



ZOE Life

Magazine

Holiday
Recipes
pg 13

Challenges of
Holiday Grief
pg 4

Building A
Bridge To
God
pg 10

All You Need
for Healthy
Living
pg 20

TOP 10
LIST
for Aging
Gracefully
pg 16



THERAPY

Therapy - treatment intended to relieve or heal a disorder or condition.

The therapy department at Glencroft Center for Modern Aging takes the definition of therapy to the next level. We not only provide a service intended to relieve or heal a disorder or condition, but we also provide a holistic approach designed to treat the whole person. Through this approach, we not only seek provided relief for the current condition or disorder but seek to improve the quality of life not only for the patient but the family and caregivers involved in the resident's care as well.

Therapy means much more than just exercise with our physical therapy or occupational therapy staff. Therapy, be it physical, occupational or speech therapy, is about improving quality of life and having a purpose for living. It's about reaching and achieving goals you didn't realize were possible. Through compassionate care, a holistic approach and many years of combined experience, the therapy staff will provide a therapy experience filled with energy, empathy and a dynamic learning environment.

Our residents will also experience something new as we collaborate with Steve Heller and the Zoelife team. This collaboration will allow us to bring new experiences filled with exciting learning opportunities, exercise programs and activities to help our residents achieve their goals in pursuit of a more active and healthy future.

- Randy Lujan
Therapy Manager

TABLE OF CONTENTS

-
- 04** The Challenges of Holiday Grief
-
- 06** Opioid Epidemic
-
- 08** Glam-MaRous!
-
- 09** Your Gift Makes a Huge Difference
-
- 10** Building a Bridge to God
-
- 13** Zoe Recipes
Celebrate The Season
-
- 16** Top 10 List for Aging Gracefully
-
- 20** All You Need For Healthy Living
-
- 22** Preventing Falls with Core Strength

Publisher: John Wenzlau

Editor: Millie Oakeson

Associate Editor: Steve Heller

Contributing Writers: Steve Heller, Millie Oakeson, Melissa Flint, Psy. D., CT, CCTP, Kaye Baker, Danielle Chambers, Stan Florez, J. Maxine MacGwyre, Sherry Torkos

Media: Gabe Vazquez, Keri Little, Tori Taft

THE CHALLENGES OF HOLIDAY GRIEF

By Melissa Flint, Psy. D., CT, CCTP

Clinical Psychologist, Midwestern University Associate Professor, Owner and Psychologist for Koru Psychological Services, PLLC, Certified in Thanatology: Death, Dying and Bereavement

For many, the holiday season comes with great anticipation, filled with joy and love. For others (especially those who have dealt with great losses), the holidays can make you feel like you are stuck between two extremes: the joy mentioned above juxtaposed against the pain, stress and burden of grief. Balancing those two polar opposite sets of feelings can make us feel completely out of control!



We also need to consider that grief is a much larger subject than just the physical death of a loved one. People can feel grief over many different losses: health, dreams, our companion animals, how retirement "should have" been, disconnection from friends and/or family, loved ones being far away and unable to be together for the holidays and so many more. There are just too many different aspects of loss to name here! Consider the different types of loss that you have endured this past year. How are you going to prepare yourself to navigate the holidays in the best way possible for you? While the grief journey is so different for each and every person, here are a few hints to help deal with grief and stress during the holiday season:

