



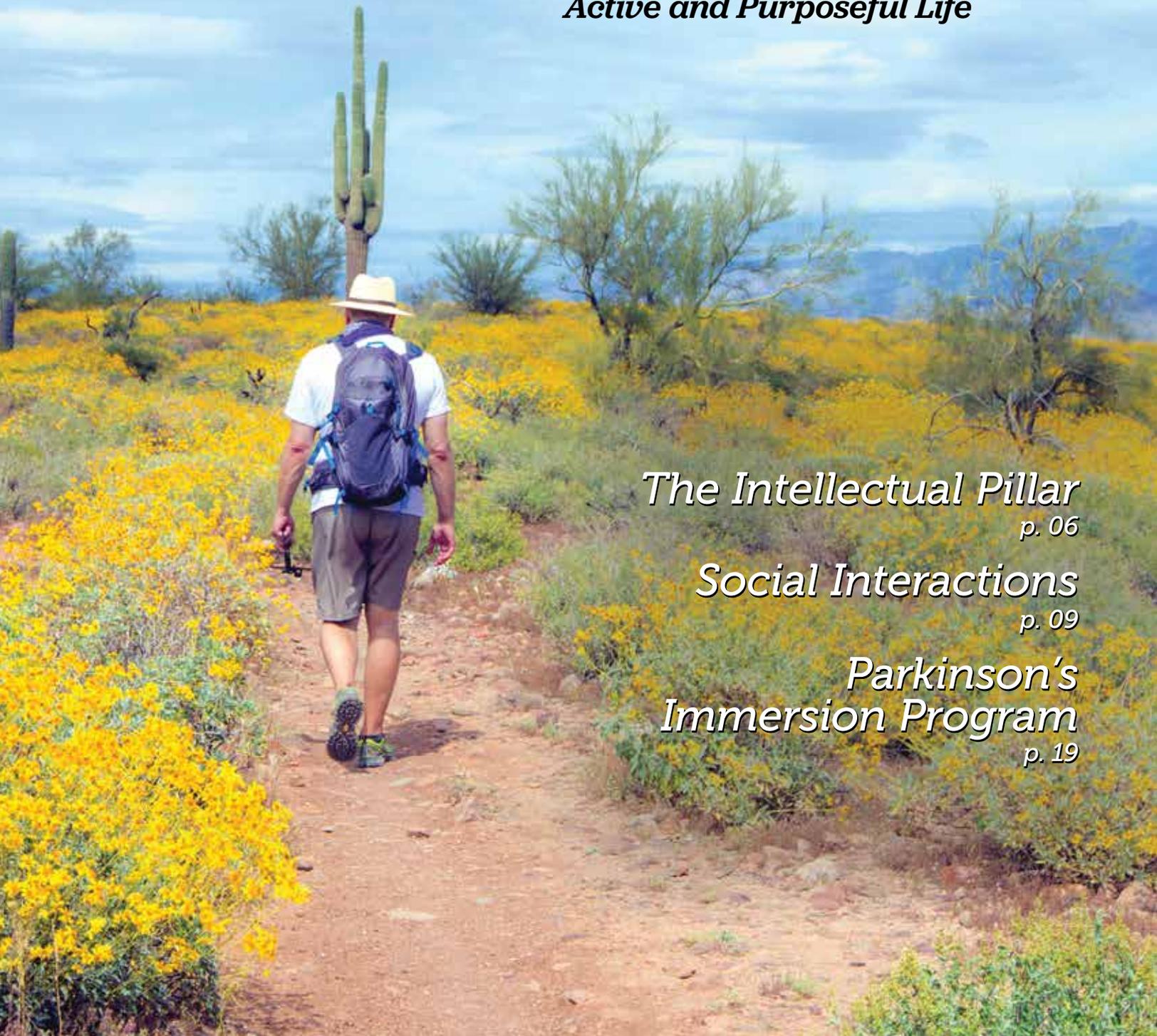
**ZOE** *Life*  
magazine

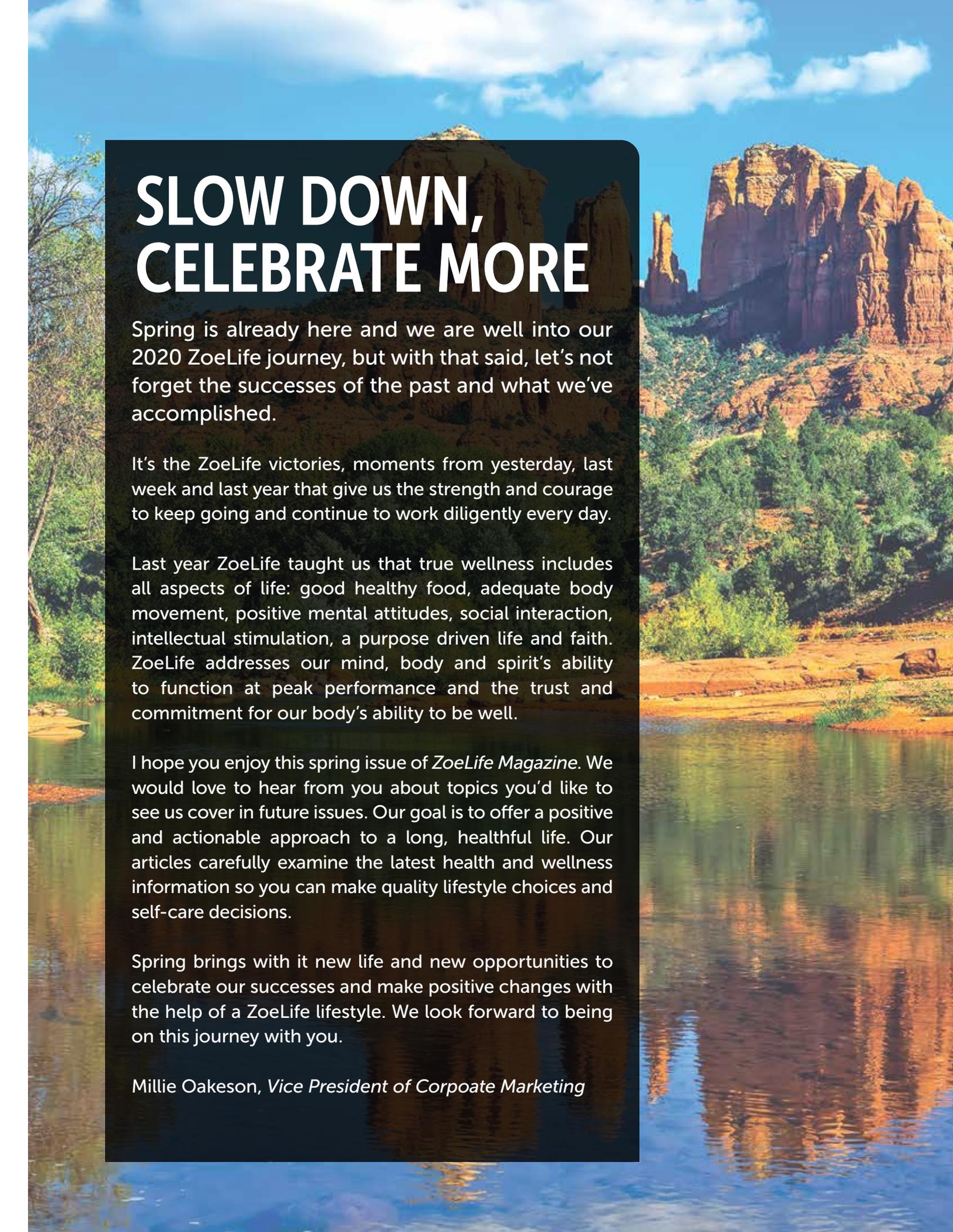
*Pursuing Vitality Through a Full,  
Active and Purposeful Life*

*The Intellectual Pillar*  
p. 06

*Social Interactions*  
p. 09

*Parkinson's  
Immersion Program*  
p. 19





# SLOW DOWN, CELEBRATE MORE

Spring is already here and we are well into our 2020 Zoelife journey, but with that said, let's not forget the successes of the past and what we've accomplished.

It's the Zoelife victories, moments from yesterday, last week and last year that give us the strength and courage to keep going and continue to work diligently every day.

Last year Zoelife taught us that true wellness includes all aspects of life: good healthy food, adequate body movement, positive mental attitudes, social interaction, intellectual stimulation, a purpose driven life and faith. Zoelife addresses our mind, body and spirit's ability to function at peak performance and the trust and commitment for our body's ability to be well.

