



# THE LOTUS SEED

*It's Never Too Late to Grow*

OCTOBER 2021

## OUR LOTUS NETWORK BOARD IS GROWING!

Meet the members on page 4.

## CONNECTION CHALLENGE

This activity is a unique and creative way to connect with the Lotus community.

Learn about the challenge on page 4.

## SAVE THE DATES

### CONNECTOR EVENT Igniting Your Passion.

It's Never Too Late to Be Bold and Brave, and Sit in the Front Row Seat of Your Life!

With featured guest:

**Marilyn Sherman**

Author of "Why Settle for the Balcony? How to Get a Front Row Seat in Life"

Sunday, January 30, 2022

Virtual Event at 4 PM

Stay tuned, more details to come!



Tuesday, June 21, 2022

Golf Club at Bear Dance

Stay tuned, more details to come!



## LOTUS LADIES

**PERSONAL PROFILE:** *Becky Haddad*

*"A woman is like a teabag - you can't tell how strong she is until you put her in hot water." Eleanor Roosevelt said that.*

Becky Haddad lived it. Through her breast cancer diagnosis and treatment, divorce, and the loss of her adult daughter to breast cancer years later, Becky found out the hard way just how strong she is.

[Click here to read more about Becky.](#)

## TIMELY TOPICS

November 2021

**Discover how to Intuitively Fuel your Body and Mind.**

It's Never Too Late to Identify Your Own Health Goals

With featured guest:

**Angie Hartman**, Integrative Health Coach, NBC-HWC



Angie is an Integrative Health Coach, Yoga Instructor, and is certified in ACE CPT, and AFAA Group Fitness. Through her own health struggles Angie has taken an interest in helping to motivate and inspire others to BE WELL. She is on a mission to teach the young and young at heart the value of living a healthy life, by providing the tools and support for achieving individual health goals.

Register [HERE](#) in advance for this meeting.

After registering, you will receive a confirmation email containing information about joining the meeting.

In case you missed it - watch this Timely Topic from our Archives:

*It's Never Too Late to Make An Impact*

Is your giving directed to your values? Are they aligned? Hear from our extraordinary panelists who will align action steps to advance your goals and visions. [Members click here to learn more.](#)

To become a Member and access this talk, join Lotus Network today!

[Click here to join.](#)

# LOTUS LADIES

## PERSONAL PROFILE



*Becky Haddad, who bravely volunteered to share her story as our eighth 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!*

## Becky Haddad

### What Lies Within

Written for Lotus Network by Jessica Redmond of *Storyteller*

*“A woman is like a teabag - you can’t tell how strong she is until you put her in hot water.”*

Eleanor Roosevelt said that. Becky Haddad lived it. Through her breast cancer diagnosis and treatment, divorce, and the loss of her adult daughter to breast cancer years later, Becky found out the hard way just how strong she is.

Born the middle of six children on a farm in Indiana, her early years were defined by hard work: feeding and cleaning up after chickens, pigs, and cattle; pulling weeds in the garden; and canning and freezing produce for the winter months. Seeking a life beyond the farm, she defied her mother’s expectations and went to Purdue to study science and from there on to an advanced degree in Medical Technology from Baylor University, in Texas, securing for herself the kind of options life on the farm never could.

Becky wanted to see the world and, in her early twenties, jumped at the chance to explore Europe with friends, wetting an appetite for international travel that would stay with her. Once she got back from her months-long adventure, Becky took a chance on a move to Denver, quickly landing a job at a local hospital. It was one of the happiest periods of her life, she now reflects, a time of new friendships, skiing, and the kind of freedom she had longed for as a child.

Eventually, Becky fell in love, got married, and had three children. Juggling the competing demands of motherhood and work in the hospital lab, life went on predictably enough until, at the age of 43, a routine mammogram revealed something unexpected. With no history of breast cancer in her family and having never noticed any lumps, she had no reason for concern and yet, there it was: a positive diagnosis for breast cancer. The cancer was an early stage, but with three children at home (ages 9, 10, and 13) depending on her to raise them, Becky decided to throw everything she could at it: chemotherapy, radiation, and bilateral mastectomies, all the while going in to work as often as she had the stamina to do it.

