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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.

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.

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.

Owen Funeral Homes

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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.
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!!!

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!
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.

Creme of Chicken
by Bruce Himes

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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