



Meaningful Decorating During the Holidays

The holidays are painful following the loss of a loved one. Especially, when it comes to decorating. It's difficult to pull out boxes and containers full of holiday decorations, laced with tender memories. The holidays just aren't the same. However, there are ways to make them more bearable.

Pam Owen, Vice President of Owen Funeral Homes, is a Licensed Funeral Director and an Interior Designer. She is an expert at creating warm, comforting, healing spaces. When visiting Owen Funeral Homes you see Pam's special touch in the unique and comforting decorations infused through-out both Owen locations. "It is important to bring meaning into how we decorate. Meaningful decorating helps create an atmosphere of peace and comfort," says Pam.

Pam offers the following suggestions for meaningful holiday decorations:

Table Center Piece – Arrange a center piece with your loved one's favorite flowers or place items of special memories in the center piece.

Mantle Decoration – Place framed pictures of your loved one. Add a garland with deep green colors that are relaxing along with white lights for remembrance with a splash of red color. If using a candle, use a battery operated one to avoid fire hazards.

Table Setting – An Owen family tradition is to set the holiday table with china place settings from past generations, along with stemware and serving dishes. This creates an atmosphere of loving remembrance. It is also comforting to prepare some of your loved one's favorite dishes and serve at a holiday dinner.



Pictured is the antique Owen family china, monogrammed stemware from Edith Owen and silverware from Pam's parents.

Themed Remembrance Tree or Wreath – Decorate a tree or wreath with ornaments that represent the life of your loved one. You may want to invite guests to bring an ornament that connects to memories of your loved one.

Children's Table – Cover with paper table cloth and have crayons and markers available for children to draw or write special memories of their loved one. Adults may also want to share some of their memories on this table cloth. In doing so, we teach children it is "ok" to grieve.

Our hope this holiday season, is that you find creative and meaningful ways to decorate that bring you and your family peace and comfort.

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Rollin' With Owen – Winter Getaway

January 27-29, 2020
General Butler State Park
3 Days/2 Nights

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

Cost per person:
\$240, 2 people/room
\$200, 3 people/room
\$275, 1 person/room

Payment Due: December 18, 2019

Come and join us for three days of fun at General Butler State Park. We will board the bus and depart from the Owen (Dixie) parking lot at 2pm on Monday, January 27th and return on Wednesday, January 29th arriving back approximately 3pm. 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 on all trips, contact Genene Nisbet at 502-447-7759 or genene.nisbet@owenfuneralhome.com.

Mail payment(s) to: Genene Nisbet, Owen Funeral Homes, 5317 Dixie Highway, Louisville, KY 40216. Check payable to Owen Funeral Home.

OPERATION Toy Soldier



Help us Provide Toys for Children of Military Families



Shannon Schur and David Owen shown with all the toys collected through the 2018 Operation Toy Soldier drive.

Collecting Toy Donations November 1st – December 6th

Operation Toy Soldier is a nationwide initiative to give back to our service men and women, by providing holiday gifts to military children. We are excited to join with you in collecting toys and gift cards that will bring smiles to the faces of many children this Christmas season.

Last year, we collected hundreds of toys, which were distributed by the Ft. Knox Religious Services Department. These donations eased the financial burden for many military families who give so much for the freedom of our country.

We begin collecting toys November 1 – December 6 at both our locations. Join us in making the holidays brighter for our military families! It's a small way for us to say, "Thank You!"

Rollin' With Owen – Showtime Extravaganza



May 18-21, 2020
Branson, Missouri

Four Days, Four Shows, (3) Continental Breakfasts & (3) Dinners

Exciting Shows: Rick Thomas, Illusionist, The Haygoods, New Jersey Nights, and Noah "Great Promise" at the Sight & Sound Theater

Cost per person:
\$639, 2 people/room • \$619, 3 people/room
\$609, 4 people/room • \$739, 1 person/room

