

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

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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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**Heafey Hoffmann
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MORTUARIES & CREMATORY
12100 W. Center Rd., Omaha, NE 68144

**THE
Journey**
December 2016

From The Heart

Greetings, Dear Friends!

It's all around you! You are in the thick of the holiday season with the sights and the sounds. You have made it through Thanksgiving, and now the intense holiday of Christmas awaits this month. The **holiday memories** about too! This holiday season is so different now. What do you do?

Breathe! Breathe! If you had to pause and name the feelings and thoughts you are experiencing, what would they be? Would they look like this?...

Empty, different, lonely... tender, warm, sharp... despairing, tear-filled, sweet... heavy, loving, questioning, etc...

Feelings can be so intense and varied right now. This is so normal. It makes the holiday season very unpredictable for the bereaved. **Memories** you experience at this time of the year can evoke all kinds of feelings and thoughts. So here are some memory tips to keep in mind as you go through the holidays:

- Accept memories as being a normal part of life.
- Understand that memories serve a purpose, even painful ones.
- Do not expect others to share your memories equally.
- Determine what memories are good to relive and relish.

- Determine what memories are harmful or painful.
- Take responsibility for the focus of your mind and life.
- Set your sights on making new memories without feeling guilty.
- Thank God for the blessings of good memories.
- Pray for help in dealing with the painful ones.

You can find a way this holiday season to **remember with love** the life of your loved one. As you do this with family and friends, you are writing your own new "precious memories." Come to the support group and share with others some of your precious memories of your loved one. What a gift to be able to be heard and to listen!

As I think back this year, I have the memory of many of your faces, hanging in there as you navigate through your grief journey. You are a precious gift of tenacity to me as I see your courage. As I have been gifted to share time with you, you have impacted my life. You have taught me as you've shared and are a precious and tender memory. Thanks for sharing the gift of your life with me and each other!

Blessings,
Sharon Zehnder
Aftercare Director
aftercare@heafeyheafey.com
402-391-3900



OPPORTUNITIES FOR

December 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4 4:00 p.m. Christmas Lights Tour	5	6	7 Luncheon * 11:30 a.m.	8	9	10
11 6:00 p.m. Remembering With Love	12	13 10:00 a.m. Discussion of Belongings	14 Luncheon * 11:30 a.m.	15	16	17
18	19	20	21 Luncheon * 11:30 a.m.	22	23	24
25 CHRISTMAS	26	27 10:00 a.m. A New Normal/ My Goals	28 Luncheon * 11:30 a.m.	29	30	31 NEW YEARS EVE

Aftercare Support Group
Topic:

**REMEMBERING WITH LOVE
"Precious Moments"**
December 11, 6:00 p.m.

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

Wednesday Luncheon*
Every Wednesday
at 11:30 a.m.

Garden Café in Rockbrook
11040 Oak St.
(*Open to those who are widowed only)

**Walking Through the
Valley of Darkness**

December Topics
10:00-11:30 a.m.

- 13 • Discussion of Belongings
- 27 • A New Normal/My Goals

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

In This Issue: LIGHTS TOUR

Reminder for Pre-Registered Only

December 4 at 4:00 PM

Call Sharon at 402-391-3900 if you are unsure if you are pre-registered or need to change your plans. (More info inside.)

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
- Annual Christmas Gathering

I am the diamonds in the snow.
I'm the stars of the sky.
I'm the sunshine after a rain,
All those things we enjoy.
I do not die,
So do not stand by my grave and cry.
I am with you as often as you think of me.

Those we love remain with us,
For love itself lives on.
And cherished memories never fade
Because a loved one is gone.
Those we love can never be
More than a thought apart.
For as long as there is memory,
They'll live on in the heart.

*by Margaret Allen
used with permission*

**IN CASE OF INCLEMENT WEATHER, THE RULE OF THUMB IS:
If other community events are being cancelled, it is safe
to assume ours is too. If in doubt, call: 402-391-3900**

Healing Thought

*"Those whom we love and lose are no longer where they
were before. They are now wherever we are."*

~St. John Chrysostom~

Sunday, December 11, 2016 at 6:00 p.m.

Topic: "Precious Moments" REMEMBERING WITH LOVE

The death of your loved one can be so extremely painful...let alone all the memories that follow!!

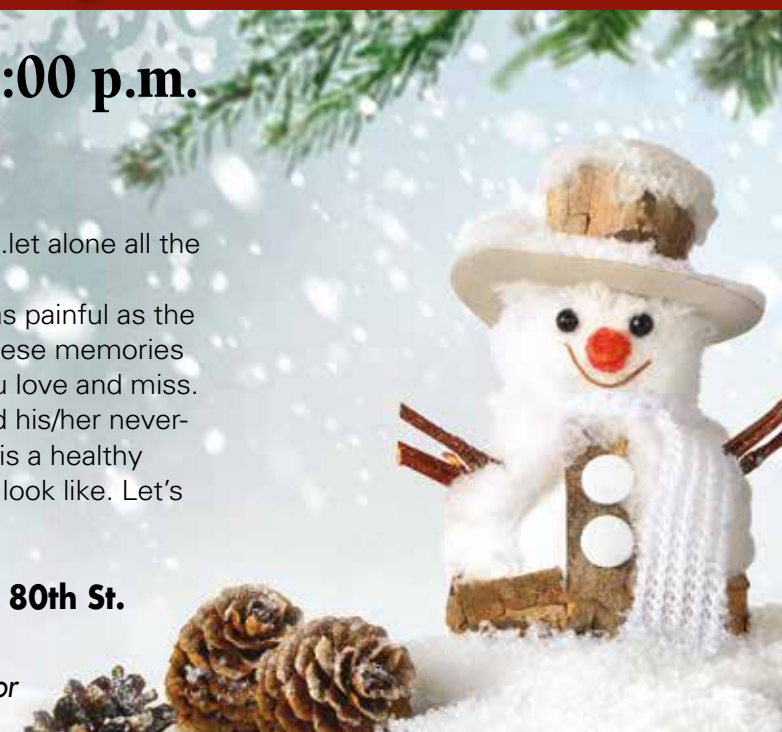
Did you ever imagine they could sometimes feel almost as painful as the death? Hiding the hurt or avoiding the pain connected with these memories won't make it go away. It is good to talk about the person you love and miss.

Memories shared can be your gift to the one you love and his/her never-ending gift to the world. Especially during the holidays, there is a healthy need to navigate what old and new Christmas memories will look like. Let's explore together! Join us.

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,
January 8, 2017
at 6:00 p.m.**

**Topic:
"What's Happening to Me?"
SCHOOL OF GRIEF**

Reminder for those who registered:

**Sunday, December 4, 2016
Christmas Lights Tour**

4:00 PM at The DC Centre
11830 Stonegate Circle
Several blocks south of 120th and Maple

**Call Sharon at 402-391-3900 if you are
unsure if you are pre-registered.**



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.

December Topics:

- 13 • What Should I Do With All the Stuff?
Discussion of Belongings**
- 27 • Looking at a New Normal: My Goals**

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)

