



Family Newsletter

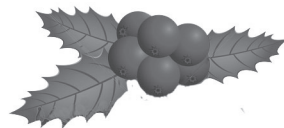
Fall Issue, 2011 * Volume 14, Issue 3

From Our Family to Yours

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Getting Through the Holidays



Realizing how difficult the holiday season can be for those who are grieving the loss of a loved one, here are some thoughts with the hope of making your holidays easier to handle this year.

1. You must decide what you can comfortably handle and let your needs be known to family and friends:

- * *whether or not to talk about your loved one.*
- * *whether you can handle the responsibility of family dinners and parties.*
- * *whether you will stay here for the holidays or choose to travel this year*

2. Don't be afraid to make changes, it can really make things less painful.

- * *have dinner at a different time.*
- * *attend a different church for a holiday service.*
- * *let others take over holiday preparations, such as decorating, etc.*
- * *give yourself permission to say "no."*

3. Your greatest comfort may come in doing something meaningful for others. Some ideas are:

- * *giving a gift in memory of your loved one.*
- * *adopting a needy family for the holidays.*

4. Whether it's putting up the tree, greeting cards, holiday baking or a big family dinner, ask yourself these questions before making any decisions:

- * *do I really enjoy this? Do other family members really enjoy this?*
- * *is this a task that can be shared by other family members?*
- * *would Thanksgiving/Christmas be Thanksgiving/Christmas without it?*

5. Give yourself permission to experience joy, while allowing yourself to embrace the emotional pain of your loss.

6. Other ideas include:

- * *burning a special candle in memory of the family member*
- * *buying a poinsettia or another plant as a living memorial*
- * *putting thoughts and feelings about your loved one on notes and placing them in a special stocking*
- * *a moment of silence or a prayer before a meal or at another time is a simple, gracious way to honor your loved one*

- Source Unknown

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 David L. Owen.
Email: dowen502@aol.com

America's Wartime Veterans Aid & Attendance Benefits

The Improved Pension with Aid and Attendance benefit is one of the most misunderstood benefits being administered by the VA today. Many families who attempt to complete the 20 page application put down inaccurate information and miss many of the detailed supporting documents that are needed by the VA, leading to delays, denials and frustration causing many families to give up.

Misunderstood Statements:

- To get this benefit the veteran must have suffered an injury, been wounded or died in service? **WRONG**
- To get this benefit the veteran must have been in battle? **WRONG**
- To get this benefit the veteran must have served during the whole war? **WRONG**
- To get this benefit the veteran or spouse must be out of money? **WRONG**
- To get this benefit the veteran must be living in a nursing home or assisted living complex? **WRONG**
- To get this benefit the veteran can't be getting a military pension? **WRONG**
- If the Veteran is receiving a partial VA disability they can't get this benefit? **WRONG**

Because of the extremely high workload of all VA offices, their representatives can only provide the basic requirements of the benefits. The key is asking the right questions. Our offices across the country have already asked the right questions and we would like to share that knowledge with you. To help families through the process we have trained professional members of AAWV who conduct free informational seminars to relay the basic information on what is needed when applying. If families want an indepth review of the veteran or spouse's personal situation, a professional member of AAWV will provide a one-on-one time to answer all personal questions that you may not want to be brought up in a group environment.

Please call AAWV at 800-850-5504 for more information and seminars in your area.

Recognizing Owen Service Men

(Left to Right)

Ken Hardin, Sr. , Air Force (1962 – 1966) Vietnam War
Carlos Hume, Navy (1944 – 1946) WW II
Norman Sarver, Army (1959 – 1980) Vietnam War
William Longest, Navy (1953 – 1957) Korean War
Charlie Portman, Army (1960 – 1966) Vietnam War
Windy Blair, Army (1950 – 1952) Korean War
Gerald Davis, Army (1953 – 1955) Korean War
Dan Ennis, Marines (1954 – 1965) Korean War
Joe Ball, Marines (1952 – 1954) Korean War



Genene Nisbet Achieves Fellow Level with AAPC

In August, 2011 Genene Nisbet was certified at Fellow Level by the American Association of Pastoral Counselors. The AAPC are highly educated professionals. By studying theology as well as psychology, Pastoral Counselors are trained in two

disciplines instead of one, allowing them to address psychological and spiritual issues. The typical education and training for the AAPC Pastoral Counselor at Fellow Level consists of a Bachelor's Degree from a college or

university, a 3 year professional degree from a seminary, and specialized post-graduate work. A significant portion of this education is spent in clinical training requiring 1, 625 hours of supervised counseling experience and 250 hours of direct clinical supervision.



**Rollin' with Owen
Summer in New England
June 2 – 9, 2012 (8 days)**

Owen Funeral Homes Presents: Toby Tours Trip

Cost per Person:
\$959.00 (2 in room)
\$939.00 (3/4 in room)
\$1,359.00 (1 in room)

Deposit \$200.00 due: Feb. 3, 2012
Final Payment: April 20, 2012

For more information contact:
Geneve Nisbet, at 447-7759
or Dr. Ken Cutrer at 447-2600

Saturday, June 2

Depart Owen Funeral Home for an exciting summer tour of New England. Our morning break near Cincinnati, OH; lunch near Columbus, OH. This afternoon we'll travel through the beautiful Allegheny Mountains to Carlisle, PA where we will overnight.

