



## Family Newsletter

Fall Issue, 2014 \* Volume 17, Issue 3

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  
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](mailto:info@owenfuneralhome.com)  
Email addresses are not retained by Owen.

Join us on



### Self-Care During The Holiday Season

The holiday season can be challenging when grieving the death of someone you love. With all the hustle and bustle and activities you may feel completely exhausted by the time they are over. Here are a few suggestions that may help you maintain a sense of emotional peace and physical well-being.

#### Anticipate your needs during the holidays –

- Healthy eating and snacks at home
- Drink plenty of water
- Time for rest – Take a nap!
- Exercise
- Quiet time for meditation, prayer or devotional reading



#### Don't be afraid to alter or make changes to holiday traditions –

- Have dinner at a different time or place
- Let others help with holiday preparations
- Attend a different church for a holiday service
- Plan an out of town trip, if staying home is too difficult

#### Set priorities by doing only the things you want or feel capable of doing–

Questions to ask:

- Do I really enjoy doing this?
- Is this a task that can be shared by other family members?
- Would Thanksgiving/Christmas be Thanksgiving/Christmas without it?

#### Have a plan when you go out socially or to holiday gatherings

- Give yourself permission to say, "No"
- Educate others on how they can support you through your grief process
- Park your automobile where you can leave if you feel emotionally overwhelmed
- Talk with family/friends about whether you would like to memorialize your loved one at family gatherings

*Memorialization Ideas: Burning a candle, having your loved one's picture on display, moment of silent prayer, sharing favorite memories, place a favorite flower as a center piece in their memory, etc.*



## ROLLIN WITH OWEN

### SAN ANTONIO FIESTA DAYS

April 20 – 27, 2015 – 8 Days

Cost per person:

Double: \$989.00 (2 people in a room)

Triple/Quad: \$939.00 (3/4 people in a room)

Single: \$1,409.00 (1 person in a room)

**Deposit of \$200.00 due January 5, 2015**

**Final Payment due: March 2, 2015**

**Make checks payable to Toby Tours**

*Cost includes: Transportation by Toby Tours, Lodging, 7 Breakfasts, City Tour of New Orleans, San Antonio Imax Theater, San Antonio City Tour and Boat Taxi on San Antonio River, Reserved Bleacher Seating at the Fiesta Days Parade, Tour of the Alamo, Dallas JFK Museum & Memorial, Arkansas Clinton Presidential Library and Museum and lunch at Casey Jones.*

Monday, April 20 -- Depart Louisville and travel south to Bowling Green, KY for morning break. Our travel continues through Tennessee and Alabama. This afternoon takes us into the "Heart of Dixie" to Birmingham, Alabama as we continue on to Meridian, MS where we will spend the night.

Tuesday, April 21-- Continental breakfast included. Today we travel south through the state of Mississippi to New Orleans, Louisiana. We will have time for lunch in the famous French Quarter before being joined by a local guide for a tour of the city. We will leave New Orleans and travel to Sulphur, LA, where we will spend the night.

Wednesday, April 22 -- Continental breakfast included. This morning we travel through Houston, Texas on to San Antonio where we will visit Market Square. This evening we will enjoy the spectacular Imax Theater. We will be staying in downtown San Antonio on the Riverwalk for the next three nights.

Thursday, April 23 -- Breakfast included. This morning a local guide will join our group and show us this spectacular city, including some of San Antonio's missions. This afternoon we will enjoy the city as we ride along the San Antonio River on boat taxis, and enjoy being in downtown San Antonio! Same Hotel

Friday, April 24 -- Breakfast included. Today we will enjoy the many activities and attractions of San Antonio's famous Fiesta Days! We will go to the Alamo for a tour. This afternoon, we will have reserved bleacher seating for the Battle of the Flowers Parade. Later we'll have time for shopping along the River Walk. Same Hotel

Saturday, April 25 -- Breakfast included. We say good-bye to lovely San Antonio this morning. We will travel through Austin on to Waco for lunch. After lunch we travel to Dallas where we will visit the John F. Kennedy Museum and Memorial. We will spend the night in the Dallas area.

Sunday, April 26 -- Continental breakfast included. We will travel to Little Rock, Arkansas where we will spend some time at the Clinton Presidential Library and Museum and spend the night.

Monday, April 27 -- Continental breakfast included. This morning we will leave Arkansas and travel to Memphis, Tennessee for a morning break. We will have lunch included at Casey Jones in Jackson, TN and continue on to Kentucky, arriving back in Louisville this evening.

