

**Heafey Hoffmann
Dworak Cutler**
MORTUARIES & CREMATORY

The Caring Group
7805 West 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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**Heafey Hoffmann
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January 2016

THE Journey

From The Heart

Greetings, Dear Friends!

OK, where are you right now? Are you standing or sitting? Do you have a few moments to think? If not, put this down and come back to read the rest when you can relax and just read, agreed?

OK, I'm trusting you. I'm trusting you are now in a comfortable position to just relax and read. Why is this important to me? Glance up and read the title of this page that I write each month. See what it is? Yes, it's titled: "From The Heart." It's my heart talk to you each month. I really want you to hear me.

While I haven't had the blessing to meet each one of you who reads this, the closest I can get is this article that I send to you each month. If I had my preference and unlimited time, I'd sit down with you, with a warm drink in hand, and I'd look you in the eyes and I'd say, "Talk to me. What is on your heart?" If you let me listen, I would want you to give me real talk about real life.

Talk about real life, aren't you in the midst of that? Some of the things we'd talk about and I'd love to hear might include discussion of some of these questions: You survived!! How were your holidays different? You made it through 2015. What do you see differently now? What are you concerned about in 2016? What are you hopeful for in 2016? What are you learning as you walk through the grief?

What are you learning as you walk through the grief? That question has so many angles to navigate. Did you

know that you are on an extreme learning pathway? Some days it may feel like you are barely surviving, let alone learning. But you are!

One of the blessings of my work is that I get to walk alongside some really wonderful people who are figuring out some of the darkest times of their lives. It's plain yuk some days! But I learn from you each time I get the joy to spend time with you. As we gather this month, this New Year, we will be talking about the "School of Grief." All are enrolled, and somewhere in the learning process. I see you help each other find encouragement and hope. Some of the biggest take-aways are: You are not alone; and you are very normal in your feelings!

And guess what? I'm excited to give you a new tool this month. I believe it will help simplify good communication in a very practical way. I'm anxious to get your feedback. So come...we welcome you! We'll gather at tables, with warm drink in hand, and have real talk about real life. Thanks in advance for coming and letting my life be blessed by your honest, open hearts as we do real life together! This month....that what's From my Heart to Yours! Thanks for listening...

Blessings,

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

OPPORTUNITIES FOR January 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
	4	5	6 Luncheon * 11:30 a.m.	7	8	9
10 6:00 p.m. "School of Grief"	11	12 10:00 a.m. "Winter Blahs and Grief"	13 Luncheon * 11:30 a.m.	14	15	16
17	18	19	20 Luncheon * 11:30 a.m.	21	22	23
24	25	26 10:00 a.m. "Grief Basics"	27 Luncheon * 11:30 a.m.	28	29	30
31						

Aftercare Support Group

Topic:
SCHOOL OF GRIEF
"What's Happening to Me"
January 10, 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

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

12th: "Winter Blahs & Grief"
26th: "Grief Basics"

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

In This Issue:

Christmas Event '15

If you missed our Christmas fellowship, be sure to check out some of the photos on page 2 from this meaningful, festive event. See if you see some familiar faces!

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

2015 Christmas Event



*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

“The mind has a dumb sense of vast loss – that is all. It will take the mind and memory months, and possibly years, to gather the details and know the whole extent of the loss.”
~ Mark Twain ~



Aftercare Support Group Meeting

OPEN TO THE PUBLIC

Sunday, January 10, 2016 at 6:00 p.m.

Topic: “What’s Happening to Me? SCHOOL OF GRIEF”

Whether you are brand new at grieving or have been muddling through it for some time, you may be trying to make some sense of the barrage of new feelings. At this support group we will discuss the anatomy of grief and mourning, and ways to help you adjust and cope. A little education goes a long way in helping!

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

Next Month:
Sunday, February 14, 2016 at 6:00 p.m.
Topic: “Down in the Valley”
LONELINESS & TEARS

Ever feel like the world goes on and you are sinking ever deeper into a pit of loneliness and no one seems to notice? Do you ever feel like you are drowning in your tears? . . . Or perhaps wish you could let some come out?!!! You are normal and not alone! If you find yourself wondering if you can ever survive this feeling of loneliness, we will share thoughts and ideas to help overcome this alone feeling and to learn the “blessing” of tears.



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.

January, 2016 Topics:
Jan. 12 • *Winter Blahs and Grief*
Jan. 26 • *What is This Thing Called Grief? (Grief Basics)*
Meetings are held at: Crown Pointe Retirement Center,
2820 South 80th St. ~ Lower Level-Rec Room
(off of West Center Frontage Road)