1. **Know you are not alone.** Grief, unfortunately, is not a respecter of time of year! We carry with us deep losses, despite the fact that the world declares it is a time of joy. We can survive the "Hallmark" Holidays (those cheery cards about everything being ok when you are all but ok) supporting one another.
2. **Be sure to speak about your grief.** Give yourself permission to have good days, bad days – days that you want to hide in a metaphorical hole, and then those when you want to engage in the world again!
3. **Know your limits.** The holiday season pushes us to the limit with all the commitments. Figure out what your limits are (physically, psychologically, spiritually, socially, financially, etc.) and don't be afraid to set limits to fiercely guard your well-being during the holidays!
4. **Stop the unnecessary stress.** You do not need to go to every concert, every holiday event, every baking event... every everything! Choose those things that are true "musts" versus "likes" and plan accordingly. Seek balance in what you do and do not spend all your energy in one place.
5. **Choose your support system.** Be with people who are supportive and comforting. You deserve that as you navigate grief during the holidays!
6. **Talk about your loved one.** Just because someone has died and their physical presence is no longer with us does not mean that they are not still a part of who we are! Share memories, talk about their impact on your life and what they mean to you this holiday season.
7. **Plan ahead.** Schedule yourself with appropriate rest and time for yourself in between the big events. If your reserve is completely spent, you cannot expect yourself to be available for others. Plan for your greatest success in all situations you commit to!
8. **Embrace and treasure the memories of your loved one.** Is there a special thing that you can anonymously do in their name to keep their presence showing up in this world? One of the most difficult things about death is the uncontrollable nature of the events. This is one small way where we can take back some control during the grief process. I get to choose how my loved one still blesses this world (a Random Act of Kindness, paying for a grocery bill, an extra donation to a special cause, etc.).

My hope for you this holiday season is that you acknowledge that it is different (as it should be) with your loss and the associated changes in life. This "different" does not mean bad, it just is... well, different! We can adjust to be more successful during time of stress and I wish you the discernment to know when to do this along with the strength to say "yes" and "no" when you are able to do so.

Happy Holidays!

OPIOID EPIDEMIC

By Kaye Baker
VP of Development



There is much confusion and discussion in the news today regarding an opioid epidemic. It leaves people wondering what they will do if a situation arises in their life that would cause them to need an opioid.

The Centers for Disease Control (CDC) identifies categories of opioids, natural opioid analgesics as; oxycodone, hydrocodone, etc., a synthetic opioid; methadone, tramadol and fentanyl and illicit opioid heroin. When asked why we are now hearing so much about an opioid epidemic, Dr. Mary Gurney, associate professor of Pharmacy Practice at Midwestern



University said, "U.S. overdose death rates linked to synthetic opioids, likely from illicitly manufactured fentanyl (IMF), increased more than 45 percent from 2016 to 2017 while death rates from heroin and prescription opioids – still far too high – remained stable." A staggering statistic, which is hard to take in, is the fact that 192 drug overdose deaths occur each day in the U.S.

In comparison there are 88,000 alcohol-related deaths in an average year but, opioid prescriptions are easier to regulate and control than alcohol sales. Opioids are neither good nor bad according to Gurney. Many people really need prescription opioids to get through painful surgeries or even chronic

pain. They just need to be prescribed appropriately and there are many prescription drug monitoring programs with databases that track controlled substance prescription dispensing by patient, prescriber and pharmacy.

So the next time you visit your doctor ask what their pain medicine protocol policy entails before you have surgery or before a chronic illness occurs. Be prepared, know your options so you aren't caught with a painful procedure and no pain management procedures in place. The goal isn't to deny pain treatment; the goal is to hold people accountable so abuse doesn't continue to kill more people each year.

GLAM-MAROUS!

Danielle DaLynn, Make-Up Artist Pro, Instructor

Cosmetics have long been a staple in the lives of billions of women! The first historical record goes as far back as the First Dynasty of Egypt. By the middle of the 1st century AD, the Romans were widely using cosmetics and just like our ancestors from long ago, we still use Kohl to darken our eyelids. Back then, the ancient Egyptians believed Kohl eye makeup (made from powdered stone) not only enhanced their appearance, but also protected their eyes from the harsh glare of the sun. While lipstick dates back some 5,000 years, it's said to have been invented by the ancient men and women of Sumer (located in the Mesopotamia region of the Fertile Crescent), who made lip paints from crushing lead and possibly an array of gemstones. The Queen of the Nile, Cleopatra, created crimson lip paint for her lips by crushing bugs. Allegedly, she created lipstick using fish scales, flowers, crushed ants, red ochre (a type of red-colored clay) and carmine mixed in a beeswax base to create a custom red lipstick. During her era, lip paints of all colors and shades became a popular trend in Ancient Egypt.

Over the centuries lipstick, specifically "Red" lipstick, became a "symbol of resilient femininity in the face of danger, which boosted the morale of both women and the soldiers overseas during the start of World War II", according to Sarah Schaffer, author of *Reading Our Lips: The History of Lipstick Regulation in Western Seats of Power*. From something as simple as a tube of red lipstick, centuries past to the present, it has done everything from empowering women politically, to assert femininity, to exuding boldness and glamour. So at what age do we stop caring about our femininity? Our power? Our skin? Or our beauty?

