

The Owen



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

Family Newsletter

Summer Issue, 2017 * Volume 20, Issue 2

From Our Family to Yours

Inside This Issue

- 1 Staying Active and Engaged
By Genee Nisbet
- 2 Rollin' With Owen
Tour Kentucky Made
- 2 Rollin' with Owen
Beyond The Beach
- 3 Stepping Stones
Gold City Quartet
- 3 Remembering
Joe Ball
- 3 The Owen Funeral
Home Family
featuring Debbie Burns
- 4 Neighborhood News
- 4 From Our Kitchen To Yours
Tasty Vegetable Dish

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Sincere Service Is Our Way of Life

Owen Funeral Homes

5317 Dixie Highway
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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



Staying Active and Engaged



It is natural to feel depressed and want to withdraw inside a protective cocoon when a loved one dies. We often need time to go inside ourselves, to process the pain of loss. How long we stay hidden can make the difference in working through the grief process. The longer we say, "No" to invitations to go out; the less invitations we will receive. With decreased activity, our physical well-being starts to decline. While the only way through grief is to grieve, we must also push through the safety of our cocoon and interact in the world around. It is important to remember an old 12 step saying, "We sometimes have to act our way into a new way of feeling."

Here are some tips for re-entering back into life:

- * Say "yes" when asked to go out.
- * Push yourself to attend your place of worship; even if it is hard.
- * Invite people over for lunch or dinner.
- * Attend a grief support group – (Owen Grief Support meetings listed on the back.)
- * Volunteer at a church, area ministry, local hospital or nursing home.
- * Walk around your neighborhood and say hello to the people you pass.
- * Sign up to go on a Rollin' with Owen trip. You are sure to meet great people!

“Rollin with Owen Trip”



Thursday, August 10, 2017

Cost: \$69.00 - Includes Lunch

**Payment due – July 21, 2017
(Check made payable to Miller Transportation)**

Tour the Toyota Factory, Georgetown, KY - Enjoy a behind the scenes tram tour of Toyota’s largest vehicle manufacturing plant outside of Japan; located in none other than Kentucky.
(A valid photo ID will be required for each adult scheduled for the tour.)

Lunch is included at Hall’s on the River, Winchester, KY - Hall’s on the River is known for its famous Beer Cheese. The Food Network featured Hall’s On the River in its “Great Bites in the Bluegrass State: What to Eat in Kentucky.”

Tour the Ale-8-One Bottling Co, Winchester, KY - Ale-8-One soft drink has been bottled in Winchester since 1926 and is the only soft drink invented in Kentucky still in existence.

For a detailed itinerary contact Genene Nisbet - 447-7759 or genene.nisbet@owenfuneralhome.com

Rollin with Owen

Beyond the Beach - Coastal Virginia

5 Days - October 9 -13, 2017

Four nights lodging, 4 Breakfasts,
1 Lunch, 2 Dinners



Deposit of \$200.00 due: July 17, 2017
Final Payment due: September 1, 2017
\$1,039.00 - 1 person per room
\$789.00 - 2 people per room
\$729.00 - 3 people per room
\$699.00 - 4 people per room

Sites we will see along the way:

Spirit of Norfolk Cruise, Nauticus -Maritime Science Center and the USS Battleship Wisconsin, Colonial Williamsburg, Jamestown Settlement, Casemate Museum, Military Aviation Museum with a dinner buffet and entertainment “Swingtime in the Skies” by Rosie the Riveter & Tamarack

For a detailed itinerary contact Genene Nisbet - 447-7759 or genene.nisbet@owenfuneralhome.com



Stepping Stones 2017

Thursday, September 14th

11:30 a.m. -2:00 p.m.

Valley View Church

8911 Third Street Road – Valley Station

Meet one of our
Owen Family Members...

Debbie Burns

Greeter



Debbie Burns joined the Owen staff in 2012 as a greeter. Debbie has known the Owen Family since childhood. Her father, Lawrence Burns, was a valued employee and managed Owen Funeral Home for 43 years. Her brother, Michael Burns, is also a funeral director and embalmer at our Dixie location. Her youngest brother, Chris, is also in the funeral industry. Debbie retired from public service in 2007. After retiring, she knew she wanted to continue serving others. Fortunately for us, a position was available and she became another member of the Burns' family to provide sincere and compassionate care to Owen families.

She is a member of St. Paul Catholic Church where she is a Lecturer, Eucharistic Minister, Eucharistic Adorer, member of the Parish Council and the Young at Hearts club and is on a ministry team that provides bereavement luncheons for parishioners. Debbie is also a FOP member and volunteer at Sts. Mary Elizabeth Hospital where she also belongs to the Auxiliary Club. Debbie has 2 sisters, and 2 brothers still living and she shares her home with 2 dogs and 2 cats. She stays busy reading and walking her dogs.



“Shower your Neighbors with Love”

Donate personal care items (i.e. body soap, shampoo, hand soap, deodorant, etc.)

These items will assist our local area ministries to those in crisis and need.

- Shively Area Ministries
- South Louisville Community Ministries
- Southwest Community Ministries

The Owen family invites you to Stepping Stones 2017. Stepping Stones is an annual program sponsored by Owen Funeral Home. If you like southern gospel music, then get ready for Gold City Quartet.



Be prepared for an upbeat, moving day and bring your appetite because we also have a tasty buffet planned by Mark's Feed Store. If you plan to join us for lunch, a lunch ticket is required. All lunch tickets are reserved and may be picked-up on August 28th, at an Owen Funeral Home location.

Schedule:

11:30 a.m. Lunch (Lunch Ticket Required)

1:00 p.m. - 2:00 p.m. Gold City Quartet

Lunch reservations are limited and required. Pre-register by contacting Gene Nisbet at 502-447-7759 or genene.nisbet@owenfuneralhome.com

In Loving Memory...



Joe Ball
May 24, 1929
March 27, 2017

Joe worked alongside the Owen Dixie staff 18 years. He was a valued member of our staff. He is missed!



Owen FUNERAL HOMES

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
Shannon Mazur
Yvonne M. Nantz
Jackie Pugh

FUNERAL DIRECTORS JEFFERSONTOWN

Rachel Barr
Pamela H. Owen
Ben Washam

PRE-NEED SERVICES

Richard Dike, Manager
Gary Thomas

An Owner of

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

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>

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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.**

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 Debbie Burns



Tasty Vegetable Dish

Ingredients:

4 t. Olive oil
½ c. Sliced shallots
1 ½ lbs. Brussel sprouts,
trimmed & halved
¾ c. Unsalted chicken stock
½ t. Grated lemon rind
¼ t. Kosher salt
¼ t. Black pepper

Heat large skillet over medium high heat. Add oil, swirl to coat. Add shallots and brussel sprouts; sauté 8 minutes. Add chicken stock to pan and cook 2 minutes or until liquid evaporates; stirring occasionally. Stir in lemon rind, salt & pepper.