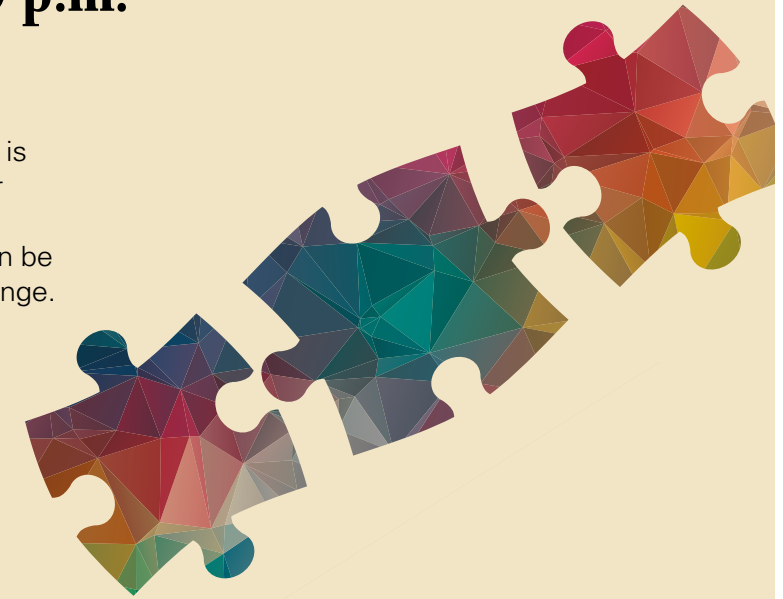
It's not easy starting over or trying something new, and it is even more difficult when you are grieving. The death of your loved one is a huge adjustment and in some ways you might feel like you are starting over. Making necessary changes can be difficult, but almost always, personal growth comes with change.

Come join us and share creative ways of "picking up the pieces in your life."

Aftercare Group Meetings are held at

**Crown Pointe Retirement Center**  
**2820 South 80th St.**  
(Lower level - Rec Room)

Facilitated by: *Sharon Zehnder, Aftercare Director*



## Sneak Preview

### Sunday, September 11, 2016 at 6:00 p.m.

#### Topic: "False Evidence Appearing Real" FEAR

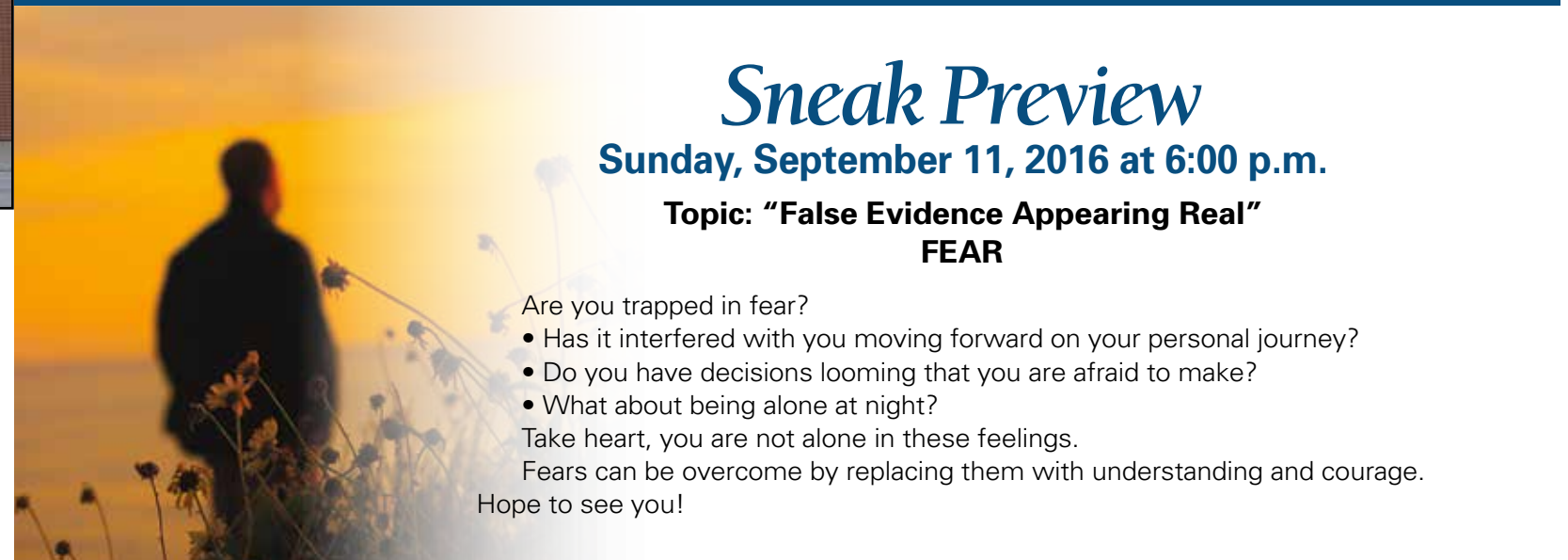
Are you trapped in fear?

- Has it interfered with you moving forward on your personal journey?
- Do you have decisions looming that you are afraid to make?
- What about being alone at night?

Take heart, you are not alone in these feelings.

Fears can be overcome by replacing them with understanding and courage.

Hope to see you!



## Healing Thought

*"The most glorious moments in your life are not the so-called days of success, but rather those days when out of dejection and despair you feel rise in you a challenge to life, and the promise of future accomplishments."*

~Gustave Flaubert~



## Wednesday Luncheon\*

*\*Open to those who are widowed only.*

GREAT CONVERSATION!  
GOOD FOOD! WONDERFUL PEOPLE!

**Every Wednesday at 11:30 a.m.**  
**Ask for the Heafey tables. Bring a friend or two! No RSVP needed.**

Meet us at:

**Garden Café in Rockbrook**  
11040 Oak Street

## Walking Through the Valley of Darkness

These sessions are adult education for people who have lost a loved one.

**(Meets normally on the 2nd & 4th Tuesdays)**

**10:00-11:30 a.m.**

August Topics:

- 9 • Nurturing Yourself & Identifying Your Needs
- 23 • Explore the Why's of Grief

Facilitated by : Peggy Bonacci, LCMSW, CT  
Meetings are held at: Crown Pointe Retirement Center,  
2820 South 80th St. ~ Lower Level-Rec Room  
(off of West Center frontage road)