As a Professional Make-Up Artist of over 20 years, I've noticed a generation of women who have been forgotten by the cosmetics industry...our

Mature Women. The cosmetics industry is full of commercials and ads that focus on youthful skin and ways to prevent wrinkles and fine lines with all the "anti-aging" cosmetics and skincare, but what about the women who already have those beautiful history lines? Our mothers, grandmothers and even great-grandmothers seem to have slipped through cracks when it comes to beauty products and tips for their skin. I've had the pleasure of meeting a lot of women on our Glencroft Center for Modern Aging campus, who are ecstatic that they have been remembered.

In an effort to assist our mature women to maintain or regain their confidence, we've created a makeup class for our beloved residents. In the class, each participant learns effective makeup techniques with the use of proper color selection that will complement their skin and their graying crown of glory. The class provides simplistic, hands-on techniques they're able to mimic on their own. These special ladies do NOT leave the class empty-handed. We make sure to send them off with a GlamMa Swag Bag loaded with cosmetics and brushes! The products used in each class have price points that range from the most affordable to higher-end beauty brands. Once they graduate from the class, they also receive a custom t-shirt that lets everyone know they are one of Glencroft's certified "Glam-Marous Glam-Mas"!!!

So at what age do we stop caring about our beauty? Well...we're at 80 and counting. With that said, it is my mission and goal to shed more light on the forgotten demographic...our Glam-Mas of the world.

Stay **Glam-MaRous!**

For more information on our next Glam-Ma Make-Up Series, please call 623-930-5697.



Your Gift Makes A Huge Difference

By Kaye Baker

When we decide to donate money to an organization, we all want to know that it will make a difference. Glencroft has been making a positive impact on the lives of residents for nearly 50 years.

Glencroft's history began years before it was an actual building when a community-minded and giving woman named Sarah Ruth decided to make a difference. She was a pastor's wife and saw the need for a couple that had no living family members and very limited resources. This was back in the 1960s when there weren't many options available for seniors of limited resources. Sarah opened her own home and cared for them. When they passed away they left Sarah a gift of \$500. She took this money and opened a savings account in hopes of building a retirement community that would meet the needs physically, emotionally and spiritually for seniors.


Sarah's gift helped start what we know today as Glencroft Center for Modern

Aging. It's been more than 60 years since this dream began and look where we are today. Our campus is now powered by ZoeLife – pursuing vitality through a full, active and purposeful life. Our residents are thriving in a way they didn't know was possible a few years back. The renovation of the Grand Canyon Room into the Performance Center and University was made possible by donations from people who wanted to see Glencroft be a leader in change and innovation.

Sarah's story and ZoeLife illustrate the difference a donation can make. Whether it is a planned giving gift, an AZ Tax Credit donation, a one-time donation or an on-going pledge, your gift makes a huge difference!

Please take the next step, talk to us about all of these options. We welcome your questions and promise your donations matter.

Please call Kaye Baker 623-847-3199.



*“How do you connect
with God when living in a
community with various
spiritual and religious
beliefs? You build a bridge
through Chaplaincy.”*

Building A Bridge To **GOD**

Stan R. Florez, Chaplain
Providence Place Pillar Director

The Spiritual versus the Religious

Many people in America today identify themselves as being “spiritual” but not religious. By definition, the terms “spiritual” and “religious” were once interchangeable. However, today it is used by people to make a clear distinction and a purposeful separation. “Being Religious” usually means they identify with an organized religion that consists of a set of rituals, rules and membership. “Being Spiritual” on the other hand, usually conveys someone who believes in some form of spiritual presence; whether it be called God, gods, spirits, an unseen force or even a higher power. Rituals and rules are usually frowned upon, or if they have any, it is usually at their sole discretion. Being free to worship or relate to the divine, as they see fit, is essential.

The Benefits of Believing

Being spiritual or religious, regardless of what they believe in, has its benefits. According to research, people who have some sort of faith and practice, normally have a purposeful way in coping with life’s uncertainties and adversities, while providing them with means to deal with life, recover from tragedy and hold out hope. Other studies have shown a strong correlation between those of faith and how it positively impacts their emotional and physical wellness.