I hope you enjoy this spring issue of *Zoelife Magazine*. We would love to hear from you about topics you'd like to see us cover in future issues. Our goal is to offer a positive and actionable approach to a long, healthful life. Our articles carefully examine the latest health and wellness information so you can make quality lifestyle choices and self-care decisions.

Spring brings with it new life and new opportunities to celebrate our successes and make positive changes with the help of a Zoelife lifestyle. We look forward to being on this journey with you.

Millie Oakeson, *Vice President of Corporate Marketing*



# TABLE OF CONTENTS

- 03** The Importance of Empathy

---
- 05** Health & Wellness

---
- 06** Intellectual Pillar

---
- 07** Preventing Falls with Core Strength

---
- 09** Social Interactions

---
- 10** Spirituality

---
- 12** COVID-19  
What You Should Know and What You Can Do

---
- 14** Zoe Recipes

---
- 16** Top 10 List for Aging Gracefully

---
- 19** ZoeLife Parkinson's Immersion Program

---
- 22** Expert Talk with ZoeLife Partners

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# The IMPORTANCE of EMPATHY

By: Belinda Brown,  
*Health Psychology Therapist*

Empathy involves the ability to emotionally understand what another person is feeling. It's putting yourself in someone else's position and feeling what they must be going through.

People are generally pretty well attuned to their own feelings and emotions, however, getting into someone else's head can be a bit more difficult. The ability to feel empathy allows us to "walk in another's shoes." It permits us to understand the emotions of others.

Sympathy and compassion are related to empathy, but there are differences. Sympathy and compassion are a more passive attempt at understanding another's emotions, while empathy involves a more active attempt to understanding other's emotions.



We are all certainly capable of selfish, even cruel, behavior. A quick scan of any daily newspaper quickly reveals numerous unkind, selfish and heinous actions. What is it that causes us to feel another's pain and respond with kindness?

Studies suggest that specific areas of the brain play a role in how empathy is experienced. More recent approaches focus on the cognitive and neurological processes that lie behind empathy. The activation of mirror neurons in the brain plays a part in the ability to mirror and mimic the emotional responses that people would feel if they were in similar situations.

**Empathizing with others helps us learn to regulate our own emotions.**

There are numerous benefits in the ability to experience empathy. Empathy allows us to build social connections with others. It gives understanding to what people are thinking and feeling and allows us to respond appropriately. Empathizing with others helps us learn to regulate our own emotions. Emotional regulation allows us to manage what we are feeling, even in times of stress, without becoming overwhelmed. Empathy promotes helping behaviors. Not only are we more likely to engage in helpful behaviors when we feel empathy for others; other people are also more likely to help when they experience empathy.



# HEALTH & WELLNESS

By: Steve Heller, *VP and Director of Operations*

Swimming is great for all ages and one of the many exercises offered in our Zoelife program at Glencroft Center for Modern Aging in Glendale, Arizona.

“With our heated indoor pool, residents enjoy various water activities all year long,” says Ross Higgins, Senior Director of Campus Life. “We focus on the many benefits our aquatic classes offer our residents.”

Swimming incorporates the use of all parts of your body. It burns twice as many calories as walking, reduces the impact on joints and works out more muscle groups at one time than any other form of physical activity. These are important factors to consider when designing classes. Older adults face a host of changes in their body that can reduce mobility, affect physical strength, and lead to chronic pain.

Commonly with aging, the loss of muscle mass can reduce physical strength. The

resistance offered by water increases the workload on muscles thereby assisting in preventing muscle loss. Other benefits include a reduced risk of osteoporosis; which helps to preserve bone density, and as an aerobic exercise, reduces the risk of coronary artery disease by helping the heart become stronger, larger and more efficient.

Furthermore, there is also the mental and psychological aspect that makes this an attractive exercise. Studies show that swimming helps relieve stress and improves mood levels. It creates an opportunity for socialization and lowers feelings of isolation or loneliness. Glencroft offers various water classes for women, men, arthritic residents and lap swimming.