Sunday, June 3

This morning we continue our ride through Pennsylvania to Phillipsburg, NJ where we'll have a morning break. Cross George Washington Bridge over the Hudson River where we should be able to see downtown Manhattan; continue to the beautiful state of Connecticut, where we will stop for lunch; travel to Newport, RI for our overnight accommodations.

Monday, June 4

A step on guided tour of Newport, and many lovely sites. After lunch, Plymouth for a view of Plymouth Rock and the Mayflower II. On to the Boston, MA area where we will overnight.

Tuesday, June 5

A step on guided tour of Boston including Old North Church, site of the Boston Tea Party and more. After lunch, shopping in Quincy Market, and on to Maine. A stop in Kennebunkport, ME where we will visit Dock Square and view Walkers Point, the summer home of former President George Bush. Lobster Bake Feast included for dinner and lodging is Portland, ME.

Wednesday, June 6

A ride through the White Mountains; first stop is the North Conway Village and visit the Brass Whistle Gift Shop. Next the beautiful Mt. Washington Valley and White Mountains onboard the Conway Scenic Railroad. Lunch (on own) and shopping in the North Conway Village, NH. Montpelier, VT for overnight lodging.

Thursday, June 7

We view the Capitol Building located in downtown Montpelier, the gold leaf dome includes real gold and offers a spectacular contrast with the wooded hillside of Hubbard Park in the background. Next Morse Farm Maple Sugarworks, tour and tasting or stop by the Woodshed Theater. Don't forget the Country Store! On to Waterbury, VT, and Ben & Jerry's for a guided tour of the Ice Cream Factory, and a visit to the Flavoroom. We travel on to Grand Isle, VT where we will ferry across Lake Champlain and overnight in Plattsburgh, NY.

Friday, June 8

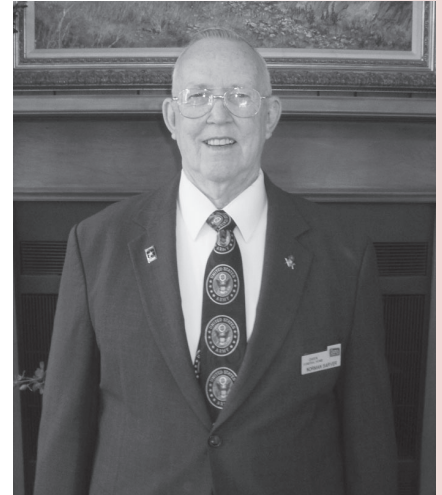
We journey across New York through the Adirondack Mountains; an afternoon break in Syracuse, NY. Our overnight lodging will be in Erie, PA.

Saturday, June 9

After a beautiful tour of New England we head for home. Our arrival in Louisville will be approximately 6:00PM.

Meet one of our
Owen Family Members...

Norman Sarver



Norman joined the Owen Funeral Home staff in 2004. He was born in Madison, IN and grew up in Cincinnati, OH.

Norman retired after 21 years from the United States Army. During that time he lived all over the world and spent two tours of duty in Viet Nam. He received the Bronze Star, Air Medal and Meritorius Service Medal and, while living in Italy, he earned his Associate Degree.

Norman is also retired after 24 years with the U.S. Postal Service as supervisor of Express Mail.

Norman is married to Kathleen and has a son Patrick, step-daughters Jennifer and Julie and seven grandchildren.

He is a Shriner and belongs to Camp Knox Lodge #919 and hold a 32nd Degree with the Scottish Rite.

In his spare time, Norman enjoys gardening, traveling and playing cards with his friends.



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

Monthly “A Daughter’s Loss”

Every 3rd Thursday, at 6:30 p.m.
Hillview Baptist Church

“A Parent’s Grief”

2nd and 4th Monday, at 6:30 p.m.
Hillview Baptist Church

Monthly Men’s Breakfast

Every 3rd Monday, at 8:30 a.m.
Location assigned monthly

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.

From Our Kitchen To Yours

by Norman Sarver



Baked Pork Chops

(Norman learned to prepare this dish while serving in Viet Nam.)

- Preheat oven to 350
- 6 pork chops**
- 2 cans mushroom soup**
- 1 can mushrooms**
- 6-8 potatoes peeled, sliced thin**
- 1 cup whole milk**
- Salt and Pepper to taste**

Brown pork chops adding salt and pepper.

Mix soup, mushrooms and milk together. Put three pork chops in a casserole dish, add a layer of potatoes and one-half the soup mixture. Repeat all layers. Bake at 350 degrees for approximately one hour or until brown and bubbly.



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 David L. Owen
 Linda Owen Miller

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 Philip R. Simpson, Manager
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 3331 Taylorsville Road * Louisville, KY 40205