The Conflict of Beliefs

This being the case, it would only prove beneficial to connect people to their spiritual beliefs. But with so many beliefs out there, how do you help others connect with the divine, especially if it is not your own beliefs? And how do you maintain your own strongly held spiritual or religious beliefs, while helping others connect with theirs? The answer, through Chaplaincy.

Role of Chaplaincy

The role of a Chaplain originated from a specific need and had its beginnings over 1500 years ago. The Chaplain's purpose was to serve a king and his troops. They were an ordained clergyman, commissioned by the church, to serve in settings where the people did not have the freedom and frequent access to their church or priest. Being highly mobile, they would follow the king and army into the battlefield and perform the religious services they would normally receive at home. The military Chaplain today is a direct reflection of that past.

Chaplaincy Today

Today Chaplaincy encompasses a wide range of religions; from Christianity to Judaism, Islam to Buddhism, even Hinduism and Sikhism, to name a few.

The Professional Chaplain is a new paradigm shift within Chaplaincy that has evolved within the last 40 years. It includes all of the activities and functions of the Traditional Chaplain but broadens its role to include most religions and Chaplains of that same faith group. The major difference is that many Professional Chaplains are appointed and employed by governmental and public agencies. Due to the separation of church and state laws and out of respect for others and religious freedom, a Professional Chaplain has learned the skill of ministering to those with different religious beliefs without compromising their own. Their primary role is to meet the spiritual and religious needs of those they serve, regardless of their spiritual preference.



Chaplain

Having been a Chaplain for over 30 years (Fire Department Chaplain, Hospital to Hospice and even a Prison Chaplain), I too have seen the benefits of those who are spiritual and / or religious. I have also seen the despair and sorrow of those without faith. As a Chaplain, it is my deepest desire for everyone to know and experience the love of God. I have come to understand that my greatest witness is not only in my words and deeds but in the love that is demonstrated (John 13:35). Over the years, I have seen the spiritual and religious cross the bridge and connect with God.

CELEBRATE THE SEASON

Garlic-Citrus Roast Turkey

Total 4 ½ hours – Serves 6-8

- 1 stick unsalted butter, at room temperature
- 2 large cloves garlic, finely grated, plus 1 head, halved
- 2 teaspoons dried oregano
- 1 teaspoon ground coriander
- Pinch of red pepper flakes
- 1 lemon zest grated, fruit reserved and halved
- ½ orange zest grated, fruit reserved
- Kosher salt and freshly ground pepper
- 1 12 to 14 pound turkey, thawed, giblets removed (neck reserved)
- 1 onion, quartered
- 1 carrot, chopped
- 1 stalk celery, chopped



Mash the butter with the grated garlic, oregano, coriander, red pepper flakes, lemon zest, orange zest, 1 teaspoon of salt and a few grinds of pepper in a bowl. Spoon onto a piece of plastic wrap and shape into a log. Wrap and refrigerate until firm, at least 1 hour.

Position a rack in the lowest part of the oven, remove the other racks and preheat oven to 350*. Put the turkey neck, onion, garlic halves, carrot and celery in a large roasting pan; set the rack on top. Add 2 cups of water.

Pat the turkey dry. Slice the butter log into ½ inch thick rounds. Gently separate the turkey skin from the breast, the thighs and the top of the drumstick. Slide the butter under the skin. Stuff the lemon halves and orange half inside the cavity. Tie the legs together with kitchen twine. Season the turkey generously with salt and pepper and place breast side up on the rack; tuck the wings under the body. Let sit at room temperature 30 minutes.

Roast the turkey 1 ½ hours, then baste with the pan drippings. Continue to roast, basting every 30 minutes, until the skin is crisp and golden and a thermometer inserted into the thigh registers 160* to 165*, 45 minutes to 1 ½ hours more. Transfer the turkey to a rimmed baking sheet and let it rest for 30 minutes before carving. Use pan drippings for gravy.



Spiced Maple Cranberry Sauce

Most homemade cranberry sauces are made with sugar, but this one is flavored with unsweetened applesauce and spices, it gets its sweetness from the maple syrup that's added in after cooking.

