



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

12100 W. Center Rd., Omaha, NE 68144

THE Journey

July 2016



From The Heart

Greetings, Dear Friends!

KNOCK, KNOCK...

What's there?...

Oops! I mean – **Who's** there? Everyone knows that is the next line, isn't it? Who hasn't heard a KNOCK, KNOCK joke?

What's your reaction when you hear these two words come out together from a friend's mouth? Are you anxious to hear the next line? Or do you cringe inside, thinking, "Oh no, I bet I've heard this one before!" It's funny how humorous things can hit people differently.

How about if as your facilitator to the support group I began and said to you, "KNOCK, KNOCK..." It sure would be an odd thing to say, wouldn't it? ...especially to a grieving support group! What if the next line I said to you was, "What's there?"

We are going to be doing that this month as we knock away on the subject of how attitude greatly impacts a grief journey. We're also going to be knocking down some untruths about feelings and expectations, and emphasizing the healthiness of healing humor.

KNOCK, KNOCK...

What's there?...

OK, this is a new KNOCK, KNOCK, and it is not a joke. We are ready! We are open! We want you to come and KNOCK, KNOCK at our new transitional facility! Come see our new place! Come see "what's here!" **We are now open at 12100 West Center Road, just behind the Nobbies store.** We are so excited to have you come visit! But please, don't knock, just come on in. We are ready and waiting to help you. (See pictures on the next page).

KNOCK, KNOCK...

Who's there?

Who's there to find **What's there?** Come to our new place or our support group!

Blessings,

Sharon Zehnder, Aftercare Director

aftercare@heafeyheafey.com

402-391-3900



OPPORTUNITIES FOR July 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3		5	6 Luncheon * 11:30 a.m.	7	8	9
10 6:00 p.m. "Half Full or Half Empty?" Attitude & Humor	11	12 10:00 a.m. What is This Thing Called Grief?	13 Luncheon * 11:30 a.m.	14	15	16
17	18	19	20 Luncheon * 11:30 a.m.	21	22	23
24 31	25	26 10:00 a.m. My Story (Bring picture)	27 Luncheon * 11:30 a.m.	28	29	30

Aftercare Support Group Topic:

ATTITUDE & HUMOR
"Half Full or Half Empty?"
July 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

July Topics

10:00-11:30 a.m.

**12 What is This Thing Called
Grief? (Grief Basics)**

**26 My Story (Please bring a
picture of the deceased)**

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!!!

Aftercare Support Groups

OPEN TO THE PUBLIC

Come visit us at our new location!

Bel Air Chapel Now Open!

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

Heafey Hoffmann Dworak Cutler
MORTUARIES



- Two Spacious Chapels
- Dedicated Reception Room



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

Topic: "Half Full or Half Empty?" ATTITUDE & HUMOR

Are you tired of feeling tired? Always seeing your cup half-empty instead of half-full? How long has it been since you've been able to enjoy a good belly laugh? Are you beset by problems and hurts that are just pulling you down? Join the support group as we explore some of the not so funny stuff that sneaks into our daily lives. Let's explore the impact of attitude.

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, 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."



Healing Thought

"Every day may not be good, but there's something good in every day."
~Anonymous~

"If you don't like something change it; if you can't change it, change the way you think about it. ~Mary Engelbreit~



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.

July Topics:
12 • This Thing Called Grief (Grief Basics)
26 • My Story (Please bring a picture of the deceased)

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)