# Intellectual Pillar

By: Kaye Baker, *VP of Development*

Glencroft University was founded on six vital pillars; spiritual, emotional, physical, social, intellectual and vocational. Each pillar represents an important aspect to aging successfully and they are the foundational principals that drive the ZoeLife program. No one pillar is more important than the other, but each represents something innate in us that causes us to thrive and seek out a richer life.

Our hope, when considering what the intellectual pillar offers, is the opportunity to gain knowledge and understanding while seeking answers to thoughtful questions in order to avoid delusion and blind acceptance of ideas. In seeking professional presenters to lead this pillar, we have found that a variety of topics encompass the Intellectual pillar.

We offer a variety of topics such as; *Whole-Person Health and Wellbeing*—which discusses not only the absence of illness, but how a positive state of being can impact our health—*Medication Safety*—pointing out that up to 50 percent of people take medications incorrectly, *Becoming a Life-Long Learner*, and *The Power of Awareness*—both discuss how we have an active part in our physical and mental well-being and overall health. We also discuss subjects such as art and what artist intent does for our global view of history. We look at architecture and study what made some architectural works famous in history because the spaces

they created have changed the way we look at buildings and our environment.

**We can take part in what it means to age successfully not just in our physical bodies, but also our minds.**

As a culture, we are often consumed by the dreaded thought of aging. In a very real way, this is a ridiculous dread. No matter what we do, we can't stop aging. What we can do, however, is stop aging as a bystander. We can take part in what it means to age successfully not just in our physical bodies, but also our minds. We can continue to be life-long learners and continue to push our brains to learn new things and accomplish new tasks while experiencing new opportunities. Keeping our mind focused on the benefits that the intellectual pillar has to offer, brings hope and the advantage of building new brain cells! The theme of the Intellectual Pillar in the ZoeLife program is to "keep learning."

# PREVENTING FALLS

## WITH CORE STRENGTH

By: Steve Heller, *VP and Director of Operations*

Zoelife was conceived from the idea of creating a fall prevention program based on the principles of having better balance through 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 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 also crucial to helping seniors avoid falls.

The following exercises are a few of the foundations we teach to those enrolled in the Zoelife Training Method.

In the last issue of *Zoelife Magazine*, we challenged readers to do the first two exercises from what we call “THE GREAT 8!” The following 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!



OPEN GATE / CLAM SHELL

**OPEN GATE / CLAM SHELL** (see image to the left):

5 sets of 15 on each side

Lie on your side with knees slightly bent in towards your chest. Extend your top arm out and hold the edge of a table, bed, or the ground. Once in the correct position, separate your knees as far as they can go, while pointing the top knee straight up towards the ceiling.

Your feet should **STAY TOGETHER** while knees separate to mimic a gate or a clam shell opening and closing. *(The only way you can cheat this stretch and range of motion exercise is to roll on your back)*

**REVERSE FLIP** (see image below):

5 sets of 15 on each side

Lie on your side with knees and feet separated slightly, but continue to maintain the angle of your knees—you should be able to put a fist through the gap between your knees.

Touch your feet together and then hinge knee in opposite direction so that your foot is moving up towards the sky/ceiling.

The key to this exercise is to keep your knees separated slightly and do not let them move up or down. Just think tap the feet together and then hinge/flip that foot up.



# Social Interactions

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

The *National Institute on Health Research* suggests, along with several research studies, which have shown, a strong correlation between social interaction and health and well-being among older adults. It is also suggested that social isolation may have significant adverse effects for older adults.

## STUDY RESULTS INDICATE:

- Social relationships are consistently associated with biomarkers of health.
  - Positive indicators of social well-being may be associated with lower levels of interleukin-6 in otherwise, healthy people. Interleukin-6 is an inflammatory factor implicated in age-related disorders such as Alzheimer's disease, osteoporosis, rheumatoid arthritis, cardiovascular disease and some forms of cancer.
  - Loneliness may have a physical as well as an emotional impact. For example, people who are lonely frequently have elevated systolic blood pressure.
  - Some grandparents feel that caring for their grandchildren makes them healthier and more active. They experience a strong emotional bond and often lead a more active lifestyle, eat healthier meals and may even reduce or stop smoking.
  - Social isolation constitutes a major risk factor for morbidity and mortality, especially in older adults.
- Loneliness is a unique risk factor for symptoms of depression and loneliness. Depression has a synergistic adverse effect on well-being in middle-aged and older adults.

