

The Owen



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

Family Newsletter

Winter Issue, 2013 * Volume 16, Issue 1

From Our Family to Yours

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Love Comes in Wags & Snuggles

These most basic facts are true. People require air, food, water, clothing, and shelter, in order to survive. There is also one more thing we might consider adding, and that is a relationship. It is rare for a person to thrive in the absence of an intimate relationship. While your first thought might be a bond with another person, many times a loving pet is just what the doctor ordered.



Melody

*This article was written by my
"mom" Brenda Woods.*

Grief is the process that we experience when our important relationships are significantly interrupted or ended, many times through death. Grief starts when someone or something we care about is lost to us. We do not grieve for all lost relationships; instead, we grieve only for those that have become important to us over time. And, as individual as each of us is, the way in which we express our grief is as unique.

While we all know the power of talking about your problems with a good friend who is also a good listener, turning to a friend or family member may not be easy for some. Pets can be there for you in ways that people can't. They can offer love and companionship, and can also enjoy comfortable silences, keep secrets and are excellent snugglers. And they could be the best antidote to loneliness. Pets don't judge us; they just love us

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



Meet Sammy Hawky
Member of Edith Owen Family

For those who love animals, it's virtually impossible to stay in a bad mood when a pair of loving puppy eyes meets yours, or when a super-soft cat rubs up against your hand. Research supports the mood-enhancing benefits of pets. Pet owners know how much their furry friend improves their quality of life. But it's not all about unconditional love—although that actually provides a wellness boost, too. On an emotional level, owning a pet can decrease depression, stress and anxiety; health-wise, it can lower your blood pressure, improve your immunity and even decrease your risk of heart attack and stroke. Knowing that this loving creature is dependent on you to provide their daily needs, may also give you another basic requirement to sustain...the need to be needed.

The Owen Family Newsletter is published by the Owen Funeral Home. We invite your comments or questions. Please direct all correspondence to David L. Owen.
Email: david.owen8680@gmail.com
Email addresses are not retained by Owen.

Join us on



PURRRRS
WAGS
KISSES...
OH MY!



Meet Sparkie and Max
Members of Genene Nisbet Family

Meet Brock with Luke & Logan
Member of Ken Hardin, Jr. Family



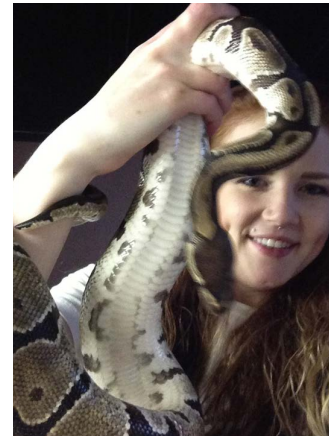
Meet Lucy
Member of Richard Dike Family



Meet Roscoe and Coco
Members of David & Pam Owen Family



Meet Miss Belle
Member of Ken Cutrer Family

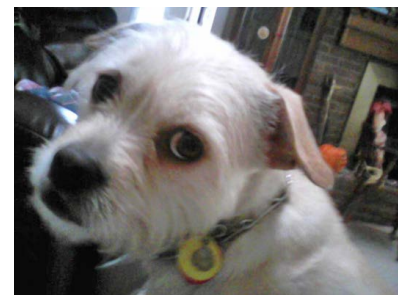


Meet Bonny
Member of Shelby Chism Family



Meet Juggy
Beloved Member of Glenn Bennett Family

Every pet is special, but we thought Glenn Bennett's story was the perfect example of the importance a pet can play in one's life. Dachshunds are one person dogs. Friendly with most everyone, but truly love only one master and "Juggy" loved me. In 2007 Juggy became paralyzed with a back ailment, a frequent dachshund affliction. The Vet said she needed back surgery or she would have to be put down. I knew it would be expensive, but whatever was necessary to save my Juggy. The operation was a success but the Vet told me that if she ever had more back problems, that there was nothing else he could do medically...she would have to be euthanized !!!



Meet Lillie
Member of Ken Hardin, Sr. Family

Late 2008 I was diagnosed with kidney cancer. Before I left for the hospital, Juggy went down again with back problems, she couldn't walk, she was paralyzed again. I knew I would have to put her down when I got home from the hospital. After my successful surgery, I returned home and Juggy met me at the door, walking and doing just fine. So many people had been praying for Angels to help me, that some came and helped Juggy. A miracle? I don't know, but I got to enjoy my Juggy for a while longer. Juggy died in 2010 from complications with diabetes. I miss her every day!



Meet Dexter & Brutus
Members of Rachel Hood Barr Family



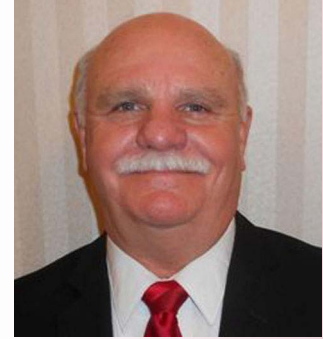
10 TIPS FOR DISASTER PREPAREDNESS

Meet one of our
Owen Family Members...

As we have learned in recent months, natural disasters can occur anywhere, any time. Being prepared and having an emergency plan in place is your best defense. Funeral Director Pam Owen, with Owen Funeral Homes, is often out in the community speaking on emergency preparedness. She shares her tips on how to prepare in advance for whatever Mother Nature may send your way.



