



# ZOE Life

## Magazine

**The 6 Health  
Benefits Of  
Being Social**

pg 12

**Hydration  
101**

pg 9

**99 vs 94**





ZoeLife Magazine is unique in the sea of healthy living magazines that only present nutrition and exercise. ZoeLife goes much further by focusing on the six pillars of true wellness – spiritual, emotional, physical, social, intellectual and vocational health.

ZoeLife promotes a healthy, well-balanced lifestyle with easy to read features, try-it-at-home exercise tips, and expert advice from doctors, lawyers, financial planners, therapists, police and fire departments as well as a variety of other leaders in their respective fields.

We see aging being experienced and viewed differently in societies and cultures across the world. In many respects, age – or at least, getting older – is only as significant as you allow it to be. Many embrace it, but for some, it equals a crisis of self-confidence and anxiety about how the days, weeks and months will pan out in the future. ZoeLife is changing the conversation. Imagine your day is planned out with lectures, healthy food, socialization and exercise. Maybe there's a passion for a vocation you have always wanted to try or you want to work on the spiritual aspect of your life.

ZoeLife magazine will provide you with information and resources that touch on all the pillars in the ZoeLife program. Whatever your age, you are never too old to learn new things, experience new foods or regain stability and stamina through a specialized program designed to provide you with purpose and direction.

*Steve Heller*

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# SPIRITUAL PILLAR

## Pillar I

# SPIRITUAL



## What Is Spirituality?

Reverend Henry Hildreth

**Everyone answers this question a little differently. That's because spirituality tends to be a very personal matter. For some people, spirituality is defined by their belief in God or their practice of a particular religion. For other people, it's defined by certain kinds of deeply felt emotions and it may or may not involve belief in a higher power, belief in a supernatural realm or a devotion to any single philosophy or set of beliefs.**

At its core, spirituality is an aspect of human life that frequently involves a search for answers to fundamental questions about our existence. For many people, spirituality does become more important with age, but it's a highly individualized experience. No two people are the same. We all have distinct needs, perceptions, personalities and life histories. Some of us see aging itself as a spiritual journey, whereas others turn to spiritual development as a way to find more richness, meaning, inner strength or comfort in our lives as we reflect on the past and think about what's still to come.

Many factors can affect a person's desire to explore more of his or her spirituality. For example, with age, a person may be drawn closer to spirituality or religious faith because of factors like:

- **Retirement** — This stage of life often comes with big changes to our daily activities, the roles we play and the way we see ourselves. Although it is often an exciting and fulfilling time, it can also feel unfamiliar. That's particularly true for people who retire from full-time careers or who no longer spend the bulk of their time raising or supporting a family.

- **Grieving** — As we get older, more of our friends and family members are likely to pass away. As a result, we may go through the grieving process more frequently than when we were younger. Faith or spirituality can provide us with extra stability as we cope with the loss of our loved ones and reflect on what they've meant to us.
- **Declining independence** — Another reason why aging and spirituality are so closely linked is that many of us experience some physical decline during our later years. We may need assistance with certain aspects of everyday living, which can make us feel embarrassed or uncomfortable. We may even wonder whom we've become if the way we perceive ourselves doesn't match reality. Spirituality can help us bridge that gap.
- **Increased time to reflect** — One of the gifts of getting older is that we often have more time each day to ponder the mysteries of life and reflect on everything we've done so far. We get to review our achievements as well as our setbacks while beginning to recognize a meaningful narrative that ties it all together. We may even start to see deeper connections between our lives and the lives of people from past or future generations. One major aspect of the spirituality of aging is that, upon extra reflection, our perspective may shift in surprisingly profound and positive ways.

**A growing awareness of one's mortality—many of us fear passing away. We don't know what the experience will be like or whether our spirit (or soul) will continue to live on. Will our consciousness remain intact? What will happen to the loved ones we leave behind? Have we created a meaningful legacy that will live on? What will we be remembered for? Spirituality or religious faith can help us make peace with our mortality.**

As part of your experience with aging and spirituality, you may want to adopt new habits or lifestyle changes. For example, many spiritually inclined people:

- Place more focus on their inner lives than on external expectations
- Speak from their hearts more frequently
- Put more effort into making meaningful connections with other people
- Develop more patience and attentiveness
- Seek more opportunities for silence and solitude
- Change their perception of time by living more in the moment
- Allow more time for reflection, sharing and loving

Ultimately, no matter what you believe in, the activities that you enjoy most—or that bring you closer to other people, or make a positive difference in the world—are the ones that are likely to feel most spiritual to you. So play, laugh, love, create and remember that almost everyone, regardless of age, shares the same fundamental questions about the deep mysteries of life.