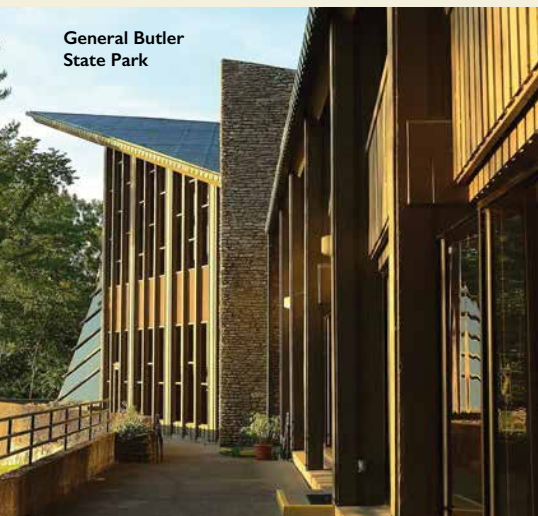
Deposit of \$100 due: February 7, 2020

Final payment due: March 20, 2020
(Checks payable to Miller Transportation)

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General Butler State Park



Meet Pam Owen



Pam Owen, Vice President of Owen Funeral Homes, enhances the funeral home with her interior design skills.

Pamela Owen was born in Cincinnati, Ohio in 1953 to Alice and Bill Hutchinson. Her parents moved the family to Bardstown, KY, where she attended Bardstown City Schools from Kindergarten through 12th grade.

After marrying David Owen in 1978, she moved to Louisville. Pamela attended Kentucky Polytechnic Institute and received a degree in Interior Design in 1985. After graduation, she worked as a freelance interior designer until starting her apprenticeship for funeral directing. Pamela received her funeral director's license in 2006 after completing the three-year program. Along with her responsibilities to family and other activities, she continues to oversee all of the interior design for both locations of Owen Funeral Homes. Pam is a Certified Feng Shui Practitioner and

is also a Certified Usui Reiki Master. She was also inducted into the Fincastle Chapter of the Daughters of the American Revolution.

Pam is the Social Media Manager for Owen Funeral Homes. She has a "passion for fashion" and has created several social media pages under the "Kentucky Fashion" name.

In the continuing tradition of this family-owned and family-operated business, Pamela's daughter, Rachel Hood Barr, is a Funeral Director at both Owen locations and Highlands Family Owned Funeral Home.

Pam Owen's Favorite Quote:

"Be who you are and say what you feel because those who mind don't matter and those who matter don't mind."

– Dr. Seuss

Let Us Help You Through This Season

When you have lost a loved one, dealing with the loneliness and adjusting to daily routines is difficult. We invite you to try one of our grief support services:

TRANSITIONS GROUP

For bereaved persons and families in their first few months of grief

- November 5: Living With New Challenges
- November 12: Living With the Memories
- November 19: Living With the Process
- 6-7pm at Owen Funeral Home, Dixie Location

NOW AND BEYOND

For those who lost their spouse

- Every 3rd Friday, 2pm at Southwest Regional Library
- Every 3rd Wednesday, 2pm at Owen Funeral Home, Jeffersontown

SPOUSAL LOSS LUNCHEON

- Every 1st Friday, 2pm at Golden Corral Restaurant, 5362 Dixie Highway

A PARENT'S GRIEF

- 3rd Monday, 6:30pm at Owen Funeral Home, Dixie Location



SURVIVING THE HOLIDAYS

The holidays are often difficult, but not impossible to get through. At these classes we will discuss ways to cope with holiday demands and how to honor your grief.

Weekly Topics: Anticipating The Holidays, Planning For The Holidays, Finding Meaning & Hope In The Holidays

- Wed., November 6, 13, & 20, 12-1pm, at Owen Funeral Homes, 9318 Taylorsville Road, Louisville
- Tues., November 19 & 26 and Tues., December 3, 11am-12pm at Southwest Regional Library, 9725 Dixie Highway, Louisville



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Holiday Salad

By Pam Owen

The green, white and red colors of this salad make it perfect for Christmas meals. It can be adjusted according to how many servings are needed.

Ingredients

1 head of cauliflower
1 or 2 bunches of broccoli
4 carrots-sliced
1 red pepper-cut into thin strips
1 jar of Marzetti Simply Ranch Dressing
Salt and pepper

Instructions

- Cut or break cauliflower and broccoli into bite size pieces. Save a large broccoli floret for garnish.
- Add carrots and red peppers.
- Mix together and add ranch dressing, salt and pepper to taste.
- Pour into serving bowl and place broccoli floret in the center.
- Sprinkle pepper over the surface.
- Chill before serving.

(Gluten free if Marzetti dressing is used.)