

TADISO TIMES

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BREAKING NEWS.....

Tadiso will observe Martin Luther King Jr. Day on January 20, 2020. We will close at 1:45pm.

The Big T Coffee Shop will reopen on Monday January 6, 2020.

Reminder: Tadiso closes at 11:45am

EVERY SUNDAY.

SIGNATURE REQUIRED

Your signature is required on many Tadiso forms. Please do not place your INITIALS where an actual SIGNATURE is required. Our dispensing nurses have asked us to remind all patients that an actual signature is required at the dispensing station for your medication.

John Hancock

Martin Luther King Jr. Day

Just after 6 p.m. on April 4, 1968, Martin Luther King Jr. is fatally shot while standing on the balcony outside his second-story room at the Lorraine Motel in Memphis, Tennessee. The



civil rights leader was in Memphis to support a sanitation workers' strike and was on his way to dinner when a bullet struck him in the jaw and severed his spinal cord. King was pronounced dead after his arrival at a Memphis hospital. He was 39 years old.

In the months before his assassination, Martin Luther King became increasingly concerned with the problem of economic inequality in America. He organized a Poor People's Campaign to focus on the issue, including a march on Washington, and in March 1968 traveled to Memphis in support of poorly treated African-American sanitation workers. On March 28, a workers' protest march led by King ended in violence and the death of an African-American teenager. King left the city but vowed to return in early April to lead another demonstration.

On April 3, back in Memphis, King gave his last sermon, saying, "We've got some difficult days ahead. But it really doesn't matter with me now, because I've been to the mountaintop ... And He's allowed me to go up to the mountain. And I've looked over, and I've seen the Promised Land. I may not get there with you. But I want you to know tonight that we, as a people, will get to the promised land."

One day after speaking those words, Dr. King was shot and killed by a sniper. As word of the assassination spread, riots broke out in cities all across the United States and National Guard troops were deployed in Memphis and Washington, D.C. On April 9, King was laid to rest in his hometown of Atlanta, Georgia. Tens of thousands of people lined the streets to pay tribute to King's casket as it passed by in a wooden farm cart drawn by two mules.



WHAT IS S.A.D. ??

Seasonal Affective Disorder (SAD) is a type of depression that comes and goes with the seasons, typically starting in the late fall and early winter and going away during the spring and summer. Depressive episodes linked to the summer can occur, but are much less common than winter episodes of SAD.

Symptoms of the Winter Pattern of SAD include:

- Having low energy
- Hypersomnia
- Overeating
- Weight gain
- Craving for carbohydrates
- Social withdrawal (feel like “hibernating”)



Risk Factors

Attributes that may increase your risk of SAD include:

1. Being female. SAD is diagnosed four times more often in women than men.
2. Living far from the equator. SAD is more frequent in people who live far north or south of the equator. For example, 1 percent of those who live in Florida and 9 percent of those who live in New England or Alaska suffer from SAD.
3. Family history. People with a family history of other types of depression are more likely to develop SAD than people who do not have a family history of depression.
4. Having depression or bipolar disorder. The symptoms of depression may worsen with the seasons if you have one of these conditions (but SAD is diagnosed only if seasonal depressions are the most common).
5. Younger Age. Younger adults have a higher risk of SAD than older adults. SAD has been reported even in children and teens.

The causes of SAD are unknown, but research has found some biological clues:

People with SAD may have trouble regulating one of the key neurotransmitters involved in mood, serotonin. One study found that people with SAD have 5 percent more serotonin transporter protein in winter months than summer months. Higher serotonin transporter protein leaves less serotonin available at the synapse because the function of the transporter is to recycle neurotransmitter back into the pre-synaptic neuron.

People with SAD may overproduce the hormone melatonin. Darkness increases production of melatonin, which regulates sleep. As winter days become shorter, melatonin production increases, leaving people with SAD to feel sleepier and more lethargic, often with delayed circadian rhythms.

People with SAD also may produce less Vitamin D. Vitamin D is believed to play a role in serotonin activity.

If you think you have Seasonal Affective Disorder, contact your primary health care doctor and make an appointment.

This information is from the National Institute of Mental Health.