# EMOTIONAL PILLAR

## Pillar II

## EMOTIONAL



## Managing Emotions

**Mark E. Williams MD**

**A Cherokee Indian Chief was sitting in front of the fire with his oldest son. The boy asked, “What bit of knowledge do you want me to remember?” The Chief replied, “Always remember that inside us are two wolves that are continually at war with each other. One wolf is evil and tries to fill us with anger, greed, frustration, envy, hostility and grief. The other is good and fills us with love, compassion, kindness, generosity, patience, self-discipline and restraint.” The son sat quietly for a long time in contemplation and then asked, “Which wolf ultimately wins the struggle?” “The one you feed”, answered the Chief.**

For each of us, managing our emotions to assist our conscious evolution and successful aging, is not compulsory. It is the result of a conscious struggle. Nature does not compel our inner personal growth in the same way that our genes compel aspects of our outer physical growth. The evolution of our emotional control is not a mechanical evolution but a sense of conscious and volitional evolution. In some ways managing our emotions requires the elements of virtue: honesty, patience, self-discipline and restraint. We may need a framework to help us see through the barriers. After all, our emotions are an integral part of our operating equipment and we cannot deny them, but we must re-channel, supervise, manage and control them.

We live simultaneously in two worlds: our inner personal world of thoughts and emotions and the outer physical world of the society we live in. The challenge for us is to attain a harmonious relationship between the two. We need to follow appropriate societal protocols, but we must not let society dictate to us how we should think or live.



Problems occur when our emotions take over the work of our intellect. This is usually evident by the degree of passion or intensity given to an activity, but our primary aim must be to manage our emotions because new knowledge, new understanding and harmony will come through our emotional center and not through our intellect. This disciplining of emotions may be uncomfortable because at certain moments we must choose between work and comfort. Productive inner work and perpetual peace tend to be incompatible. We do not sharpen a knife with a soft stick of butter. The awareness of our need for more emotional control initiates the growth of our consciousness and begins to subordinate our mechanical reactions to various situations. We feel that things are not right, there is more to life than mechanical repetition and we need to change.

Our first step is to be completely honest with ourselves and our self-perceptions. One lesson I learned in childhood was to never, ever tell a lie. Putting all the religious and moral arguments aside, as I did not think about them at the time and just had a vague sense that lying was wrong. There was a very practical reason for this: if you are always truthful you have much less to remember because you do not have to keep conflicting stories straight. Later, I learned that lying is the tribute that inferiority renders to merit. The truthful person is strengthened by the ability to face facts even if doing so may be unpleasant.

### **Dealing with Worry, Anxiety and Feelings of Inadequacy**

Worry is to our consciousness as anxiety is to our emotions. It is the incessant what-ifs with potentially catastrophic consequences that overload our awareness. "What if the airplane crashes?" "What if my business fails?" "What if my child gets an illness?" Anxiety is the emotion we experience when we are not sure we can handle the future. As opposed to fear, there is no immediate external threat in anxiety. There is a delicate distinction between worry and concern that can help illuminate our inner life and assist us in managing our emotions. We need to be concerned for others, but how can we express this without anxiety or loss of sleep? Worry tends to be very "me" centered. We worry over things we have no control over like the weather and we worry about outcomes beyond our control. Things we cannot control confront us with a need to trust in ourselves and let go.

How does worry differ from concern? The concern is more outward-looking than worry and is based on some reality that we may be able to control. For concerns, we can try to do our best, fully and completely for each and every opportunity.

# PHYSICAL PILLAR

## Pillar III

# P H Y S I C A L



## Look Good, Feel Good

Steve Heller

**Let's be honest. Most people equate exercise with achieving a fit body or losing weight. It's about so much more. Being physically active no matter your age is about empowerment, feeling healthy, looking your best and feeling good in your own skin.**

As part of the ZoeLife program, the customized exercises that I design for you will improve your cardiovascular health, lungs, joints and strengthen muscles. They help with issues such as arthritis and osteoporosis.

