

NEWSLETTER



*Photo Credit:
Rachel Owen*

HEALING IN MOTION:

How Activity, Connectivity, and Travel Help Ease Grief

Grief is a deeply personal—and often unpredictable—journey. While there's no one-size-fits-all approach to healing, many find that staying active, meeting others, and traveling can provide comfort, perspective, and renewed purpose after loss.

1. Staying Active: Movement as Medicine

Even simple movement like walking or stretching can release endorphins that boost mood and ease stress. Whether it's a nature walk, gentle yoga, or a short stroll, physical activity helps ground us emotionally. It's not about intensity—it's about showing up for yourself with care.

*Join our monthly "Walk with the Gang."
It's a great way to enjoy fresh air and friendly faces.*

2. Meeting Others: The Power of Connection

Grief can feel isolating, but connecting with others can be incredibly healing. Spending time with friends, joining one of the Owen Grief Support Groups, or attending community events reminds us we're not alone. Even sharing a cup of coffee with someone who understands can bring relief—and sometimes even laughter.

Join our monthly "Lunch with the Gang." Fun fellowship with people who understand.

3. Traveling: A Change in Perspective

You don't have to go far. A weekend getaway or local outing can refresh your outlook and gently shift emotional patterns. New settings spark

reflection and invite new memories. While we don't leave our grief behind, travel helps us carry it with greater lightness and hope.

Join us on one of our upcoming "Rolling with Owen" trips or outings.

Grief Is Not Linear

These steps aren't about avoiding grief but learning to live with it. Through movement, connection, and new experiences, we rediscover meaning—one step at a time.

For more information about the Owen Aftercare Program, contact Genene Nisbet at 502-447-7759 or genene.nisbet@owenfuneralhome.com.

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OWENFUNERALHOME.COM

Stepping Stones 2025

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

Thursday, September 4, 2025, 11:00 am - 2:00 pm

Valley View Church (8911 Third Street Road – Valley Station)

Join the Owen Family for a day of inspiration, fellowship, and community support at **Stepping Stones 2025**.

This uplifting event features music from **Brian Free & Assurance** and **Allison Speer**.

Enjoy a complimentary **buffet lunch** by Mark's Feed Store (ticket required) and take part in supporting our neighbors by donating **personal care items** such as soap, shampoo, and deodorant. All donations will benefit:

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

Reserved Tickets available August 25 at any Owen Funeral Home location.

To reserve your spot, contact **Genene Nisbet** at (502) 447-7759 or email

genene.nisbet@owenfuneralhome.com.

Let's come together to lift spirits and make a difference—one act of kindness at a time.



Brian Free & Assurance



Allison Speer



ERICA SKAGGS
*Licensed Funeral
Director & Embalmer*
erica.skaggs@
owenfuneralhome.com

Erica Skaggs is a proud South End native that joined Owen Funeral Homes in April of 2021. After graduating from Doss High School, Erica went on to attend Mid-America College of Funeral Service. Here, she would gain her Valedictorian title, Restorative Art Award and of course, her Mortuary Science degree. After completing her apprenticeship in Indiana, she successfully passed an additional state board examination and became fully licensed to serve the Kentuckiana region by 2018.

In her free time, Erica enjoys gardening in the company of her two cherished cats, Gemini and Newt. When she's not tending to her plants or caring for Owen families, you'll likely find her exploring local junk stores and antique shops in search of silly, rare, or one-of-a-kind treasures.

CAT CRACKERS BY ERICA SKAGGS

A quick and easy last-minute snack (especially if you're hosting!)

Here's what you'll need:

- 11 oz. mini-Clubhouse crackers
- ½ cup Avocado oil
- 2 tbsp Ranch-dip seasoning blend
- 1 tbsp Crushed red pepper flakes
- ½ tsp Garlic powder
- ¼ tsp dried or fresh dill
- 1/8 tsp Cayenne pepper
- Parchment paper
- Large non-stick sheet pan
- Large freezer bag (for combining ingredients)

Directions:

1. Whisk the oil, Ranch-dip seasoning blend, red pepper flakes, garlic powder, dill and cayenne pepper ingredients together.
2. Once combined, pour your mini-Clubhouse crackers into a large sealing freezer bag with your mixture of oil and spices. Shake 'em up a bit so the mixture gets dispersed evenly on each cracker
3. While all these ingredients marinate, preheat your oven to 250 degrees
4. Scatter your mini-Clubhouse crackers across a pan lined with parchment paper and cook for 10 minutes

Allow them to cool before serving!

Cruise to Bermuda with Owen – May 15–24, 2026

Get ready for a fun adventure. Set sail aboard the brand-new Norwegian Aqua for a 7-day cruise and 10-day adventure (including travel)! Enjoy 3 full days in Bermuda at the stunning Royal Naval Dockyard, with shopping, museums, and a free courtesy shuttle.



