



Photo Courtesy of Rachel Barr

## ***Being Prepared...When the Time Comes***

*By Genevieve Nisbet*

We often joke, “There’s only two things in life you can count on - taxes and death.” People laugh – but it’s true. We all know this, yet we often avoid being prepared. I’m a perfect example. Even though I work in a funeral home, my forehead and brow broke out in beads of sweat when I was making out my Will. I was confronted with my mortality. Preparing for the end of life is hard and may make you sweat a little, but is important to be prepared for those you leave behind.

There are many ways to get started:

- Will - Make an appointment with an attorney and discuss what you want done with your estate.
- Healthcare Directive – While meeting with an attorney, complete your Living Will with your healthcare directives. This will ensure your wishes are carried out if you are unable to speak for yourself.
- Important Documents – Have a list of your important documents and where they are safely placed such as your Will, healthcare directives, insurance policies, deeds, automobile titles, and where your passwords are stored. Also, have a list with contact information of the professionals who assist you with your financial and legal affairs.
- Funeral Arrangements – Discuss your funeral preferences with your family. Also, communicate your wishes to your funeral home. Pre-planning your funeral eases this burden for your family. It also ensures your wishes are carried out. Adding personal touches to a funeral plan such as beloved scripture, poems, quotes or special readings makes a funeral service more comforting for those we love. If you are interested in learning about how to preplan your arrangements, please contact us at either of our locations.

It may be difficult to prepare for end of life issues, but once you’re prepared you can get back to enjoying your life with those you love.

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## Stepping Stones 2020 Luncheon & Concert

Postponed Until 2021



Rachel Barr, David & Pam Owen

The one thing the Coronavirus is teaching is -- Flexibility. The Owen Family has enjoyed hosting Stepping Stones in the fall for the past 23 years. However this year, due to public health safety, we are moving the Stepping Stones luncheon and concert to the fall of 2021. We join with you in being disappointed. It is always such a good time seeing old friends and connecting with our community. We especially like being able to "Shower our Neighbors with Love," by collecting personal care items for our area ministries. Even though we cannot join together as a large group, we can still help out the area ministries. If you would like to donate personal care items, please drop them off at either of our locations and we will deliver them to the area ministries. We will collect personal care items such as shampoo, soap, tooth paste, deodorant, etc. from August 1 – September 1.

If you have questions please feel free to contact Gene Nisbet at 502-447-7759 or [genene.nisbet@owenfuneralhome.com](mailto:genene.nisbet@owenfuneralhome.com).

## Adopting a Highway... A Loving Remembrance

The road we travel in life has many twists and turns. There are times when we wish we could make a u-turn and start over again. Our life journey sometimes leads to the loss of a loved one. The pain of loss is excruciating. Many have traveled this sad road and some have learned how to transform the pain. Samai Morris lost her 26 year old son, Kenneth (Kenny) Addison two years ago. His death was sudden and her world came to a crashing halt. As Samai mourned and pushed through her grief process, she found ways

to honor her son's life while helping the community. Samai "Adopted a Highway" in his memory. For two years, she, her family, and friends clean a two mile stretch of the highway in his memory. Samai says, "Not only is it a way to connect with others, but it's a way to remember Kenny with the ones who loved him." Following their cleanup, they share a meal together and tell stories about her son. For many, grief is isolating but Samai uses her time of mourning to connect and make a difference.



Following is the contact information about the Adopt-a-Highway program.

Adopt-a-Highway  
200 Mero Street  
Frankfort, KY 40601

Phone: (502) 564-3419

Hours: 8:00 a.m.-4:30 p.m. EST, M-F



## Did You Know . . .

Owen has a Monument Company



Gary Thomas can help with the selection of

- Monuments
- Bronze Memorials
- Headstones & Benches

To learn more visit [owenmonument.com](http://owenmonument.com) or call Gary at 502-387-9555.

## Meet A.W. Buie



Anthony "A.W." Buie joined our staff in 2018. He and his wife, Louise Buie, moved from Fairbanks, Alaska in 2012 to be closer to family. A. W. is an ordained minister and deacon and served as President of the Louisville Suburban Rotary Club in 2016. Before joining the Owen

staff, A.W. proudly served in the US Air Force for 22 years and was honorably discharged in 1992. He served during Operation Desert Shield and Operation Desert Storm. While serving he received the Vietnam Gallantry Cross and Republic of Vietnam Campaign Medal.