Participating in the ZoeLife program and being involved in physical activity regularly gives you a high you can't get anywhere else. It's truly amazing how conditioning your body also conditions your mind making you feel happier about every aspect of life. It's just a mind-body connection that is truly amazing.

Who doesn't want to enjoy a good night's sleep? The correlation between physical and mental health is real and something you feel in mind, body and spirit.

If you can't work-out on the equipment, exercising in a heated pool is another way to stay active and reduce pain from stiffness. It helps people with physical function issues such as hip and knee osteoarthritis. These workouts also can increase muscle strength and stamina. When you're active, all of your biological systems work at maximum efficiency, helping you to create all-around health and well-being.



# Hydration 101

**Dr. Marsha Grey**

**Higher temperatures mean your body's need for hydration is also higher. Reaching for any old beverage to quench your thirst will likely only invite health problems. Luckily, it's easy and delicious to meet your heightened requirements for hydration healthily.**

Your water requirements can vary wildly from day to day depending on many factors, such as activity level and weather conditions. In general, we know Arizona is HOT which means you need more water. Thankfully, our body is equipped with a mechanism that tells us when we need to replenish your water supply. It's called thirst. Besides listening to your thirst, a good rule of thumb is to look at the color of your urine. You should be drinking enough water to turn your urine into a light-colored yellow. Dark-colored urine is a sign that your kidneys are retaining fluids to maintain your bodily functions, which includes detoxification.

Always bring a bottle of water with you for any physical activity outdoors or even if you'll just be out of the house for a few hours. Arizona heat can be brutal so BE PREPARED.

**Signs of dehydration:**

- Fatigue
- Mood Swings
- Back and Joint Aches
- Headache
- Constipation
- Dizziness/Lightheadedness
- Muscle Cramps
- Using the Bathroom Five Times or Less
- Dull Dry Skin





# LISH GENGENBACH

## DIRECTOR OF DINING SERVICES



### Veggie Tacos with Cilantro Crème Sauce

- 2 6.5 inch corn tortillas
- 1/2 cup seasoned black beans (tossed in 1/8th tsp of paprika, garlic, cumin and onion powder)
- 1/2 cup sautéed zucchini diced
- 2 slices red onion julienne
- 4 TBS diced tomato
- 3 TBS red bell pepper diced
- 1 TBS cilantro crème sauce (1/8th tsp of lime juice and 1 tsp of chopped cilantro mixed well)
- 1 lime wedge for garnish
- 1 tsp chopped cilantro for garnish

Heat 1 tsp of olive oil in a non-stick sauté pan on medium/high heat. Add black beans, red onion, zucchini, tomato and red bell pepper then sauté. Stir often to keep vegetables from getting too much color. Cook for 2-3 minutes until a temperature of 165 is reached. Remove from heat. Heat a flat skillet pan and quickly warm 2 corn tortillas, flipping to heat both sides. Take the 2 corn tortillas and lay on a plate. Take your black bean and vegetable mixture and spoon it onto the center of each tortilla, dividing the mixture evenly amongst each taco. Drizzle the top of tacos with the Cilantro Crème Sauce. Garnish with a lime wedge and chopped cilantro.



### Heirloom Caprese Salad

- 2 cups arugula
- 8 heirloom cherry tomato halves
- 5 1/3 oz mozzarella ciliegine
- 6 slices cucumber

Take your arugula and pile high in the center of a plate/bowl. Arrange heirloom cherry tomato halves and mozzarella ciliegine around the arugula. Add pairs of cucumbers on the outer edges. Enjoy with balsamic vinaigrette or your favorite dressing.

# JAKE VANKOOTEN

## EXECUTIVE CHEF



### Roasted Vegetable Quesadilla

- 1 whole wheat tortilla
- 1 green pepper
- 1 red pepper
- 1 red onion
- 1 zucchini cut into thirds longways
- 5 oz. Monterey Jack cheese
- Olive oil

Preheat oven at 400 degrees. Toss all vegetables in oil to cover. Place on a cookie sheet and place in oven to roast for 15 minutes. Once cooked, take tray out to cool. Once cool, julienne all vegetables and mix together evenly. Place tortilla on cutting board. Add 2.5 oz. of cheese to the tortilla. Place 1/3 cup of the mixed vegetables on top of the cheese. Add the rest of the 2.5 oz. of cheese on top of the vegetables and fold in half. Place in a large pan to heat and melt through. Once golden, place on cutting board and cut into fourths.