Pricing (per person, double occupancy):

- Balcony: \$2,999
- Ocean View: \$2,799
- Inside: \$2,459

Deposit: \$200 pp (payable to Miller Transportation)

Final Payment Due: Jan 5, 2026

Passport Required

Cancellation Fees Apply.

Travel Insurance Recommended.

Contact Genene Nisbet at Owen

Funeral Homes: 502-447-7759 or

genene.nisbet@owenfuneralhome.com

Trip Includes:

- Round-trip motor coach transportation from Louisville to NYC
- Cruise with unlimited beverage & specialty dining packages
- Taxes, port fees, gratuities (on included packages)

- Two hotel stays with full breakfasts

Not Included: \$140 pp service charge added to your onboard account.

Highlights:

- May 15: Depart Louisville, overnight in Carlisle, PA
- May 16: Sail from Manhattan, NY
- May 18–21: Cruise & 3 days in Bermuda
- May 23: Overnight in Wheeling, WV
- May 24: Return home (3 PM)



Cars, Community & A Cause Open Car Show & Cruise

Saturday, October 4, 2025

11:00 am - 3:00 pm

Hillview Community Church, 5319 Dixie Highway

Admission: A new toy donation for Operation Toy Soldier

Join the Owen Family for a day of cars and giving at the Operation Toy Soldier Car Show & Cruise. In support of military families at Ft. Knox, attendees are asked to bring a new toy to help spread holiday cheer through Operation Toy Soldier.

“This event is about more than cars,” says David Owen. “It’s about giving back and creating a community filled with fun, generosity, and gratitude.”

Enjoy:

- Food Trucks: Valley Dairy Freeze & Shack in the Back
- DJ Music
- Trophies Presented by Top Shelf Performance:
 - Best Old School
 - People’s Choice
 - Patriot’s Choice
 - Best Club Participation
 - Best Modern

Come for the cars - stay for the cause.

Contact:

Genene Nisbet

Phone: 502-447-7759

Email: genene.nisbet@owenfuneralhome.com



EXPERIENCE CHRISTMAS AT THE RYMAN

Join us on **Friday, December 19, 2025**, for a festive day trip to Nashville, TN, to see the beloved holiday concert “**Christmas at the Ryman**” with Vince Gill and Amy Grant. Held in the iconic Ryman Auditorium, this unforgettable show is filled with holiday spirit, world-class music, and cherished traditions.



Before the concert, you’ll have time to explore **Fifth + Broadway**, Nashville’s exciting downtown district, full of shops, live music, and dining options at the Assembly Food Hall.

Cost is \$169 per person, and space is limited—your payment holds your seat. Checks should be made payable to **Miller Transportation**.

For more information or to reserve your spot, contact **Genene Nisbet at 502-447-7759 or genene.nisbet@owenfuneralhome.com**.

Peace of Mind Starts with Communication

**Why It’s Important to Share Your
Funeral Pre-Arrangements**



*Dave & Deborah Bales
Preneed Team*

At Owen Funeral Home, we believe pre-arranging your funeral is one of the most caring gifts you can give your family. It

reduces emotional stress and ensures your wishes are honored.

But one essential step is often missed —
TELLING YOUR FAMILY.

Why It Matters

If your loved ones don’t know about your plans or where documents are stored, they may not be able to carry them out. In times of grief, clarity is everything.

Start the Conversation

Let your family know:

- That you’ve pre-arranged your funeral
- Where to find the documents
- Who to contact - **Owen Funeral Home**

Where to Store Documents

Keep the following in a safe but accessible place:

- Pre-need contract and payment records
- Owen Funeral Home contact info

Avoid safe deposit boxes, as they may not be accessible immediately. Instead, consider:

- A home safe (with shared access)
- A labeled folder in a drawer or file cabinet
- A digital copy with login info shared with a trusted person

As a family-owned and operated funeral home, we treat your family like our own.

Questions? Contact our pre-need team, **Deborah and Dave Bales**. At the office, call 502-447-2600, or email deborah.bales@owenfuneralhome.com or feel free to reach out to their cell phones, Deborah at 502-338-7219, or Dave at 502-338-7054.



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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
Christopher Dyer
Jasmine Johnson
Mark McNeil
Kyle O'Bryan
Jackie Pugh
Melissa Roberson
Erica Skaggs
Tony Vanover

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 4, 2025

Stepping Stones 2025 Luncheon & Concert
Valley View Church, 8911 Third Street Rd

October 4, 2025

Operation Toy Soldier Car Show & Cruise
Hillview Community Church next to
Owen Dixie

November 17- December 1, 1 pm

Mondays – Surviving the Holidays,
Southwest Regional Library

November 19 – December 3, 1 pm

Wednesdays – Surviving the Holidays,
Owen Jeffersontown

December 19, 2025

Vince Gill & Amy Grant at the Ryman

May 15-24, 2026

Norwegian Aqua Cruise to Bermuda

For more information contact Genene Nisbet at
(502) 447-7759 or email genene.nisbet@owenfuneralhome.com.