



The ZOE Life **mission** is to pursue vitality through a full, active and purposeful life.

FACT SHEET

ABOUT P.I.P. GOLF

- **The ZOE Life Parkinson's Immersion Program (P.I.P.)** is a holistic rehabilitation and prevention program designed to improve the safety and **quality of life** for individuals diagnosed with Parkinson's disease.
- **Residents** of the Glencroft Center for Modern Aging in Glendale, Ariz. diagnosed with Parkinson's may participate in P.I.P. at no cost.
- **P.I.P. Golf** is a customized **therapeutic golf program** designed to improve and delay symptoms associated with Parkinson's disease. It is for residents who want to improve their golf game, **manage symptoms**, and safely **continue golfing**.
- The P.I.P. Golf Performance Team includes exercise physiologists with extensive knowledge of golf physiology, PGA-certified golf instructors, speech and physical therapists, and nutritionists who collaborate to maximize individual wellbeing while prolonging the joy of golfing.
- P.I.P. Golf is designed **to improve** functional movement, balance, strength, flexibility, coordination, posture, conditioning, kinematic golf swing mechanics, nutrition, speech, golfing technique, and alleviate depression.
- Instructors use an indoor **virtual reality golf simulator** in a safe environment.
- The Warren Schutte Players Academy provides outdoor golf instruction at The Wigwam, a resort in Phoenix, Arizona.
- P.I.P. Golf participants spend 1-2 hours per day (golfing or other P.I.P. activities) with other residents diagnosed with Parkinson's.
- P.I.P. provides a **sense of belonging**. It offers daily opportunities to **share common experiences** and **celebrate achievements** among friends.
- For more information about the ZOE Life Parkinson's Immersion Program (P.I.P.), see P.I.P. Fast Facts. www.zoelifeonline.com/wp-content/uploads/2020/07/PIP_FactsSheet.pdf

PARKINSON'S FACTS

- **Parkinson's disease** is a neurodegenerative disorder, the second most common behind Alzheimer's disease.
- An estimated **1.3 million** people in the U.S. will be diagnosed by 2030.
- Parkinson's is **not fatal** but may cause serious side-effects.
- There is **no cure** for Parkinson's. **Treatment** aims to **slow progression**.
- 96 percent of people diagnosed with Parkinson's are **age 50 and older**.

- Parkinson’s disease is caused by **genetic** and **environmental** factors.
- There are **five stages** of Parkinson’s, each progressively more debilitating.
- Parkinson’s affects an individual’s gait and balance, along with a range of motor and non-motor symptoms. Patients have varying levels of ability.
- **Motor (movement) symptoms** include slowness of movement(bradykinesia), difficulty walking or moving, dizziness/fainting, drooling, stiffness, stooped posture, reduced facial expressions (facial masking), imbalance, tremors, cramped toes/feet (dystonia), and involuntary movements (dyskinesia).
- **Non-motor symptoms** include impaired smell, cognitive challenges, sleep disorder, constipation, sweating, bladder symptoms, fatigue, sexual dysfunction, pain, tingling, lightheadedness, anxiety, isolation, and depression.

ABOUT ZOELIFE

- Zoelife was **founded** in 2019 at the Glencroft Center for Modern Aging (CFMA).
- **ZoeLife is a culture** of successful aging practices centered around a holistic approach to the wellbeing of body, mind, and spirit.
- **Zoe** is a biblical word with Greek origin meaning “life” or “vitality.”
- Zoelife focuses on **six pillars of wellbeing**: spiritual, physical, emotional, social, intellectual, and vocational.
- Residents of Zoelife senior living communities are provided with opportunities to **maximize their quality of life** by embracing Zoelife at **no additional cost**.
- For **more information**, contact Vice President, Director of Zoelife Operations Steve Heller, (623) 847-3120, sheller@glencroft.com, or info@glencroft.com.

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