According to *Healthy Aging*, a Canadian Community Health survey, 80 percent of seniors were frequent participants in at least one social activity throughout the year. As the number of activities increased, the likelihood of being unsatisfied with life decreased and the likelihood of feeling positive about their well-being rose.

## Research Suggests a Positive Correlation Between Social Interaction and Health.

More research is needed to understand the actual links to positive health and determine the importance of social interactions as they relate to disability, falls, memory and overall health benefits for older adults.



# SPIRITUALITY

By: Angelica Winston, MD

**The effect of spirituality on health is an area of active research right now. Besides being studied by physicians, it is studied by psychologists, religious organizations and other professional groups.**

No one really knows for sure how spirituality and religious beliefs relate to our health. However, it seems the body, mind and spirit are all connected. The health of any one of these elements seems to affect the others.

Set aside time every day to do the things that help promote purpose in your life. These may include doing community service or volunteer work, praying, meditating, singing devotional songs, reading scriptures, taking nature walks, having quiet time for thinking, doing yoga, playing a sport, or attending religious services.

Some research shows a connection between your beliefs and your sense of well-being. Positive attitude, comfort and strength gained from religion, meditation and prayer can contribute to well-being. It may even promote healing. Improving your spiritual health may not cure an illness, but it may help you feel better. It may also prevent some health problems and help you cope better with illness, stress, or death.

**Identify the things in your life that give you a sense of peace, comfort, strength, love and connection.**

**Do patients want physicians to address their spirituality?** In the *USA Weekend Faith and Health Poll*, 65% felt that it was good for doctors to speak with them about their spiritual beliefs, yet only 10% said a doctor had such a conversation with them. A study of pulmonary outpatients at the University of Pennsylvania found that 66% agreed that a physician's inquiry about spiritual beliefs would strengthen their trust in their physician; 94% of patients for whom spirituality was important wanted their physicians to address their spiritual beliefs and be sensitive to their values framework. Even 50% of those for whom spirituality was not important felt that doctors should at least inquire about spiritual beliefs in cases of serious illness.

If your doctor is treating you for an illness, you should consider sharing your spiritual beliefs with him or her. Your spirituality might affect your feelings and thoughts about your medical situation. If you think your spiritual beliefs are affecting your health care decisions, tell your doctor. You should always tell your doctor if your spiritual beliefs prevent you from following his or her recommendations.



**Questions for your doctor:**

- Can my spiritual or religious beliefs impact my health?
- Is it important for me to share my spiritual or religious beliefs?



# COVID-19

## What You Should Know and What You Can Do

By: James B. LaValle RPh, CCN, MT, ND(trad)  
*CEO, Metabolic Code Enterprises, Clinical Director Hall of Fame Health Health & Performance Program, and Frequent contributor on Successful Aging, KFNX*

As most of us are aware, the spread of the COVID-19 Coronavirus is an immediate threat to the health of global community—and there is an overwhelming amount of information being released by the media that can be confusing and scary. What can you do to protect yourself and your loved ones?

### WHAT IS COVID-19?

COVID-19, or Coronavirus, is an infectious disease caused by a new virus previously undetected. The virus causes respiratory illness (flu-like) with symptoms such as:

- Cough
- Fever
- Malaise—lack of energy—feeling “bad”
- Pneumonia (in severe cases)

With the number of infections in the United States changing daily, doctors are treating COVID-19 symptomatically, but there is no current treatment of choice.

### HOW DOES THE CORONAVIRUS SPREAD?

Coronavirus spreads primarily through contact with an infected person when they cough or sneeze, through droplets of saliva or discharge from the nose.

### WHO'S AT RISK?

Most all of us are at risk of catching this virus if we're exposed to a carrier—someone that we come into close contact with or through touching a surface that has oral saliva droplets or nasal discharge on it from an infected person who has touched it.

#### Those at highest risk are:

- The elderly
- Those with long-term health conditions such as heart disease, diabetes, liver/kidney conditions, etc.
- Those who are actively sick with a condition, especially if the condition compromised their immunity.
- Those who are working or living around large populations—such as healthcare workers, nursing home residents, etc.