- 1 medium orange
- 1 1/2 packages fresh or frozen cranberries
- 1/2 cup of water
- 1/2 cup unsweetened applesauce
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground ginger
- 1/4 teaspoon ground nutmeg
- 1/2 cup pure maple syrup

Remove 2 teaspoons zest and squeeze 1/4 cup juice from the orange, in a medium saucepan combine orange juice, cranberries, water, applesauce, cinnamon, ginger and nutmeg. Bring just to a boiling reduce heat. Simmer 15 minutes or until most of the cranberries pop and mixture is slightly thick, stirring occasionally. Remove from heat. Stir in maple syrup and orange zest. Cover and chill at least 30 minutes (sauce will thicken as it chills).

Green Beans with Parmesan Garlic Breadcrumbs

In this easy green bean recipe, browning the butter before tossing it with the breadcrumbs produces a nice nutty flavor. This green bean dish is a healthy alternative to green bean casserole.

- 1 pound green beans, trimmed
- 1/4 teaspoon salt
- 1/4 teaspoon ground pepper
- 3 tablespoons butter
- 2 cloves garlic, minced
- 1/2 cup fresh breadcrumbs
- 3 tablespoons grated Parmesan cheese

Bring 1 inch of water to a boil in a large saucepan fitted with a steamer basket. Add green beans, cover and steam until tender-crisp 5-7 minutes. Transfer to a large bowl and season with salt and pepper. Meanwhile, heat butter in a large skillet over medium heat. Cook, swirling often, until starting to brown, 3-4 minutes. Add garlic and cook, stirring until the butter is nutty brown, about 30 seconds more. Stir in breadcrumbs and cook stirring until crispy, 3-4 minutes. Toss breadcrumbs on top and cover with parmesan cheese.





Frozen Pumpkin Mousse Pie

Crust

- 30 small gingersnap cookies
- 2 tablespoons raisins
- 1 tablespoon canola oil

Filling

- 1 cup carved pumpkin puree
- ½ cup packed brown sugar
- ½ teaspoon ground cinnamon
- ¼ teaspoon freshly grated nutmeg
- 2 pints (4 cups) frozen low-fat vanilla ice cream softened

Preheat oven to 350°F and coat a pie pan with cooking spray

To prepare crust: Combine gingersnaps and raisins in a food processor and pulse until finely chopped. Add oil and pulse until blended. Press evenly into the bottom and up the sides of the prepared pan. Bake crust until set, about 10 minutes. Transfer to a wire rack to cool completely.

To prepare filling: combine pumpkin, sugar, cinnamon, ginger and nutmeg in a large bowl and mix well. Add ice cream and stir until blended. Spoon the mixture into the cooled pie crust. Freeze until firm at least 2 hours. Let the pie soften in the refrigerator for 20 to 30 minutes before serving.

TOP 10 LIST FOR AGING GRACEFULLY

By J. Maxine MacGwyre, LMA, NS

Well, you asked for it, and here it is! The first in a series of The Top 10 List for Aging Gracefully... and BEAUTYfully. This series is written from a holistic perspective because when we consider how to keep our youthful glow alive, that goal cannot be separated from maintaining our health in general. They are one and the same.

First, let's consider the obvious... topical skincare.

(Continued on the next page)





Protect Your Skin from the Sun

Protecting your skin from the sun's UV rays will help you stay young. It is well documented that extended sun exposure is known to cause a myriad of skin concerns including wrinkles, age spots, and even skin cancer. Studies from the American Academy of Dermatology have shown time and time again, that the sun plays a significant role in the premature aging of the skin, in fact, 80% of aging of the skin covered by sun protective rated clothing, as well as using a UVA/UVB Broad Spectrum Physical Block (Zinc Oxide based) sunscreen with an SPF 30.

To boost the efficiency of sun protection for your face it is important to apply a layer of a Vitamin C serum which is naturally loaded with antioxidants and free radical scavengers to help stabilize the skin. Additionally, some professional products also incorporate Grape Plant Stem Cells which combine the ability to protect skin from UV damage as well as turnaround damage that has already occurred.

