

The Owen



*A publication of information
about life's difficult subjects*

Family Newsletter

Fall Issue, 2018 * Volume 21, Issue 3

From Our Family to Yours

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Family Owned & Operated
Sincere Service Is Our Way of Life

Owen Funeral Homes

5317 Dixie Highway
502-447-2600

9318 Taylorsville Road
502-266-9655



www.owenfuneralhome.com

The Owen Family Newsletter is published by the Owen Funeral Home. We invite your comments or questions. Please direct all correspondence to the Owen Family.

Email: info@owenfuneralhome.com

Email addresses are not retained by Owen.

Join us on



Holiday Blues: Difficult Feelings

The holidays trigger many different feelings when grieving the loss of a loved one. It is important to understand your feelings. They are a sign you cared deeply.

Below is a list of difficult feelings many commonly experience during the holiday season.

- Sadness – it's sad to think about what you've lost and it is doubly sad to experience this at such a happy time of the year.
- Depression – you may feel desolate or despairing. You may feel depleted of all energy, listless and alone. You may fear you will never feel better.
- Anxiety – you may feel nervous and jittery, ill at ease and full of uncertainty.
- Fear – you may be afraid of what will happen to you, how you'll cope, and what you'll do, or question if you'll even survive.
- Anger – being mad is a common response – mad at people who don't understand, angry about how the death happened, even angry at the one who died. You may be upset with yourself, God or the world.
- Guilt – you may dwell on what you did or didn't do. You may feel guilty you are still living or feel guilty that you have moments of happiness in the midst of your grief.
- Apathy – you may experience almost no feelings. You may feel numb, disoriented and confused.

Remember, no matter how bad you feel today, you may feel differently tomorrow– So hold onto hope.

If at any time you need to talk with the Owen grief counselor, please call 502-447-7759 or email genene.nisbet@owenfuneralhome.com. Sometimes just talking, helps.

Rollin' With Owen 2019
Mackinac Island & Lilac Festival
5 Days, June 11 – 15, 2019



Cost Includes: Deluxe Miller Motorcoach, 4 Night's Lodging (2 on Mackinac Island), 7 Meals (includes lunch at the Grand Hotel), Bronner's Christmas World, Mackinac Island Carriage Tour, Shepler's Ferry, Tour of Mushroom Houses, Tour of Castle Farms

\$200.00 Deposit Due: March 1, 2019
Final Payment: April 29, 2019
Make checks payable to Miller Transportation

Cost Per Person: Double: \$809
Triple: \$789
Quad: \$779
Single: \$1,089

If you have questions or would like to sign-up contact: Genene Nisbet 502-447-7759 or email genene.nisbet@owenfuneralhome.com.

**“Surviving the Holidays”
After the Loss of a Loved One**

Mondays, November 5, 12 and 19, 11:00 – 12:00 noon
Southwest Regional Library, 9725 Dixie Highway

The holidays are often difficult but not impossible to get through when grieving the loss of a loved one. Each week in the “Surviving the Holidays” classes, we will address the various issues that make the holidays challenging. We will also discuss ways to cope with the additional demands of the holidays and how to honor your grief.



Weekly Topics:
November 5 - Anticipating the Holidays
November 12 - Planning for the Holidays
November 19 - Finding Meaning & Hope in the Holidays

If you are interested in attending these classes, please call or email Genene Nisbet, Owen Funeral Homes' Bereavement Services Specialist at 502-447-7759 or genene.nisbet@owenfuneralhome.com.



Rollin' With Owen

Meet one of our
Owen Family Members...

Toby J. Larkins
Funeral Director



Toby began his journey in the funeral business in 1998 with a family owned firm in his home town of Bardwell, Kentucky. In 1999, he moved to Louisville to study at Mid-America College of Funeral Service, finding afternoon and evening work at the Owen Funeral Home. There he learned valuable lessons and powerful insight from the directors and staff. He also gained a life-long respect for David, the Owen family and the mission that Bird and Edith believed in from the genesis of the funeral home.

Since becoming a licensed Funeral Director and Embalmer in 2001, he has established himself as a leader and visionary. Toby's commitment is not only to offer sincere and personal service to the families we serve, but to educate the public on the many options and alternatives available to the end of life process. His passion project is to bring the "Green Burial" option to the bluegrass state.