### HOW CAN I DECREASE EXPOSURE?

- Wash hands well with soap and water
- Keep hand sanitizer with you in public
- Limit or avoid being in crowds
- Avoid touching public surfaces
- Don't touch your face, nose, eyes, mouth
- Stay away from anyone that is "sick"
- Avoid unnecessary travel
- Stay home to reduce the risk of exposure
- Clean and disinfect your home
- Stay hydrated!

### WHAT PREPARATIONS SHOULD I MAKE?

- Contact your healthcare provider about having medications on-hand
- Be sure you have over-the-counter medications for illnesses, like cold/flu
- Be sure to have enough groceries and other supplies on-hand

### WHAT CAN I DO TO STRENGTHEN MY IMMUNE SYSTEM?

- Stay hydrated

- Make sure you are getting good sleep
- Manage stress
- Eat healthy
- Get moderate exercise

### IF YOU ARE SICK OR ARE DIAGNOSED WITH CORONAVIRUS:

- Do **NOT** go out in public – quarantine yourself and follow your healthcare practitioners' advice.
- **Separate yourself** from animals and people in your home.
- **Call your healthcare provider** before visiting them.
- **Wear a facemask** when around people, including your family.
- **Clean your hands often**, do not touch or share household items.
- **Monitor your symptoms** – if symptoms worsen, contact your doctor.

**MOST IMPORTANTLY—Follow the advice of your healthcare provider.**

## THE BEST WAY TO PROTECT YOURSELF

#### Follow Travel Guidelines



Follow recommendations on cancelling or postponing travel.

#### Wash Your Hands



Wash your hands often. Use hand sanitizer if soap and water are not available.

#### Cover Your Mouth & Nose



Use a tissue or your sleeve to cover your mouth and nose when you cough or sneeze.

#### Avoid Visiting Care Facilities



Avoid visiting facilities with high risk populations.

#### Practice Social Distancing



Work from home, engage in social distancing, maintain a 6-foot distance from others, avoid groups larger than 10.

#### Clean & Disinfect



Use a virus-killing disinfectant to clean frequently used surfaces.

#### Stay Home



Avoid leaving the house if sick. Connect with your healthcare provider remotely.

#### Maintain Healthy Habits



Get enough sleep, eat healthy foods, drink plenty of liquids and exercise. Keep your immune system strong.

# Easy On-the-Go Avocado and Egg Breakfast Bagel



Topped with a delicious mashed avocado and lemon spread, this recipe is a fun and easy cross between an egg sandwich and avocado toast.

## Ingredients:

- 1 whole wheat bagel
- 2 tablespoons olive oil
- 1 avocado, mashed
- 1 teaspoon lemon juice
- 2 eggs
- ¼ teaspoon Kosher salt
- ¼ teaspoon black pepper

## Instructions:

1. Slice the bagel in half to create two circles. Brush the sliced side of each half with olive oil.
2. Heat a skillet to medium high heat and place the bagels sliced side down in the skillet when hot.
3. While the bagel is toasting, combine the avocado and lemon juice.
4. Toast the bagel until golden brown then spread the avocado onto each slice.
5. Top with a poached or sunny side up egg. Season with salt and pepper, serve and enjoy.

## Caprese & Smashed Avocado Toast

### Ingredients:

- ¼ cup dark balsamic vinegar
- 1 avocado, peel and pit removed
- 2 teaspoons lemon juice
- 4 thick cut slices rye bread, toasted
- 1 Roma tomato diced into medium chunks
- 4 ounce fresh low fat mozzarella, diced into bite size chunks
- ¼ cup fresh basil, chopped
- Sliced green olives

### Instructions:

In a small sauce pan, bring the vinegar to a low boil. Reduce to a simmer and cook until sauce has reduced and thickened. Remove from heat and set aside.

Combine the avocado and lemon juice. Mash until the avocado is smooth, a few chunks are okay. Spread the avocado evenly between the four slices of rye bread. Top with the tomato, green olives and mozzarella. Drizzle with cooled balsamic sauce and sprinkle with fresh basil. Serve and enjoy!



