

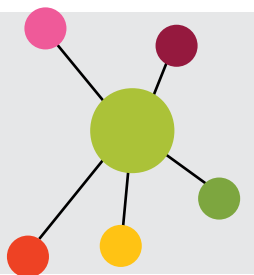


THE LOTUS SEED

It's Never Too Late to Grow

FEBRUARY 2021

WHEN YOU WAKE UP EACH MORNING,
ASK YOURSELF, **"WHAT AM I GOING
TO DO TODAY THAT'S FUN?"**



CONNECTION CHALLENGE

This activity is a unique and creative way to connect with the Lotus community. [\(learn about the challenge on page 2\)](#)

"Only through our connectedness to others can we really know and enhance the self. And only through working on the self can we begin to enhance our connectedness to others."

— Harriet Goldhor Lerner



LOTUS LADIES

PERSONAL PROFILE: NANCY ALTERMAN

At her recent 66th birthday celebration, Nancy Alterman's brother told her, "I think you might be the happiest person I know." It was a remarkable statement to make...

[\(read more on page 3\)](#)



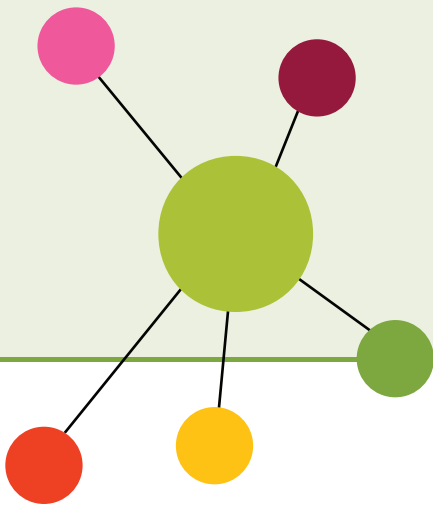
TIMELY TOPICS

The world of technology is fast-moving and ever-changing. It can be intimidating. Fortunately, there are new tools available - simple solutions we just need to know about!

[CLICK HERE TO
LEARN MORE](#)



LOTUS NETWORK™



CONNECTION CHALLENGE

Borrow what you need.

Instead of going to the store or the supply closet, seize the next chance you have to ask a friend, neighbor, or coworker if you can borrow something you need: a stapler, a hammer, a quarter, a cup of sugar.

Allow yourself to rely on someone else's generosity for a moment knowing you would do the same for them.

How does it feel to use this item they've lent you?

Better Together.

[Click here to see past challenges >](#)

We would love to hear about your experience around this challenge. Please send us an email at: LotusSeed@lotusnetwork.org





LOTUS LADIES

PERSONAL PROFILE

*Nancy Alterman, who bravely volunteered to share her story as our first Lotus Ladies Personal Profile, is the embodiment of one of the core values of Lotus Network: **It is never too late to become the person you always wanted to be.** We hope that her story will inspire you to share your own story or nominate someone else whose story deserves to be heard...we believe they all do!*

Nancy Alterman

At her recent 66th birthday celebration, Nancy Alterman's brother told her, "I think you might be the happiest person I know." It was a remarkable statement to make about a woman who had spent much of her teenage and adult life mired in a deep, all encompassing depression.

Nancy grew up the youngest of four children in the privileged cocoon of a loving, Jewish family in Denver. She was pretty. She was a natural athlete. She had lots of friends and did well in school. As Nancy entered her teen years, however, she felt her charmed life slipping away. Her natural zest for life vanished, leaving her uneasy in her own skin and unable to connect as she once did with the world around her. She did not know it then, but Nancy was at the precipice of a struggle with bipolar illness that would hold her tightly in its grip for most of her adult life.

Nancy drifted through high school and college; relying on peers to get her through the coursework she could no longer bring herself to care about. She soon began suffering from bulimia, and by her junior year, her increasingly worrisome state led to her first of four future stays in a psychiatric hospital. Somehow, she managed to complete college, graduating with a degree in Recreation that she could not begin to imagine how she would ever use. Up until that point she had always done what seemed to be expected of her; now that it was time to start making her own choices, she felt utterly unprepared for what lay ahead.

As she entered adulthood, Nancy witnessed her peers go on to successful academic and professional pursuits while she, certain she lacked the ability to do more, puttered along in entry level jobs. Comparing herself unfavorably to her peers, she often asked herself, "What is WRONG with me?" Nancy veered from periods of dulled drudgery, treated by a series of doctors who prescribed medications that kept her stable but disconnected, to episodes of mania, often precipitated by dropping her medication altogether. During one of those episodes, following only a five-day courtship, Nancy got engaged. The marriage, which lasted ten years, was not a fulfilling one. Nancy occupied herself with tennis and golf at the country club, playing the part of the "spoiled housewife" as she attempted to block any interaction that would require more of her than being visually present. [click here to read more about Nancy at our website >](#)

**To nominate a Lotus Lady, email us at:
LotusSeed@lotusnetwork.org**



Special thanks to our growing list of 2021 sponsors:

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If you are interested in becoming a sponsor and supporting
Lotus Network, please contact
Rachel Brown at (303) 328-7955 or email her at: LotusSeed@lotusnetwork.org

Our mission:

Lotus Network provides opportunities for women to create
meaningful connections, personal growth, and
purposeful living through social and educational resources.

[CLICK HERE TO
BECOME A MEMBER](#)



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