

The Owen



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

Family Newsletter

Winter Issue, 2018 * Volume 21, Issue 1

From Our Family to Yours

Inside This Issue

- 1 **Importance of Family**
The Owen Philosophy
- 2 **Just Breathe**
by Genee Nisbet
- 2 **Rollin' with Owen**
Amish Country
- 3 **Pastime**
Pre-Planning
- 3 **Owen Aftercare**
New Location
- 3 **The Owen Funeral Home Family**
featuring The Mattinglys
- 4 **Neighborhood News**
- 4 **From Our Kitchen To Yours**
Memaw's Copper Penny Salad

Family Owned & Operated
Sincere Service Is Our Way of Life

Owen Funeral Homes

5317 Dixie Highway
502-447-2600
888-817-6105 (toll free)

9318 Taylorsville Road
502-266-9655
888-652-7332 (toll free)

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



Importance of Family

Bird and Edith Owen opened the doors to Owen Funeral Home in 1939. They began a service to families that continues today. Caring for families in their time of need was near and dear to the heart of Bird and Edith Owen. Through the years, they created a family-like atmosphere; decorating rooms of the funeral home with cherished pieces of their family décor. They wanted families to feel at home and comfortable while using the Owen facilities. Many years ago, they even had a young couple request to be married at the Virginia Avenue location because the couple thought the surroundings were so pretty.

Truly caring for families has continued for over 75 years. Many changes have taken place during these years. Our society has become fast paced and families have difficulty connecting with one another. Sadly, often the only time families come together is at the funeral of a beloved family member. Knowing how difficult it is to connect with loved ones, we have designed a comfortable homelike meeting space where families can come together. We realize families do not get the opportunity to see each other, so we hope our spacious family lounge provides a relaxing atmosphere where family and friends can gather, connect and comfort one another. People have busy lives and we care about providing more than just a funeral. We want to provide a place where families feel supported, welcomed and embraced.

Owen Funeral Home is family owned and operated, we know families matter!

Family

Like *branches* on a tree,
we all *grow* in different
directions yet our *roots* remain as one.

Take Time to Breathe...

Isn't it funny how we have to be reminded to do something we've been doing since we were babes? Breathing is not something we consciously think about, but it is something that becomes interrupted in times of stress and anxiety. Have you ever noticed after a hectic day you give out a big . . . sigh? We often hold our breath when we are stressed. Pay attention to your breathing in high times of stress and anxiety. Notice if your chest is tight. Effective breathing is not as automatic as we think.



When mourning the loss of a loved one, you may also find your stress and anxiety levels go up and you have difficulty relaxing. Sometimes it helps to just slow things down and practice breathing. I know it sounds silly, but we often have to practice breathing correctly so we can release the tension from our day.

A simple way to do this is to sit up straight in a chair and clear your mind of all your thoughts. Notice how you are breathing. Pay attention to whether your chest is tight. Does your belly expand when you inhale and flatten as you exhale? Take some time to simply breathe in and out.

Your stress level will decrease and your energy level will increase by taking the time to clear your mind and breathe deeply. A simple trick to healthy breathing, is to be intentional and breathe deeply at the top of every hour. You can even practice inhaling for a count of 3, holding your breath for a count of 4, and exhaling for a count of 4. Try it out and let us know how you feel!

Rollin' With Owen

Amish Country - Montgomery Indiana
Friday, July 13, 2018

Cost: \$79.00 (Make payable to Miller Transportation)
Payment due: June 8, 2018

Depart: 7:30 a.m. Owen Dixie Parking Lot
Return: 6:00 p.m.



All are welcome! Join us for a fun day get-away. We will board the Miller Tour Bus and travel to Montgomery, IN. We will take our morning break at McDonald's and meet our morning guide at Wagler's Quilt Shop. From here we will enjoy a guided tour through the Amish community with a home-cooked meal (included) in an Amish home. We will stop at some of the Amish Stores. Please note: they do not accept debit cards or credit card – only cash or check. We will arrive back at the Owen Funeral Home approximately 6:00 p.m.

To reserve a spot, send payment to Genene Nisbet, Owen Funeral Home, 5317 Dixie Highway, Louisville KY 40216. Questions contact- Genene Nisbet 502-447-7759 or genene.nisbet@owenfuneralhome.com.