## Cold Potato Salad

### Ingredients:

- 1 ½ pounds potatoes
- 3 ½ ounces sugar snap peas
- 1 bunch radishes
- ½ red onion
- 4 Jerusalem artichokes
- 2 tablespoons finely chopped parsley

### Vinaigrette:

- ¼ cup olive oil
- 1 tablespoon red wine vinegar
- 1 teaspoon Dijon mustard
- 1 tablespoon finely chopped capers
- Salt and freshly ground black pepper to taste

### Instructions:

Start by boiling the potatoes. Cut them into smaller chunks. Cut up the sugar snap peas and finely slice the radishes, red onion and the Jerusalem artichokes. Add the vegetables to the chunks of potato and parsley. Whisk the olive oil, vinegar, mustard, capers, salt and pepper together in a bowl to make a dressing. Mix everything together and let it rest to develop flavor.

# TOP 10 LIST FOR AGING GRACEFULLY

## PART 2

By: J. Maxine MacGwyre, LMA, NS

In part one of our series, we considered factors affecting Aging Gracefully and BEAUTYfully in the simplest foundational terms... Skincare Essentials. In part two, we are going to the other end of the spectrum, to look at the bigger wellness picture to discover the Mind-body impact on our skin and overall health.

Being healthy doesn't happen by doing one singular thing, likewise, healthy skin isn't a result of doing just one thing, sorry to say, there is no magic wand. In both cases, many variables culminate to create a healthy or HOLISTIC result. Our bodies are a delicate balance and one aspect has impact on the next, the old song about the "head bone connected to the neck bone" can be taken figuratively to help explain the holistic nature of all the variables that work to keep us healthy or not. The trick is to adopt as many healthy lifestyle habits as we can to enhance our state of well-being.



### **Yin – Sleep**

A 2013 sleep study conducted by the University Hospitals Medical Center, determined that the quantity of sleep had a direct effect on the skin and the appearance of aging, specifically, poor sleepers had more signs of skin aging. In addition, those individuals had reduced recovery from several environmental factors that caused stress. These factors include the disruption of the skin barrier. In Deepak Chopra's recent book he indicates that a minimum of 8 hours of deep and REM sleep are required to give the brain time to release the chemicals created in the brain during the day to help release stress and for general brain health, including helping to reduce the risk of dementia. Studies in Circadian Body Rhythms suggest that our deepest sleep occurs around 2AM. Additionally, studies show that using devices such as our cell phones and tablets just before bed impact our ability to fall asleep and sleep deeply... it's a lot easier to dog ear the best pages of an old school read anyway.

The way you sleep can impact the skin's appearance. For instance, dark circles can appear on your skin if you are a stomach sleeper, as well as puffiness caused by decreased circulation due to constriction of the tiny capillaries around the eyes. Sleeping on your back is recommended, keeping your head raised just above your body. Stomach sleepers get a double whammy when sleeping on fabrics, such as flannel during winter months, which cause increased TEWL (transepidermal water loss), leading to more dehydration of the skin due to loss of moisture.

Adequate sleep has another major benefit, that is when our body goes into healing and regeneration mode. Tissue repair, hormone release and relaxation are critical to our health. In our skin specifically, during sleep, there is an increase in cell turnover, protein assembly resulting in repair and an increase in Fibroblast activity; you may recall these are our BFF cells since they produce collagen and elastin to help strengthen our skin! It is at night, during this regenerative period that the most active/corrective skincare ingredients are used in a homecare protocol to provide the skin the necessary nutrition to work on our behalf... maybe that is why it is called BEAUTY sleep.

### **Yang – Exercise**

So many fun activities to choose from! Hiking Spur Cross, a bicycle ride through town, walking your dog through a dry wash, Zumba with Patty, TRX with Julia, Yoga...well the options on that are numerous...AND a recent study published in Frontiers in Human Neuroscience Journal determined that dancing is the most efficient physical activity to slow down the process of aging in the brain... so get over your fear of the white man's overbite and get up there and dance!

Whether you are setting a goal and running alone to train for a race, playing pickleball to add a social aspect to your exercise program, or weight training to build muscle strength the net-net for the skin is the same. When we feel good, we feel healthy and vibrant which gives us a natural healthy glow and a greater sense of calm due to reduction of stress and increase of endorphins. When we increase our circulation through exercise,

oxygen and other nutrients in the blood are carried to the cells throughout the body, our skin included, carrying away cellular waste such as free radicals.