Last but not least... PhytoNutrients. The most important way to minimize the aging effects of the sun is often completely overlooked, primarily because it's a relatively new idea; we need to make sure that we're getting

enough skin protective nutrition. Think about it, plants and algae depend on what could be, potentially damaging solar energy, as part of their very existence. They have had to develop a way to defend themselves against sunburn. These defense agents in plants are colored pigments, called carotenes and flavonoids. When we eat highly pigmented plants, these pigments can, in turn, be delivered to our skin, thus providing us with the same protection they give the plants. In other words, the reds, blues and greens, in the fruits and veggies that we eat, can help us deactivate some of the effects of solar energy, and function as internal, nutritional sunscreens, protecting our skin from the inside out.



Build a Relationship with a Licensed Skincare Professional

Incorporate professional monthly treatments to fight the good anti-aging fight and maintain optimal skin health. Just like visiting the dentist regularly for routine care, professional skin care treatments, in conjunction with compliance with a personalized home care regimen, can make all the difference in the world. Some treatments are effective for exfoliation and others to maximize collagen production as well as helping to lighten unwanted hyperpigmentation. Advanced therapies offer many youth-preserving options without having to consider plastic surgery. A trained professional can help provide guidance to integrate multiple modalities to yield the most effective results after skincare goals have been identified. Remember with an anti-aging program it's all about collagen, collagen and collagen.

Wash Your Face and Other Homework

Cleansing the skin twice daily with warm water is the cornerstone of a successful home care program. In the morning a resting cleanser will refresh and hydrate the skin and in the evening it is important to remove makeup, sweat, natural oils and pollutants that collect on the skin during the day with

an active cleanser which will then open the skin to be more receptive to the active/corrective/restorative products to follow.

Take shorter showers and for the body, use olive oil-based body soap or consider a sugar scrub or lactic acid-based cleanser to amp up exfoliation, which can be accomplished by either manual (scrub) or "chemical" means and should be used judiciously, so as not to sensitize the skin. Add topical, fragrance-free moisturizer and oil. Using moisturizers every day, especially right after bathing when the skin is damp will improve absorption. Both men and women can benefit from added hydration. The American Academy of Dermatology recommends applying moisturizer within three minutes after bathing to enable your skin to retain most of the moisture from the actual bathing process. Hydrated skin not only looks and feels better but even more importantly, helps to maintain collagen levels to help prevent wrinkles that develop with age.

In the next Zoelife Magazine, we will have part two of Aging Gracefully... and BEAUTYfully, we will focus on the bigger wellness picture, and discover what impact the Mind-Body Connection has on our skin and overall health and well-being.

ALL YOU NEED FOR HEALTHY LIVING

By Sherry Torkos

Elderberry Flu Medicine

The most traditional use for black elderberry is as a cold and flu remedy. A clinically studied product sold in almost every drugstore chain. Its uses are backed by studies done in Israel and Norway that demonstrate its penchant to reduce severity of symptoms and days of recovery in flu patients.

The bioflavonoids present in high concentrations of elderberry inhibit the action of the enzyme neuraminidase, what we know as the flu, within 24 to 48 hours. Now, a new study shows users can expect additional health rewards, it's also a heart disease tonic and cholesterol protector. High-density lipoproteins (HDLs) are protective of atherosclerosis, the inflammatory disease linked with poor cholesterol profiles including HDL dysfunction.

High Blood Pressure – Get Armed with Garlic

A new Australian study has found that Aged Garlic Extract reduces blood pressure in adults with hypertension, offering an option to those who don't respond well to prescription medications or would prefer a natural therapy. Published in the European Journal of Clinical Nutrition, the study was led by Karin Ried, PhD, from the University of Adelaide, Australia, now Research Director at the National Institute of Integrative Medicine (Melbourne), who has been researching the health benefits of garlic since 2006.

Study researchers say two daily capsules of a high potency formula of aged garlic extract were enough to reduce systolic blood pressure by an average of 12 millimeters of mercury, comparable to the effect of many commonly prescribed anti-hypertensive medicines.

Sleep, the Only Time That Repairs Aging

It is during sleep that cellular and DNA repair can take place. When sleep disturbances are chronic, the body starts to age more rapidly due to stress, electromagnetic radiation and constant stimulus.