### Turkey Lettuce Wraps

- 1lb ground turkey
- 2 TBS chopped garlic
- 1/3 cup chopped yellow onion
- 1 tsp ground ginger
- 2 tsp rice wine vinegar
- 1/4 cup sesame oil
- 1/4 cup low sodium soy sauce
- 1/3 cup hoisin sauce
- 1 small can diced water chestnuts
- 1/2 cup shredded carrots
- 1 sliced green onion
- 1 head of romaine



Heat a large pan with oil. Add the onions, cook until translucent. Add in ground turkey and cook through. Add garlic and spices to mix, cook all the way through. Let all ingredients simmer. While the filling is cooking, wash romaine leaves, cut and remove the core. Place the leaves on a plate. Put even portions of the mixture on each leaf of lettuce. Garnish with shredded carrots and sliced green onion.



# SOCIAL PILLAR

## Pillar IV

## S O C I A L



## The 6 Health Benefits Of Being Social

**Ross Higgins, Senior Director of Campus Life**

**We know that socializing is fun, but what many people don't realize is that spending time around other people can also play a positive role in your health.**

Having a solid social network has been shown to have an impact both physically and mentally, and it is often lauded as the key to a long and healthy life. Here are six reasons why spending time socializing is good for your health.

### **1. You're less likely to catch a cold.**

Highly social people are less likely to catch a cold, according to a study from the journal *Psychoneuroendocrinology*. Their research found that extroverts have the highest level of immune-system functioning.

### **2. You'll fight off depression.**

Sometimes when you're feeling down, the last thing you want to do is to go out and socialize, but research finds that connecting with others helps improve your mood and fight off depression. When it comes to socializing, face-to-face interactions have more of an impact than emails or phone calls when it comes to mental well-being.

### **3. You get better sleep.**

Having trouble sleeping at night? Your loneliness may be to blame. Research from the University of Chicago found that people who are more socially isolated experience more nighttime restlessness and disruptions, even if they aren't aware of their feelings of loneliness. The more fulfilling connections people had with others, the better they slept.



#### **4. You're more productive.**

Here's a reason to go to lunch with your coworkers or to meet a friend for coffee during your break: a study from the Massachusetts Institute of Technology found that workers were more happy and productive when they went on breaks at the same time.

#### **5. Your brain stays sharper.**

Active socializing delays memory loss as we age, according to research from The American Journal of Public Health. Strong social ties can preserve our brain health, as social interaction can help keep us mentally engaged.

#### **6. You'll live longer.**

If you're looking to live a long and healthy life, start surrounding yourself with good friends. Another recent study from Brigham Young University found that people with social relationships live 50 percent longer than people who are more socially isolated. Friends can not only help you deal with stress and act as a buffer to its effects, but they can also remind you to take better care of yourself and be the encouragement to get involved in activities.

# INTELLECTUAL PILLAR

## From Our Experts

### Pillar V

# I N T E L L E C T U A L



### What is Medical Marijuana?

**Dr. William Troutt – Medical Director of Harvest Dispensaries**

**The term medical cannabis refers to using the whole, unprocessed marijuana plant or its basic extracts to treat symptoms of illness and other conditions. A scientific study of the chemicals in marijuana, called cannabinoids, has led to two FDA-approved medications that contain cannabinoid chemicals in pill form. Continued research may lead to more medications.**

Because the marijuana plant contains chemicals that may help treat a range of illnesses and symptoms, many people argue that it should be legal for medical purposes. A growing number of states have legalized marijuana for medical use.

### Why isn't the marijuana plant an FDA-approved medicine?

The FDA requires carefully conducted studies (clinical trials) in hundreds to thousands of human subjects to determine the benefits and risks of a possible medication.

The body also naturally produces cannabinoid chemicals. They play a role in regulating pleasure, memory, thinking, concentration, body movement, awareness of time, appetite, pain and the senses (taste, touch, smell, hearing and sight).



**How might cannabinoids be useful as a medicine?**

Currently, the two main cannabinoids from the marijuana plant that are of medical interest are THC and CBD. THC can increase appetite and reduce nausea. THC may also decrease pain, inflammation (swelling and redness), and muscle control problems. CBD is a cannabinoid that doesn't make people "high." It may be useful in reducing pain and inflammation, controlling epileptic seizures, and possibly even treating mental illness and addictions. The FDA approved a CBD-based liquid medication called Epidiolex® for the treatment of two forms of severe childhood epilepsy, Dravet syndrome and Lennox-Gastaut syndrome.