Pastime

There are activities we all like to do to pass the time. Some of us like to read. Some prefer to be hunting or fishing. Some prefer watching a favorite TV program. We all have things we like to do to pass the time.

I have never heard anyone declare their favorite pastime is to pre-plan their funeral, yet to wait past the time means we burden everyone around us unnecessarily.

Here is the simple truth: pre-planning only takes about one hour. By pre-planning a person determines the type of funeral they want and how much they want to spend. Your pre-plan tells your loved ones exactly what kind of service you want: no guess work on their part when sometime in the future your pre-plan becomes reality.

Here is another simple truth: if you decide to fund your pre-plan at today's prices either in a lump sum or through a payment plan, your funeral is guaranteed, even if your pre-plan is needed before you have finished paying it off. However, some restrictions may apply.

Your pre-plan is portable - you can take it with you if you ever move. It guarantees your funeral no matter what prices are in the future.

Pre-planning may not be one of your top one hundred things to do to pass the time, but don't let time pass without you making plans to lighten the load on your loved ones.

Owen Aftercare – New Location



Owen Aftercare has a new look. Some may be asking what is aftercare? Aftercare Services are offered to families who use Owen Funeral Home Services. Aftercare Services consist of grief education and resources, individual/family counseling, grief support groups, grief educational seminars and social activities. All at no

charge. Our care does not end with the funeral service. We provide a holistic approach to caring for families before, during and after the loss of a loved one.

We have moved our Bereavement Services Specialist, Genene Nisbet, to a new office building next to Owen Funeral Home. When facing the Owen entrance, the aftercare office is in the brick building to the right. Feel free to stop by and check it out.



Meet one of our
Owen Family Members...

Michael & Elaine Mattingly *Family Services*



Michael and Elaine joined our staff February 2015. They have been acquainted with Owen for many years. Following the loss of their beautiful daughter Ursula, they helped launch a Parent's Grief Support Group. Their generous sharing has offered hope to others who have experienced the death of a child.

They have been happily married 47 years. Michael is a Vietnam Veteran. He proudly served in the Army. He retired as a sheet metal worker from the Local 110 after 25 years. He enjoys music. For over 25 years, he was in a band that entertained senior adults. He says, "Now I am one."

Elaine is a retired registered nurse. She likes selling Avon and uses her creative talents to provide beautiful artificial arrangements for friends.

They bring compassion and a caring presence to families in need. We are honored they joined our staff.





5317 Dixie Highway Louisville, KY 40216
502-447-2600 or 888-817-6105
9318 Taylorsville Road Louisville, KY 40299
502-266-9655 or 888-652-7332
<http://www.owenfuneralhome.com>

Presorted Standard
U. S. Postage
PAID
Louisville, KY
Permit No. 1151

FOUNDING FAMILY

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

FUNERAL DIRECTORS DIXIE HIGHWAY

Mark McNeil, Manager
Philip R. Simpson
Michael L. Burns
William B. Longest
Yvonne M. Nantz
Jackie Pugh

FUNERAL DIRECTORS JEFFERSONTOWN

Rachel Barr
Pamela H. Owen
Toby Larkins

PRE-NEED SERVICES

Richard Dike, Manager

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

"A Parent's Grief"

1st and 3rd Monday, at 6:30 p.m.
Hillview Baptist Church

Monthly Men's Breakfast

Every 3rd Monday, at 9:00 a.m.
Frisch's Restaurant
7401 Dixie Highway

**For Information: Please call Genene Nisbet,
Bereavement Services Specialist at 447-7759.**

From Our Kitchen
To Yours
by Michael & Elaine
Mattingly



Memmaw's Copper
Penny Salad

Small bag of fresh carrots, peeled & sliced
2 green peppers, diced
½ t. salt
1 c. sugar
½ c. vinegar
½ c. salad oil
2 onions, chopped
1 can tomato soup

Bring soup, oil, sugar & vinegar to a boil. Set aside. Cook carrots until almost done. Drain. Beat soup mixture until thick, pour over carrots, green peppers and onions. Chill before serving.

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.