Despite her exhaustion, Becky did what she had been raised to do; she put one foot resolutely in front of the other and carried on. She also, however, did something that had never been a part of her upbringing: she sought out emotional support. Her husband was not able to be there for her in that way - the cracks in their marriage, which had already begun to show, became much more apparent under the added pressure of her diagnosis and treatment - and so Becky began looking elsewhere. She found a support group and began seeing a therapist, and slowly began to learn to open herself up on an emotional level as she never had before.

Surviving breast cancer and later getting through a difficult divorce were, she now says, some of the hardest things she has been through, but also some of the best. “I sometimes think of it as a gift,” she says, “because it gave my life meaning and purpose.” Her divorce taught her that she could do far more on her own than she had ever known, helping her find the inner strength she had not always been certain was there. Her cancer diagnosis led her to call on that same inner strength to help others, a mission that she has committed herself to ever since.

Becky, alongside other survivors who quickly became some of her closest friends, began volunteering with breast cancer organizations. She worked to educate women, particularly women of color, on how to protect their health. In large part due to limited awareness and access to high quality, affordable medical care African-American women have a death rate a shocking 40 times higher than Caucasian women when it comes to breast cancer. Becky worked with the Susan G. Komen Foundation, as well as other organizations, to do what she could to change that terrible statistic. Her advocacy work took her back to Europe, this time to Budapest, Albania, Kosovo, and Serbia. Closer to home, she volunteered as a patient advocate, helping breast cancer researchers apply for grants.

Becky was living a good, full life on her own terms - working, volunteering, spending time with friends, and becoming a grandmother four times over - when breast cancer intruded again, this time with her daughter, Beth. The mother of two young children, Becky’s daughter was only 36 when she got her first diagnosis. At first, Becky felt sure that, like her, Beth’s treatment would be long and difficult but would ultimately be successful. This time, tragically, the outcome was different. After multiple rounds of debilitating chemotherapy and one short period of remission, the cancer came back and metastasized. Beth died soon after, leaving behind two young children. Becky was devastated.

Now, as she looks to her nearing retirement from her 40-year career as a hospital-based laboratory scientist, Becky is making plans to continue her advocacy, hoping to spare other families from succumbing to the same cruel disease that took her daughter. She wants everyone to know that early detection is key to surviving breast cancer. In addition to spreading that message, she hopes to volunteer for an organization that focuses on children, like her grandchildren, who have lost a parent, while also taking some time to enjoy the home she has made fully her own.

There is another quote Becky has always found deeply meaningful, this one by Ralph Waldo Emerson. He wrote, “What lies behind us and what lies before us are tiny matters compared to what lies within us.” Cancer survival, divorce, and the loss of a cherished daughter took a tremendous toll, but each, in their own way, also provided an opportunity for growth as a human being, an opportunity to truly see what lies within, and it is that opportunity Becky has chosen to hold on to.

*[Click here to read more about our previous Lotus Ladies.](#)*

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



# MEET THE NEWEST LOTUS BOARD MEMBERS

[CLICK HERE TO MEET OUR LEADERS](#)

## *Questions we asked the new members:*

- 1) What is your favorite part of Lotus Network?
- 2) What is your greatest joy?



**Gwen Crawford**

The opportunity to support the women of the Lotus Network. Mission, Program and Organizational Development.

My greatest joy is Celebrating life.



**Tonya Montgomery**

My favorite part is the women I meet. New friendships. Their stories inspire.

My greatest joy are people. I love people, family, friends.



**Janis Pluss**

My favorite part of Lotus Network is the mission and vision that speaks to my philosophy about the importance of social connections for older adults. I share similar core values in particular the significance of empowerment and living with intention.

My greatest joy has been being a mother along with all the lessons they have taught me, the laughter, the tears and the sheer joy of sharing parenthood with my husband. Being a mother I'm convinced allowed me to be a better employee and employer.

## CONNECTION CHALLENGE

### *Let People Go Ahead of You*

The next time you're at the grocery store, the coffee shop, or a crowded intersection and you have a little extra time, let someone else go first—especially if this person seems stressed or in a hurry. Your small generosity helps someone move through their day with a little more ease and is something you'll feel good about in the process.

### **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](mailto:LotusSeed@lotusnetwork.org)**

Source: Compendium™ "Live Inspired"



LOTUS NETWORK®

## *Our Mission*

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

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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**

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