Many researchers, including those funded by the National Institutes of Health (NIH), are continuing to explore the possible uses of THC, CBD, and other cannabinoids for medical treatment.

**For more information on medical cannabis please go to [www.Harvest.com](http://www.Harvest.com) or call David Grandon 602-828-1320**



# DANIEL HEWSON OWNER OF ASCENT AUDIOLOGY

**Daniel Hewson said his favorite part of being an audiologist is giving people a quality of life they've been lacking. "They know they have a new lease on life," he said. "I love it when they say our offices are like coming to visit a friend."**

"We listen to our patients," Hewson added. "We feel there is a solution to everyone's problems. We follow through with them – we don't just put in a hearing-aid and say goodbye."

Born and raised in Western New York, Hewson has over 19 years of experience in the field of audiology. With a master's degree in audiology from SUNY Fredonia, Dan has extensive experience working in several of the largest Otolaryngology practices in the country and also as a Regional Manager with Siemens Medical Audiology Division.

Hewson was naturally attracted to the field of audiology because he grew up with moderate to severe sensorineural hearing loss. He has followed hearing aid development, research and rehabilitation. If you want to know what hearing impairment is really about and how hearing devices can change your life, Hewson is the one

to ask. He's been wearing hearing aids since childhood and has an intimate understanding of the hearing impaired. His hearing device story is fascinating and illuminating for anyone, but especially for those who may be hesitant about the hearing rehabilitation process.

Hewson says digital hearing technology, better processing in noise and wireless assistive listening devices, allow him to help people he wasn't able to assist before. "Hearing aids aren't just amplifiers anymore," he said, "They're digitized audio processors."

Ascent Audiology is a community-based, private practice. "We help people who otherwise wouldn't have any other resources," Hewson said. "Our goal is to not turn anyone away. Everybody working with me shares my passion." Find more information by visiting the clinic's website at [ascentaudiologyglendale.com](http://ascentaudiologyglendale.com).

# Glencroft UNIVERSITY

Our mission is to provide the residents at Glencroft Center for Modern Aging an educational experience focusing on convenience and quality in delivering a continuing education program.

Our goal is to encourage active learning, helping our residents gather knowledge to solve problems and make decisions that help them successfully age. We collaborate with community leaders, experts in their field, to develop a unique lecture series that provides rich educational and informational opportunities suited for an aging population.

The 2019 Fall Semester of classes begins September 3rd and continues through November 22nd. **For more information, please pick-up a catalog from Glencroft Center for Modern Aging or call 623-847-2003.**





# VOCATIONAL PILLAR

## Pillar VI

## VOCATIONAL



### Passion of Volunteering

**Tiffany Foss & Millie Oakeson**

**Many workers change occupations during their senior years. It is very normal to make a career transition numerous times during a lifetime, and the senior years still provide an excellent opportunity to explore different vocations. It's never too late to acquire new skills and to pursue a passion you've always wanted to try, that can be personally rewarding. By participating in our vocational pillar through Glencroft University, residents can easily get the skills they need to engage in a new area of interest such as volunteerism.**

Besides the rewards of helping others, volunteering promotes good physical and mental health and helps seniors pursue their passions in retirement.

When a self-described "little old woman" Maggie Kuhn was forced to retire in 1970, she decided to use her unanticipated free time to found the "Gray Panthers," an organization that fights age discrimination and advocates for social and economic justice. Legendary actress and singer Doris Day followed her passion for helping animals well into retirement — since 1971, she founded four organizations and facilities dedicated to animal help and rescue.

Far from letting retirement slow them down, these senior activists used their retirement as a chance to craft a meaningful and rewarding life.



As a volunteer, retirement can afford you the chance to work on a project or issue that is important to you — simply for the passion of it, rather than for a paycheck. Seniors have a unique set of skills and knowledge to offer as volunteers. A lifetime of experience can help you help others in a myriad of ways, from mentoring and tutoring younger generations and providing career guidance, to offering companionship and care.



Volunteerism isn't just beneficial for those being helped — research shows that volunteering confers mental and physical health benefits for those doing the helping. It also fosters positive social and family relationships and contributes to a positive image of seniors as a healthy and vital part of our society.

**For more information on volunteering please contact Tiffany Foss at 623-847-3081.**





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