There are three classes of natural substances that can be used to modify the cascade of sleep: botanicals, hormones and nutrients. Combinations of herbs are particularly valuable for improving sleep quality by shortening the time of falling asleep.

Botanicals

- **Valerian:** sedative
- **Chamomile:** calming, analgesic, anti-inflammatory, antioxidant
- **Passionflower:** nerve tranquilizer
- **Lemon Balm:** sedative, anti-spasmodic, antidepressant
- **Green Tea:** although it contains small amounts of caffeine has been paradoxically found to lull the brain into quality sleep, perhaps as a consequence of the presence of L-Theanine.

Hormone

Melatonin: secretion by the pineal gland occurs in darkness and during sleep in healthy people; however it has been shown to decline with age. Studies show that melatonin may shorten sleep induction time and reduce episodes of awakening, without necessarily increasing sleep time.

Nutrients

Magnesium: induces muscle relaxation and causes changes in the brain waves associated with relaxation.

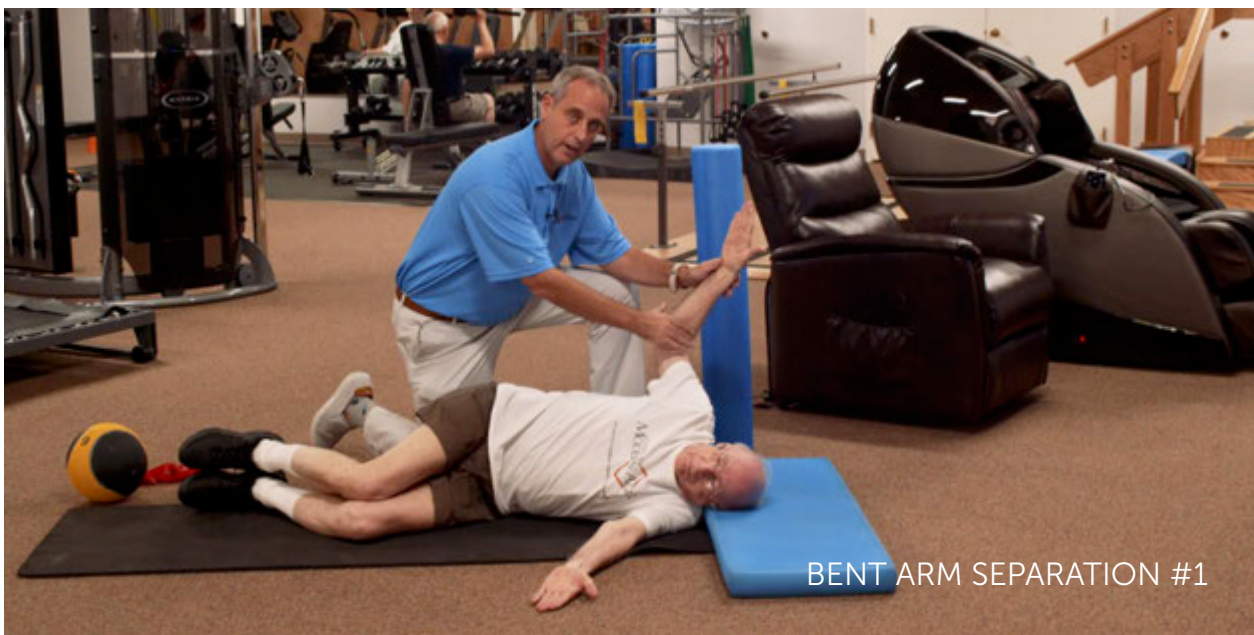
Vitamins B3 and B6, with Folate: necessary for the synthesis of chemical messengers in the brain and are anti-stress vitamins.

PREVENTING FALLS WITH CORE STRENGTH

By Steve Heller

ZoeLife was conceived from the idea of creating a fall prevention program based on the principles of having a better balance due to a strong core, good functional strength and strong, flexible hips! When I was working with MLB, NFL and NBA professional athletes, the number one thing we worked on was their hips. Having a strong upper and lower body is great, but if you have a weak core and hip girdle, then you are really at a disadvantage. When we began developing the specifics of The ZoeLife Training Method, we quickly realized that most of what my professional

athletes were doing (working on a range of motion, functional strength and core and balance) were crucial to helping seniors avoid falls. The following exercises are a few of the foundations we teach our residents involved in The ZoeLife Training Method. Once our residents get adept at these two exercises, we have another six they start on and those equal what we call THE GREAT 8! These first two exercises are great to do at home, while traveling or as a warm-up or cool down when you go to the gym! Good luck and let us know how it goes!