Along with greeting families at Owen, he is also the visionary for the "Together We Stand Ministry" which brings awareness to homelessness across America. Their mission is "To Glorify His Name" by putting God in front of America and leading our community to act in solidarity in the support of national relief efforts to end homelessness. The "Together We Stand" logo is registered in the Library of Congress. The emblem is of the Christian Cross and the American Flag that shows ... "It's the Cross before the Flag. God wants to be first in our life." The emblem is displayed at the George W. Bush Presidential Library

in Dallas, TX. A.W. invites you to join him in "America standing together for a miracle of kindness."

If interested in connecting with his vision you can contact him at 907-460-8820 or by email [anthonyawbuie@gmail.com](mailto:anthonyawbuie@gmail.com).



A.W. Buie's Favorite Scripture:  
**Trust in the Lord with all your Heart...**  
**Proverbs 3:5-6**

## Invisible Pain in a Pandemic

By *Genevieve Nisbet*

Living through a pandemic while mourning the loss of a loved one is challenging. Much of what is "normal" is changed. Grief and the corona virus are similar in that they're both invisible. When out in public, no one can see your loss. People don't know you are walking around feeling half whole or like a part of you has been hollowed out. Like the virus, your pain is invisible until an unexpected tear rolls down your cheek. As you grieve, know you are not alone. Following are suggestions of ways to deal with pain that is invisible.

- **Reaching out to others** – whether by internet, text, Facebook or phone, be honest and let others know how you are doing.
- **Connect with grief groups online or in-person** - there are groups for all types of losses. See groups offered by Owen on the back page.
- **Get outside in nature** - take a stroll in your neighborhood or visit a park. It's a good way of getting your dose of vitamin D from the sunlight while breaking the monotony of staying home.
- **Challenge yourself to stay in the present** instead of letting your thoughts move too far out into the future. Practice living one day at a time.



- **Practice your spirituality** – pray, meditate, worship and read scriptures/wisdom writings.
- **Live with hope** – your pain will become easier to bear, you will learn to how to bring meaning back to your life, and the memory of your loved one will always be yours.



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## Neighborhood News

### Grief Support Groups

Provided by Owen Funeral Homes  
as a Free Public Service

#### “Now and Beyond”

For Those Who Lost A Spouse  
Every 3rd Wednesday, 2:00 p.m.  
Owen Funeral Home, Jeffersontown  
Every 3rd Friday, 2:00 p.m.  
Location Pending, Contact Owen for Details

#### “A Parent’s Grief”

For Those Who Lost A Child  
3rd Monday, at 6:30 p.m.  
Owen Funeral Home  
Dixie Location

#### Spousal Loss Luncheon

Every 1st Friday  
Time & Location Pending  
Contact Owen for Details

For Information:

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

### From Our Kitchen To Yours

Ingredients:

#### For the Chopped Salad:

1/2 lb (3-4) med. Roma tomatoes, chopped  
3 garden cucumbers sliced  
1/2 medium red onion thinly sliced  
2 avocados peeled, pitted and sliced  
1 cup corn kernels from 2 fresh cobs  
or canned drained corn  
1 medium romaine lettuce 5 to 6 cups chopped

#### Zesty Cilantro Lemon Dressing

3 Tbsp. olive oil (mild or extra virgin)  
Juice of 1 large lemon (about 3 Tbsp.) (it's ok to use lime juice)  
1/2 bunch cilantro, (1/2 cup chopped)  
1 tsp. sea salt or 3/4 tsp. table salt  
1/8 tsp. freshly ground black pepper

Instructions:

Sprinkle 1 tsp Cajun spice, 2 pressed garlic cloves and a pinch of salt on shrimp and stir to combine. Heat large non-stick pan over medium high heat. Swirl in 2 Tbsp. butter. Once butter stops sizzling, add shrimp in a single layer and sauté about 2 min without disturbing flip over and sauté another minute. Remove to cool. Line the bottom of a large salad bowl with 5 to 6 cups of chopped romaine lettuce. Add remaining salad ingredients and shrimp in rows on top of romaine. Whisk dressing ingredients together. Drizzle dressing over the salad then toss to combine and serve.

### Shrimp Avocado Salad

A. W. Buie's Favorite

#### For the Cajun Shrimp:

2 Tbsp. unsalted butter  
1 lb. large raw shrimp  
peeled & deveined  
1 tsp. Cajun spice  
2 cloves garlic pressed  
Pinch salt