Bruce Himes
Maintenance and Family Services



1. Build a 72-Hour Grag-and-Go-Bag

Use a rolling carry-on bag and fill it with things you would need if you and your family had to spend three days in an emergency shelter. Pack cash in small denominations because ATMs and cash registers will not work during a power outage. Tie a red ribbon to the handle of your bag before storing it in a safe place, such as a closet near the door or in your bedroom.

2. Pack NonPerishable Foods

Use reusable grocery store bags for nonperishable foods. Don't forget paper bowls, plates, cups, plastic utensils and a hand crank can opener. Use a black marker to write the expiration dates on each container.

3. Remember The Liquids

Use an insulated, reusable grocery bag for liquids like bottled water, small cartons of milk, etc. If you use insulin you will need to be prepared to pack it in a moment's notice. Put a note in the bag to remind you to get it out of the refrigerator. Gallon size zip lock bags are handy for filling with ice if needed.

4. Pack a Hygiene Bag

Use a light colored, reusable grocery bag or similar stand-alone bag with handles for hygiene items. Pack a first aid kit, hand sanitizer, alcohol, incontinence products, diapers (if applicable) as well as travel size bottles of shampoo, body wash, etc.

5. Pack a Weather Bag

Use another reusable grocery bag or something similar for wet weather supplies. This should include rain boots, heavy socks, ponchos, umbrellas, waterproof flashlights, flares and a small radio in a zip lock bag. Pack fresh batteries for both in a zip lock bag.

6. Remember Your Pets

Use another reusable grocery bag in a different color to pack your pet supplies. Pack pull-top cans of food or bags of dry food and mark expiration dates with a black marker. Pack bowls for food and water along with collars and leashes. Set aside gallon jugs of water just for your pets. Have all of your pets micro-chipped, and keep up with the membership fees each year.

7. Consider Plastic Bins

Large plastic bins can also be used to make 72-hour kits. Keep in mind that they may become heavy once they are full of supplies and will be difficult for some people to handle during an emergency.

8. Make Copies of Important Papers

Make two or more copies of all of your important documents as well as any other papers that you would need if you had to replace everything you own. Give one of them to a trusted family member or friend.

9. Tool Time

If you live or work in a high-rise building you will need to carry with you a small pry tool. These small tools can fit on key chains and can pry open a stuck elevator door.

10. Become a Weather Watcher

Be aware of the types of natural disasters, severe weather or emergency situations that are the most likely to affect your area. Visit www.redcross.org/prepare/location/home-family/get-kit for info, and www.fema.gov/test-messages to get monthly FEMA updates and to find a shelter by your zip code. Phone numbers of local emergency shelter locations can be programmed into your cell phone.

Bruce joined the Owen Funeral Home staff in 2010. He maintains our beautiful facilities and assists with family services. Joining the Owen staff has been an easy transition for Bruce. He retired from Lake Dreamlands Fire Department as Assistant Chief in 2010 with 42 years of service. He also retired from the Regional Airport Authority Fire Department 2001 with 27 years of service. Bruce said, "I have always served and working at Owen Funeral Home is a continuation of this, as I serve families."

Bruce is married to Wendy. They celebrated 43 years together and have 3 children who have followed in Bruce's footsteps. His oldest son serves as Captain of the Louisville Fire Department, his daughter as a dispatcher for the Shively Police Department and his youngest son as a fire fighter with the Shively Fire Department. Bruce and Wendy have 6 grandchildren and one on the way.

As part of his extra curricular activities, he is a Kentucky Colonel. Bruce is a humble man but we owe him our appreciation for his time serving with Fire and Rescue Services. It is people like him and his family that make this world a better place.



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

“Now and Beyond”

Group for Widows and Widowers
Every 3rd Friday, 2:00 p.m.
Southwest Regional Library
Every 3rd Wednesday, 2:00 p.m.
Owen Funeral Home, Jeffersontown

“A Parent’s Grief”

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

Monthly Men’s Breakfast

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

Monthly Widow/Widower’s Luncheon

Every 1st Friday, 1:00 p.m.
Location assigned monthly

**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.

Owen
FUNERAL HOMES

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>

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
Rachel Hood Barr
William B. Longest
Yvonne M. Nantz
Jackie Pugh

FUNERAL DIRECTORS JEFFERSONTOWN

Kenneth W. Hardin, Jr., Manager
Kenneth W. Hardin, Sr., Asst. Manager
Pamela H. Owen

PRE-NEED SERVICES

Richard Dike, Director
Gary Thomas

An Owner of

Highlands Funeral Home

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

From Our Kitchen To Yours

by **Bruce Himes**



Creme of Chicken

4 – Boneless Chicken Breasts
1 – 10 oz. Cream of Mushroom
1- 10 oz. Cream of Chicken
1 – Cup French Fried Onions

Place chicken in a 10” baking dish (spray with non-stick spray). Mix cream of chicken, cream of mushroom, and French Fried Onions and pour over chicken.

Bake on 350 degrees for 1 ½ hours, until chicken is tender.

Bruce’s family likes bake potatoes and green beans with this meal. Try it out and let us know what you think. Enjoy!

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