

The Owen



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

Family Newsletter

Fall Issue, 2012 * Volume 15, Issue 3

From Our Family to Yours

Inside This Issue

- 1 Edith Owen
95 Years Young
- 2 Winter is Coming
Preparing for Brighter Times
- 3 Ovarian Cancer
Know the Risks and Facts
- 3 Rollin' With Owen
Branson Trip Fall 2013
- 3 The Owen Funeral
Home Family
featuring Gary Thomas
- 4 Neighborhood News
- 4 From Our Kitchen To Yours
Taco Soup

**Family Owned & Operated
Sincere Service Is Our Way of Life**

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.

Join us on



Edith Owen, 95 Years YOUNG!

Since opening its doors in August, 1939, one of the driving forces behind Owen Funeral Home has been a tiny force of nature, Edith Owen. As we approach December 15, 2012 and the celebration of her 95th birthday, we felt it only fitting to reflect on the changes in the funeral business and her impact on our family owned and operated home.

Edith Owen, formerly Edith Roberts, was born in Bethlehem, KY where she met and married Bird S. Owen, Jr. and moved to Louisville. She became a funeral director and worked very hard right along side her husband in building the family business. Less than 40 years ago, only 5 percent of the funeral directors in the United States were women.

Edith and Bird were blessed with two children, Linda and David, who continue the family owned and operated funeral homes today. Following the death of her beloved, Bird in 1987, her involvement in the day to day operation remained evident to anyone who has ever visited or needed the service of Owen. Finding her consoling a family or providing the organ music for a funeral service was very common. Her involvement in her church and community activities has included WMU, Bright Star, and Eastern Star.



Edith also has a very light, humorous side. Quick to laugh and always ready to join in the fun, has kept this petite lady on the go. Her love for gardening and travel has filled many hours.

Her impact on this community and on the Owen Funeral Home family is obvious to anyone who has ever had the pleasure of experiencing the



spirit of Edith. Happy 95th Birthday to an amazing lady.

Winter is Coming

by Dr. Kenneth Cutrer

The fall has dazzled us with spectacular colors, cooling temperatures and gentle winds that blow the falling leaves all around us. It is a time to enjoy the change of seasons and reflect on the passing of another summer...but each of us knows all too well that winter is coming. For some it is a glorious time of ice skating, snow covered yards, holidays to celebrate and sharing cups of hot chocolate with family and friends. For others it is a very painful time – the first holiday without a loved one. Here are some thoughts on ways to deal with those tough times that might make the transition time a little easier.

- 1. Be pro-active. You know those times are coming when the memories or people may be overwhelming. Plan specifically where you want to be and who you want to be with. You may choose quiet time or time with family and friends – but you decide, make the plans and move forward with the confidence that things will go well.*
- 2. Take care of yourself. Do a quick health-check – are you eating properly, getting enough sleep and getting some exercise (even if it's just walking the mall or going store to store.) If the body starts to fail, the grief will grow and be magnified so be sure you are taking good care of yourself.*
- 3. Let your close friends know what is going on. It is often a good idea to say “No, thank you” to too many events, too much excitement or too many new things. Find your comfort zone, put together your plan and let your friends know that you love them dearly but you might need a little private time.*

Winter is coming – but that also means Spring is on its way – may you find comfort and peace during the tender days ahead.

The Greatest Artist

Author Unknown



God is the greatest artist
To whom no one can compare,
Streaking sunsets very beautiful,
Painting rainbows in the air.

Brushing green the hillside scene,
Blotting blue the sky above,
Splashing flowers 'cross the ground
beneath,
Shading white clouds with His glove.

Of the wonders God has made
There is none that is so fair
As the smile He paints upon your face
When you realize He's there.



Ovarian Cancer Risks and Facts

Women often push aside their health in an effort to care for those around them. We think, "I don't have time to go to the doctor. It's nothing, I'm sure." But the reality of it is when symptoms are persistent, when they do not resolve with normal interventions (like diet change, exercise, laxatives, rest) it is imperative for a woman to see her doctor. Ovarian cancer is difficult to detect, especially, in the early stages. This is partly due to the fact that these two small, almond shaped organs are deep within the abdominal cavity. Here are some of the potential signs and symptoms of ovarian cancer:

The Risks:

- Women of any age are at risk
- Increasing age raises risk
- Personal or family history of breast, colon or ovarian cancer
- Never been pregnant or given birth

The Facts:

- Occurs in 1 in 69 women
- Early detection improves survival rates
- There is no test. A Pap smear only detects cervical cancer.

Even in the early stages there are symptoms:

- Pelvic or abdominal pain
- Difficulty eating or feeling full quickly
- Urinary symptoms (urgency or frequency)

Additional symptoms may include fatigue, indigestion, back pain, pain with intercourse, constipation and menstrual irregularities. If you are having symptoms almost daily for more than a few weeks, experts suggest you see a gynecologist and have a pelvic/rectal exam and a transvaginal ultrasound and a CA-125 blood test.

This information was provided by Ovarian Awareness of Kentucky. If you have questions or would like further information following is their contact information: 502-708-1625, info@oakky.org or www.oakky.org.

Rollin' With Owen to Branson Missouri

Now is the time to start planning for our next Rollin' With Owen adventure. Those of you who have traveled with us before know just how much fun we have. If you are considering joining our next adventure, it will be to Branson Missouri. Our tentative dates are October 14-17, 2013. More information will come in upcoming newsletters or if you would like a tentative itinerary contact:

Gene Nisbet at 502-447-7759



Meet one of our
Owen Family Members...

Gary Thomas

Funeral Director/Pre-Need



Gary was born and raised in Louisville. While serving in the Army at Ft. Riley, Kansas he met his future wife Debbie Hopkins and following his discharge from the service, they married and made their home in Louisville. They have three children, three grandchildren and recently celebrated 40 years of marriage.

His father was a prisoner of war in WWII; his brother two tours of duty in Vietnam and his youngest son Jason served two tours of duty in the Middle-East. Gary is proud of his family heritage and to be an American.

Prior to entering the funeral profession, he spent several years in the financial services industry. Earning his series 6, 22 & 63 securities licenses allowed him to offer his clients all types of financial products.

Gary entered the funeral profession in 1990 and has spent most of his career helping people preplan their funeral. His background in both financial and funeral services helps to serve Owen families.



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 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.**

“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

From Our Kitchen To Yours

by Gary Thomas



Taco Soup

1.5 to 2 lbs of lean hamburger or ground chuck
1-16oz red kidney beans
1-16oz chili beans
1-16oz black beans
1-16 oz corn drained
1-10 oz Rotel Diced Tomato with Green Chilis
1-20 oz diced tomatoes
1-pkg taco mix
1-pkg Hidden Valley Ranch Dressing mix

Brown hamburger/chuck, place all ingredients
in a pot and bring to a boil then allow it to
simmer.

With cool fall weather arriving, you are now
ready to enjoy this tasty soup. We love it with
tortilla chips, Mexican shredded cheese blend
and sour cream.

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

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<http://www.owenfuneralhome.com>

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FOUNDING FAMILY
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Mrs. Edith Owen
David L. Owen
Linda Owen Miller

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Philip R. Simpson, Manager
Glenn Bennett
Michael L. Burns
William B. Longest
Yvonne M. Nantz
Sarah Norman
Jackie Pugh

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

PRE-NEED SERVICES
Richard Dike, Director
Gary Thomas

An Owner of
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