

The Owen



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

Family Newsletter

Winter Issue, 2017 * Volume 20, Issue 1

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
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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



Seven Ways to Warm Yourself to Winter

Winter time... while enjoyed by a few; is often dreaded by many. This is especially true for those grieving the loss of a loved one. Even under the best of circumstances many people say they get the "winter-time blues." These are characterized by a mild depression, lack of motivation and low energy during the cold season of winter. If this is your experience, remember there are things you can do.



- Exercise – Find a gym, church with a recreation facility or even walk at a shopping mall. Exercise helps on many levels. It helps you stay healthy and fit, reduces stress while inducing the release of the "feel good chemicals" that improve your mood.
- Get Outside- Exposure to sunshine can help with the "winter-time blues." Sunlight exposure releases neurotransmitters in the brain that affect mood. Try to get out at least 10 minutes a day. Open up your blinds on a sunny day and let the sun shine in.
- Eat Healthy – Comfort foods high in sugar can leave you sluggish; zapping your body of energy. Try to eat more complex carbohydrates, fruits and veggies. These foods stabilize your blood sugar and help with your energy level.
- Set Goals – Winter time is ideal to focus on new indoor projects. Make a short list of a few things you'd like to accomplish, but don't overwhelm yourself. Post your list and cross off projects as you complete them. A feeling of accomplishment always lifts our spirits.
- Get Social – Call out to friends on days you are unable to get out. Plan social occasions with friends and family. If you are retired, volunteer during the day at your local hospital, church, or community organizations. Join a club or organization. Connect with Owen Aftercare Services for information on support groups or travel opportunities at www.owenfuneralhome.com.
- Treat Yourself – Give yourself something to look forward to. Planning something exciting improves your mood. Anticipating something fun, is almost as fun as doing it!
- Embrace the Season – On a snowy day, take time to see the beauty. Breathe in the crisp air of winter. Enjoy a warm cup of cocoa. Make a "gratitude list" and be sure to express your gratitude to those you love.

*"In the depths of winter I finally learned that within me there lay an invincible summer."
- Albert Camus*

The 23rd Psalm

Adapted

There are scripture passages that are read so often they are woven into the fabric of our lives. Psalms 23 is one of these scriptures. It is often read in the very saddest of times. Many have heard it read at a loved one's funeral service. The altered version below illustrates God's ever-presence. We hope you find this reading encouraging and comforting.

With the Lord as your Shepherd
You have all that you need
For, if you follow in His footsteps
Wherever He may lead,
He will guard and guide and keep you
In His loving, watchful care
And, when traveling in dark valleys,
Your shepherd will be there...
His goodness is unfailing,
His kindness knows no end,
For the Lord is a good shepherd
On whom you can depend...
So, when your heart is troubled,
Look to him and find quiet peace and calm.



“Rollin with Owen Trip”

Branson Music Showcase

April 24 – 27, 2017

Four Days! Four Shows

**Clay Cooper’s Show, Texas Tenors, Presley’s Country Jubilee,
Behind the Scenes Tour of the Sight & Sound Theater and Moses
Includes 3 Continental Breakfasts! 1 Lunch! 3 Dinners!**

Deposit of \$100.00 due: January 23, 2017
Final Payment due: February 20, 2017
(Checks made payable to Miller Transportation)

Cost per person: \$589.00- 2 people in a room
\$559.00- 3 people in a room
\$539.00- 4 people in a room
\$679.00- 1 person in a room

For questions or to receive a registration form contact:

Genene Nisbet at 447-7759 or
genene.nisbet@owenfuneralhome.com



Talk it Out



It is important to talk with your family and loved ones about what you value in a funeral service. Share with them the parts of the funeral service that are the most important to you. Offer ideas of what you would like for your service. This is

often done when a person pre-arranges their service. Guide your family toward what you hold dear. It might be the music, scriptures, special readings or the display of photos or a DVD of your favorite pictures. You may want a balloon release at the end or a specific song played as your loved ones leave the service. Remember to talk it out with the ones you love, so they will know how to honor your life. It will help them with this difficult process. Contact Richard Dike at 502-447-2600 if you need additional help or ideas with planning your service.

Meet one of our Owen Family Members...

Jami Thompson

Insurance/Death Certificate Coordinator



Jami joined the Owen Funeral Home staff in April 2015. She is from the Valley Station/PRP area, but now resides in Campbellsville, KY. She is a 1990 graduate of Holy Cross High School. For 20 years she worked at Aldersgate/Mosaic UMC Child Development Center as a pre-school teacher and assistant director.

Family and friends are very important to her, she loves to spend time with them. She enjoys the outdoors and fishing and boating at Green River Lake. She also enjoys reading, crafts, and is an avid UK Wildcat fan.

She is a natural born caregiver, who has taken care of her grandparents and now takes care of her parents, Jerry and Sherry Thompson. Although she was not blessed with children of her own, she has 2 very important ones in her life, Jordan and Ally Blain and their dad, Jimmy Blain, with whom she spends most of her time. She has 3 "Fur Babies," Radar, Ravyn, and Tess.

Advice from a Snowman



- *Be a jolly, happy soul
- *Spend time outdoors
- *Stay cool
- *It's okay to be a little bottom heavy
- *Avoid Meltdowns
- *Be well-rounded
- *Live well, life is short



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<http://www.owenfuneralhome.com>

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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

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

OWEN MONUMENT COMPANY

Gary Thomas, 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.**

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 Jami Thompson



Easy Loaded Ranch Dip

Ingredients:

- 24 ounces Sour Cream
- 1 package Hidden Valley Ranch Dip Mix
- 3 ounce bag of Real Bacon Bits
- 2 cups shredded Sharp Cheddar Cheese

Mix all ingredients together.
Chill 1 hour before serving.

Serve with Potato Chips,
Pita Chips or Bagel Chips