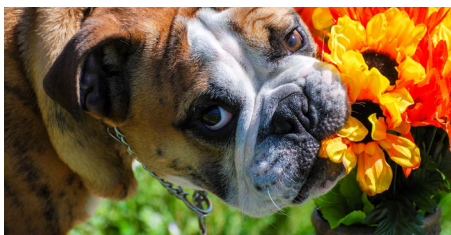


NEWSLETTER



Photo Credit: Rachel Owen, In loving memory of Brutus

The Healing Power of Pets in Times of Grief



When my daughter recently moved back home with her two energetic dogs and a very vocal cat, I initially worried about the upheaval. However, I soon realized how much I missed having pets around. Each day, they eagerly greet me, brimming with excitement, and their

anticipation to play in the backyard never fails to lift my spirits. Pets undeniably bring joy and entertainment into our lives. Their playful antics, affectionate gestures, and unique personalities provide endless amusement and are emotionally uplifting.

Pets also play a significant role in helping us through the grieving process. Grieving the loss of a loved one is a deeply challenging and personal experience. During such times, the presence of a pet can be a source of immense comfort and support. Animals offer a unique form of companionship and emotional relief that can help mitigate the pain of loss.

One of the most profound ways pets help in the grieving process is through their unwavering companionship. Unlike humans, pets offer nonjudgmental presence and are always there, providing a sense of stability in a time of emotional upheaval. They are also sensitive to our emotions and can provide comfort through physical presence, such as cuddling or simply being nearby.

Grief is disorienting and often disrupts our daily routines. Caring for pets helps reestablish our routine and gives us a sense of purpose and normalcy. Physical

contact with pets, such as petting or holding them, has been shown to lower levels of cortisol, a stress hormone, and increase the production of serotonin and dopamine, chemicals associated with happiness and well-being. This is especially helpful during times of mourning.

While pets cannot replace the loss of a loved one, they offer a unique and invaluable form of support that can help individuals navigate the grieving process. Their unconditional companionship, ability to provide emotional relief, instill routine, and enhance physical and mental well-being make them powerful allies in the journey through grief. By offering comfort and stability, pets help individuals cope with their loss and gradually find their way to healing.

PAGE 2

Stepping Stones

Brian Free & Assurance

Allison Speer

PAGE 3

Operation Toy Soldier Open Car Show

Preneed Dynamic Duo

PAGE 4

Grief Support Groups Mark Your Calendar



OWENFUNERALHOME.COM

Stepping Stones 2024

Thursday, September 12, 2024

Valley View Church
8911 Third Street Road – Valley Station

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

Join Us for an Uplifting Day of Music, Food, and Community Support!

The Owen Family warmly invites you to **Stepping Stones 2024**. This annual event, hosted by Owen Funeral Homes, features inspiring performances by **Brian Free & Assurance** and **Allison Speer**. We aim to support local ministries through your generous donations of personal care items (e.g., body soap, shampoo, deodorant). Your contributions will directly assist those in need in our community.

Help support our community by donating personal care items to benefit:

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

Important Details:

Lunch Tickets: Free but reservation is required to ensure adequate food for all. Reserved tickets will be available for pick-up starting **August 26th** at any Owen Funeral Home location.

How to Reserve Your Spot:

Contact Genene Nisbet at Owen Funeral Home, 5317 Dixie Highway, Louisville, KY 40216, email genene.nisbet@owenfuneralhome.com or call 502-447-7759.



Brian Free & Assurance



Allison Speer



CHRISTOPHER DYER

Licensed Funeral Director

christopher.dyer@owenfuneralhome.com

Christopher was born and raised in Louisville, Kentucky. He went to DuPont Manual High School and played football for the United States Military Academy at West Point. Afterwards, he enlisted in the United States Army, and served four years in the Field Artillery as a Forward Observer. He married his high school sweetheart, Naudica, on New Year's Eve 2016. Together, they enjoy traveling and spending time with their families.

Christopher joined the Owen staff in 2019 and is currently serving as a licensed funeral director.

Recipe Submitted by Christopher Dyer:

APPLE PIE

- Layer bottom of pie crust with Frosted Flakes
- Place 4-5 Honeycrisp apples (thinly sliced) in medium pie crust
- Mix ½ cup sugar with 1 tsp of cinnamon and layer over the apples
- Mix ½ cup sugar, ¾ cup flour, and one stick butter until crumbly and layer over apples
- Bake 400 degrees for 40-45 min and enjoy!



