

Are You Suffering from SAD?

Are you feeling a little more down than usual? Having trouble getting motivated to get out of bed, eating too much, not sleeping well and are unusually irritable? You could be experiencing something called Seasonal Affective Disorder (SAD). SAD is a type of depression that occurs most frequently in the winter. It sometimes starts in the fall with its most serious symptoms emerging in the months of January through March. While the cause of SAD is unknown, research has shown a direct correlation to the levels of serotonin and melatonin in your system. SAD is often influenced by the decrease in the amount of sunlight we are exposed to during the winter months.

Many people experiencing Seasonal Affective Disorder want to shrug it off as just the “winter blues.” However, just like other types of depression, SAD can have a serious impact of your ability to function. SAD occurs more frequently in women and younger adults, including teens. You are also more likely to experience SAD if you have a family history of mood disorders or depression.

Although much less common, SAD can also occur in the spring and summer months. Common symptoms associated with “summer” SAD are loss of appetite, insomnia, and increased anxiety and



agitation.

If you are experiencing symptoms of Seasonal Affective Disorder there are ways you can help yourself. Try going outside more often, getting plenty of sunlight, exercising, avoiding drugs and alcohol, getting plenty of sleep, and practicing relaxation exercises.

If, however, your symptoms do not improve, you most likely need professional support and it would be important to seek treatment. Ignoring what is going on can often result in problems at work or school, increased use of drugs and alcohol, interference in social relationships, and increased risk for other mental health disorders, such as eating and anxiety disorders. See your doctor or reach out to a mental health professional. There are a variety of treatment options to help with SAD including light treatment, medication, and therapy.

Mental health is real. This article is written and brought to you by the leadership of the Charlotte Jewish community and the Mental Health Initiative. For more information contact Jewish Family Services at 704-364-6594 or go online to jfscharlotte.org.

Terri Beattie Joins Foundation of Shalom Park as New Executive Director

By Amy Krakovitz

The phrase customer service is more than just a cliché to Terri Beattie. “We want to create a ‘best-in-class’ delivery,” says the new Executive Director of the Foundation of Shalom Park. And “best-in-class” is indeed what she is as well. A seasoned professional with more than 30 years of experience in global real estate and facility operations management, Beattie joined FSP on January 3.

After earning her degree in engineering, Beattie joined Lockheed Martin and ascended to become President of their commercial real estate company. She has also been a Finance Executive and Senior Vice President at Bank of America, with responsibilities in worldwide real estate business support. Most recently, as a Managing Partner with MAB Consulting LLC, she advised on many things, including real estate and financial strategies.

“My number one goal,” she says, “is to take the platform of the Foundation of Shalom Park and leverage it to enhance the environment for everyone who utilizes these facilities, whether it’s the resident agencies, their executives and staff, or families and individuals who come here to swim, to worship, or to just enjoy the beautiful environment.”

Beattie is anxious to learn more about our community as well.



Terri Beattie

“Because Shalom Park is home to so many Jewish agencies, there will be a richness added to my pursuit to become more familiar with Jewish culture,” Beattie remarks.

Mark Lerner, who co-chaired the Foundation of Shalom Park Executive Search committee with Karen Knoble, said that the Foundation of Shalom Park is fortunate to have Beattie as its executive di-

rector. He noted that her extensive experience in property management and finance and will be an asset for the Foundation of Shalom Park and everyone who utilizes its facilities. Lerner also extended his thanks to Monica McDaniel, for her dedication and leadership as the interim executive director of the Foundation of Shalom Park for the past year.

“And all the people I have met so far have been so welcoming,” Beattie exclaims. “The families, the staff in the Park, the committee that selected me ... everyone has greeted me warmly and expressed enthusiasm for my role.”

If you see Terri Beattie around the park, please welcome her. You can also contact her at 704-944-6840 or TBeattie@shalomcharlotte.org.



Foundation Of Shalom Park
CONNECTING FAMILIES · SUSTAINING TRADITION



Get a taste of the sweet life

At Waltonwood Senior Living, residents enjoy convenient amenities, a carefree lifestyle, and a sophisticated culinary experience.



Assisted Living & Memory Care
5215 Randolph Road
Charlotte, NC 28211
(704) 495-6031



Independent Living, Assisted Living & Memory Care
11945 Providence Road
Charlotte, NC 28277
(704) 246-3055



TOURS DAILY | WWW.WALTONWOOD.COM | WWW.SINGHJOBS.COM