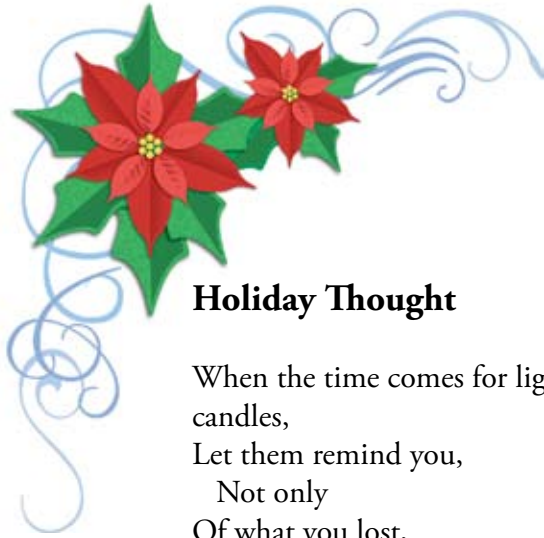


For information contact: Genene Nisbet, at 447-7759  
or email [genene.nisbet@owenfuneralhome.com](mailto:genene.nisbet@owenfuneralhome.com)

Meet one of our  
Owen Family Members...

## Philip Simpson

Co-Manager, Owen Funeral Home Dixie



### Holiday Thought

When the time comes for lighting festive  
candles,  
Let them remind you,  
Not only  
Of what you lost,  
But also  
Of what you had.

*-By Sasha Wagner*

### Great Loss Demands That We Choose

Every great loss demands that we choose life again.  
We need to grieve in order to do this.  
The pain we have not grieved over will always stand between us  
and life.  
When we don't grieve, a part of us becomes caught in the past  
like Lot's wife who,  
because she looked back, was turned into a pillar of salt.  
Grieving is not about forgetting.  
Grieving allows us to heal, to remember with love rather than  
pain.  
It is a sorting process.  
One by one you let go of the things that are gone and you  
mourn for them.  
One by One you take hold of the things that have become a  
part of who you are and build again.

*-Rachel Naomi Remem, MD*



As Owen Funeral Home celebrates their  
75th anniversary, Philip celebrates his 47th  
year with the company.

Philip is a familiar face to many at the  
Owen Funeral Homes. A part of the Owen  
Funeral Home staff since 1967, Philip  
began his career at the original location on  
2611 Virginia Avenue. In 1970, he went to  
work at the location on Dixie Highway.

A Lawrenceburg, Kentucky native, Philip  
graduated from the Kentucky School of  
Mortuary Science in Louisville in 1967.  
After serving his two year apprenticeship,  
he became a licensed funeral director and  
embalmer in 1970. In 1987, he earned his  
Life Insurance License from the state of  
Kentucky.

Philip is a member of the Masonic Lodge  
and Kosair Shrine. As the grandfather of  
nine with two more on the way, father  
of three and stepfather of three, Philip  
maintains an active family life with his wife,  
Faye.

His dedication to providing genuine  
concern and quality service has earned him  
the trust of the many families he has taken  
care of at the Owen Funeral Homes.





5317 Dixie Highway Louisville, KY 40216  
502-447-2600 or 888-817-6105  
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<http://www.owenfuneralhome.com>

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FOUNDING FAMILY  
Bird S. Owen Jr. (1911-1987)  
Mrs. Edith Owen  
David L. Owen  
Linda Owen Miller

FUNERAL DIRECTORS DIXIE HIGHWAY  
Mark McNeil, Manager  
Philip R. Simpson, Manager  
Glenn Bennett  
Michael L. Burns  
William B. Longest  
Shannon Mazur  
Yvonne M. Nantz  
Jackie Pugh

FUNERAL DIRECTORS JEFFERSONTOWN  
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Kenneth W. Hardin, Sr., Asst. Manager  
Rachel Barr  
Pamela H. Owen  
Ben Washam

PRE-NEED SERVICES  
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Gary Thomas  
Debra Goss

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

#### *“Transitions”*

Group for Bereaved Persons & Families  
in their first few months of grief  
Location and times assigned quarterly

#### *“A Parent’s Grief”*

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

#### *“Now and Beyond”*

Group for Spousal Loss  
Every 3rd Friday, 2:00 p.m.  
Southwest Regional Library (NEW Location)  
Every 3rd Wednesday, 2:00 p.m.  
Owen Funeral Home, Jeffersontown

#### *Monthly Men’s Breakfast*

Every 3rd Monday, at 8:30 a.m.  
The Kitchen Restaurant  
5300 Cane Run Rd

#### *Monthly Spousal Loss Luncheon*

Every 1st Friday, 1:00 p.m.  
Golden Corral Restaurant, 5362 Dixie Highway

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

From Our Kitchen  
To Yours

by Edith and Linda Owen



### Ring-A-Ling Punch

1 ½ cans frozen lemonade  
2 cups sugar  
2 64 oz. cranapple juice  
1 gallon of water  
1 2-liter bottle ginger ale per bowl

Stir ingredients into a large punch  
bowl – taste for more sugar or  
water.

This punch is an Owen family  
tradition. With each drink we hope  
you are filled with sweet holiday  
memories.

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.