Preneed *Dynamic Duo*



Dave & Deborah Bales

Dynamic duos have always been lifesavers, like Batman and Robin, the Lone Ranger and Tonto, Shaggy and Scooby-Doo or Han Solo and Chewbacca. Owen has its own dynamic duo – Deborah and Dave Bales. While they don't wear masks, ride horses, drive the Mystery Machine, or fly to work on the Millennium Falcon, they are more than qualified to tackle your toughest questions about advanced funeral planning. Deborah and Dave Bales have 34 years of combined experience in the funeral industry, offering a wealth of knowledge and insight to assist you.

Advanced funeral planning allows you to consider all your options, providing the time to discuss your wishes with your family. The gift of pre-arrangement ensures that your loved ones can focus on cherishing memories rather than worrying about funeral details.

For more information about advance planning call
Deborah Bales,
502-338-7219 or
Dave Bales, 502-338-7054.

They're here for you!

Open Car Show & Cruise

Saturday, October 5th

Hillview Community Church
5319 Dixie Highway

11:00 a.m. - 3:00 p.m.

Sponsored by: Owen Funeral Home
and Top Shelf Performance

Admission:

A new toy donation for Operation Toy Soldier

Operation Toy Soldier is a nationwide initiative aimed at providing toys to children of military families. Join Owen Funeral Homes in supporting our Ft. Knox military families and bringing smiles to children this Christmas by donating toys at the car cruise. If you can't make the cruise, you can drop new toy donations at an Owen location until December 1st.

Event Highlights:

- Bud's Tavern Food Truck
- DJ Music
- Trophies Presented by Top Shelf Performance:
 - Best Old School
 - People's Choice
 - Patriot's Choice
 - Best Club Participation
 - Best Modern

For More Information Contact:

Genene Nisbet

Phone: 502-447-7759

Email: genene.nisbet@owenfuneralhome.com



5317 Dixie Highway Louisville, KY 40216
502-447-2600
9318 Taylorsville Road Louisville, KY 40299
502-266-9655
owenfuneralhome.com

Presorted Standard
U. S. Postage
PAID
Louisville, KY
Permit No. 1151

OWEN FAMILY

Bird S. Owen Jr. (1911-1987)
Edith R. Owen (1917 - 2015)
Linda Owen (1941 - 2022)
David L. and Pamela H. Owen
Rachel Owen

FUNERAL DIRECTORS

Wendy Goble-O'Rourke, Manager Dixie Location
Tracy Landers Cook
Christopher Dyer
Jasmine Johnson
Mark McNeil
Jackie Pugh
Melissa Roberson
Erica Skaggs

PRENEED DEPARTMENT

Deborah Bales, Director
David Bales

PASTORAL CARE & AFTERCARE SERVICES

Dr. Kenneth Cutrer
Genene Nisbet, KLPC

after care happenings

Grief Support Groups

Provided by Owen Funeral Homes as a Free Public Service

“Now and Beyond”

For Those Who Lost A Spouse/Partner

Every 3rd Wednesday | 2:00pm | Owen Funeral Home, Jeffersontown

Every 3rd Friday | 2:00pm | Southwest Regional Library

“A Parent’s Grief”

For Those Who Lost A Child

Every 1st Wednesday | 11:00am | Owen Funeral Home, Jeffersontown

Every 3rd Tuesday | 11:00am | Owen Funeral Home, Dixie

Lunch with the Gang

Every 1st Friday | 2:00pm | Contact Owen for Location

Walk with the Gang

Every 1st Tuesday | 10:00am | Contact Owen For Location

Mark Your Calendar

September 9 – October 14, 11 am
Mondays– Owen Spousal/Partner 6 Week
Group, Southwest Regional Library

September 12, 2024
Stepping Stones 2024 Luncheon & Concert

October 5, 2024
Operation Toy Soldier Open Car Show

November 11- 25, 11 am
Mondays – Surviving the Holidays,
Southwest Regional Library

November 13 – 27, 11 am
Wednesdays – Surviving the Holidays,
Owen Jeffersontown

December 1, 2024
Amy Grant & Vince Gill at the Ryman

June 17-20, 2025
Rolling with Owen, Quad City Tours

If you would like to register or have questions, please call
Genene Nisbet at (502) 447-7759 or email genene.nisbet@owenfuneralhome.com.