Toby is a Kentucky Colonel and the proud father of a beautiful little girl. In his spare time, he enjoys writing and playing music and shopping at local thrift stores, boutiques and record shops. Toby re-joined the Owen family in January 2017 as part of the staff at the Jeffersontown location.



Barren River State Park Winter Getaway
S.E.E.K. (Seniors Experiencing & Enjoying Kentucky)
February 13 - 15, 2019
3 Days/2 Nights

Cost includes:
Transportation, Lodging, Meals, Fun Activities, Crafts & Entertainment!

Cost per person: \$250.00 - 2 or 3 people in a room
\$300.00 - 1 person in a room

Payment Due: January 4, 2019
(Make check payable to Owen Funeral Home)

Get rid of the "Winter Blues" and join us for three days of fun at Barren River State Park. We will board the bus and depart from the Owen (Dixie) parking lot at 3:00 p.m. on February 13th and return on February 15th at 4:30 p.m. While at the park, we will eat lots of tasty food, share in fun activities and crafts, and enjoy good entertainment. The park's activity director will have a full itinerary for our group. Or if you like, you can simply take in the natural beauty. Friends are welcomed but space is limited.

For more information contact Genene Nisbet at 502-447-7759 or genene.nisbet@owenfuneralhome.com. Mail payment to: Genene Nisbet, Owen Funeral Home, 5317 Dixie Highway, Louisville, KY 40216.



Did you know?

Owen has our own memorialization director, Gary Thomas. Gary has over 20 years of experience in cemetery memorialization and funeral service. He can help you create a unique and meaningful tribute to your loved one and family. For assistance contact Gary at 502-387-9555.





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FOUNDING FAMILY

Bird S. Owen Jr. (1911-1987)
Edith R. Owen (1917 - 2015)
Linda Owen
David L. Owen

FUNERAL DIRECTORS DIXIE HIGHWAY

Kyle O'Bryan, Manager
Josh Richardson, Asst. Manager
Rachel Barr
Michael L. Burns
William B. Longest
Mark McNeil
Jackie Pugh
Philip R. Simpson

FUNERAL DIRECTORS JEFFERSONTOWN

Rachel Barr
Toby Larkins
Pamela H. Owen

PRE-NEED SERVICES

Shannon J. Schur

MEMORIALIZATION SERVICES

Gary Thomas

An Owner of

Highlands Funeral Home

3331 Taylorsville Road * Louisville, KY 40205 * 502-451-4420

Neighborhood News

Grief Support Groups

Provided by Owen Funeral Homes as a Free Public Service

"Now and Beyond"

Group for Spousal Loss
Every 3rd Friday, 2:00 p.m.
Southwest Regional Library
Every 3rd Wednesday, 2:00 p.m.
Owen Funeral Home, Jeffersontown

Monthly Spousal Loss Luncheon

Every 1st Friday, 2:00 p.m.
Golden Corral Restaurant
5362 Dixie Highway

**For Information: Please call or email Genene Nisbet,
Bereavement Services Specialist at 447-7759
genene.nisbet@owenfuneralhome.com**

You Are Always Welcome -

Owen Funeral Home staff welcomes the opportunity to show you around either of our facilities and to answer any questions you might have. Call the office or stop by.

From Our Kitchen To Yours

by Toby Larkins



Peanut Butter
Pudding Surprise

- 1 container Cool Whip
- 1 package Cream Cheese (softened)
- 1 cup Peanut Butter (creamy)
- 1 Family Size Package of Nutter Butter
Peanut Butter Sandwich Cookies
- 1 Hershey's Chocolate Bar

In a large mixing bowl combine Cool Whip, Cream Cheese and Peanut Butter and mix until smooth.

Dump Nutter Butter cookies into a large Ziploc-style plastic bag. Crunch up, crumble and crush cookies into a cheesecake-like crust and press into a pie pan.

Pour smooth Peanut Butter mixture into pie pan and spread evenly over Nutter Butter crust.

Garnish with grated or crumbled chocolate bar.

Place in freezer for 30-60 mins. Enjoy!

Toby