BENT ARM SEPARATION #1

BENT ARM SEPARATION #1: (see image to the left)

Lie on your side.

Extend both arms out in front of yourself, palms facing each other.

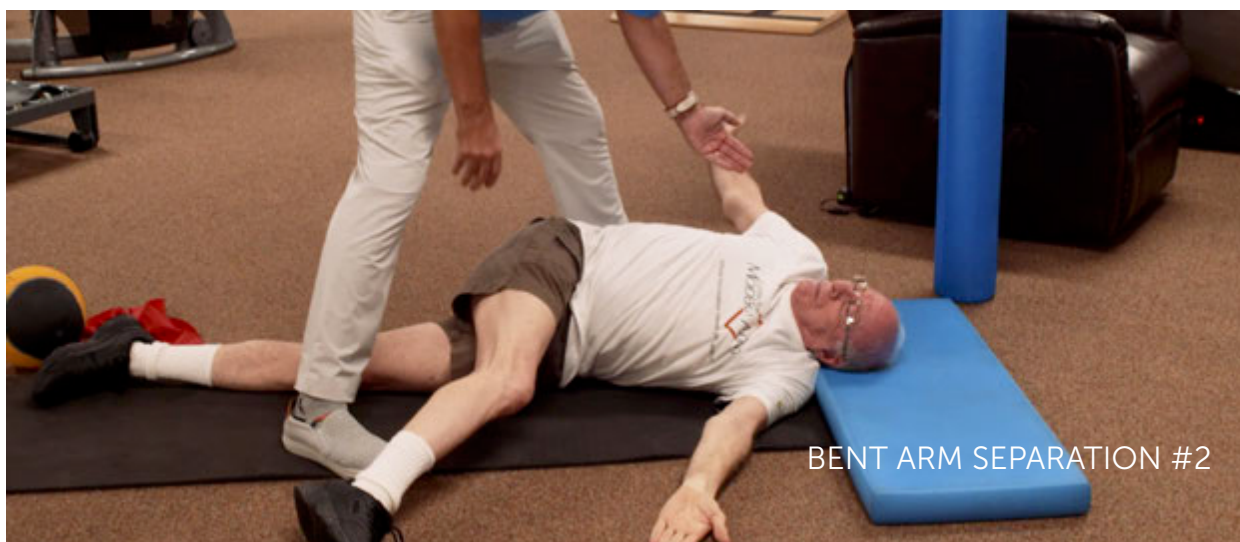
Raise the top hand off from the bottom one, extending it up to the ceiling with a straight elbow.

Once it passes your head, bend the arm 90 degrees and continue to move arm backwards towards the ground behind your head. It should end up 90 degrees with both the back of the hand and arm on the ground.

Knees should remain together and on the ground.

You should feel a great stretch in your lower back as well as in your chest. This "separation" between the upper and lower body is what we are trying to create for upper body mid-thoracic separation.

Do a sequence of 10 per side, three times.



BENT ARM SEPARATION #2: (see image above)

Stay lying on side with knees bent and palms facing each other extended out on the ground.

This time top hand will come off the bottom extending it up to the ceiling with a straight elbow.

Keep arm straight for the full range of motion trying to get the back of that top hand to the ground.

Once you have opened the chest and moved the arm as far as possible the other arm with the elbow straight will come straight up as high as you can reach to the sky/ceiling. You will hold this position for 2 seconds and then lower the bottom arm first and then the top arm down so that you are back to that starting point of palms touching arms extended on the ground.

The biggest thing for the participant to remember is to keep their lower body pressed into the ground so they get that "separation" feeling.

The sweetest moments of
the season are the times
we share.



Glencroft
CENTER FOR MODERN AGING

Senior living as it should be.

For more details call 623-847-3102

8611 North 67th Ave. • Glendale, AZ

www.glencroft.com

Non-profit, faith based community.