### **Mind-body Interventions**

Science is finally confirming what wellness practitioners have known for decades. A recent study published in *Frontiers in Immunology* reported that mind-body interventions such as yoga, meditation, Tai Chi and similar wellness practices, have positive effects on our psychological health. Further, massage and other modalities such as reflexology, improve the blood circulation and can put us into a state of deep relaxation, helping to release the physical symptoms of tension.

Placing the body into a more relaxed state, through regular massage and mind-body interventions, can enhance more relaxed and restful sleep patterns, which in turn

ensures the body's systems have time to rest and work on repairing and rebuilding tissues while sleeping; which among numerous health benefits, leaves skin looking healthier and more refreshed, as previously discussed.

Using various methods to bring relaxation to both body and mind is important because when the body is in a state of stress, the "fight or flight" response triggers the release of stress hormones, such as adrenaline, causing muscles to tense and blood pressure to increase. If this state continues, insomnia, feelings of anger and anxiety can persist, while the body's immune system capacity begins to decrease, causing one to become prone to a lesser state of health in both body and mind. High levels of adrenaline can lead to hormone imbalance which can directly impact the skin in the form of inflammation or acne.





# Parkinson's Immersion

By: Steve Heller, VP and Director of Operations

We are very excited about the latest in our Beta Testing Platform. We have been eagerly gathering data over the last 18 months on all that is Zoelife for the next area of focus—which might just be the most exciting—our Parkinson's Immersion Program.

The numbers regarding Parkinson's Disease are scary. According to the Parkinson's Foundation, nearly one million individuals are living with Parkinson's Disease in the United States—more than the combined number of people diagnosed with multiple sclerosis, muscular dystrophy and Lou Gehrig's disease—with more than 10 million living with the disease worldwide.

Approximately 60,000 Americans are diagnosed each year with men being 1.5 times more likely over women to be diagnosed with the disease.

**Nearly one million individuals are living with Parkinson's Disease in the United States.**





To help combat this growing epidemic, we created the Zoelife Parkinson's Immersion Program which utilizes the six pillar structure of Zoelife. This program allows an individual to hit the "reset button" in an environment where they can live, play and work on the symptoms associated with Parkinson's Disease in a fun and engaging manner.

Our first step in creating this program was figuring out how to execute a collaborative "one stop shop" to engage those living with Parkinson's Disease. The beauty of Glencroft Center for Modern Aging is that it is a 40 acres facility and has a litany of professional healthcare workers and partners to work with in creating this amazing program.

We teamed up with a group of professionals from Creative Aging who specialize in alternative programming for those battling dementia and Parkinson's

Disease. We created an environment for individuals to live, eat according to customized nutrition plans, get involved in a speech therapy program, work out with a performance team and get involved in the Virtual Reality Parkinson's Platform. We discovered that once a person began to engage fully in the process of working on the symptoms experienced with Parkinson's Disease through this mind, body and spiritual formula, they began to see some great results!

As Parkinson's experts continue to study how to battle this disease, the consensus is clear that exercise is not only an important part of daily life, but is absolutely vital in maintaining balance, mobility and activities of daily living. Research shows that people with Parkinson's Disease who start exercising earlier, for a minimum of 2.5 hours a week, experience a slowed decline in the quality of their life compared to those who start later.

## People who start exercising earlier, experience a slowed decline in the quality of their life.

### And so, we began!

On February 3, 2020 we took 10 of our independent living residents living with Parkinson's Disease and enrolled them into our six-week Parkinson's Immersion Program Beta Test. We began by evaluating and customizing a schedule for each participant.

For most, the following schedule was implemented:

- **Monday:** Dance and Movement Class
- **Tuesday:** Speech Therapy
- **Wednesday:** Water Training
- **Thursday:** Virtual Reality and Boxing
- **Friday:** Fine Art Painting Class

The idea of working on mind, body, and spirit was definitely at the fore-front

when designing this program. In addition to this weekly schedule, participants engaged heavily in both the spiritual and emotional pillar curriculum of Glencroft University. Utilizing specialized University classes coupled with customized weekly schedules is what sets us apart from other Parkinson's programs.

The idea of Glencroft Center for Modern Aging being seen as a destination to not just work on the physical side of the disease, but the emotional and spiritual as well, is what we are the most excited about.

Our hope is to take what we are learning through this holistic immersive approach and create an ongoing, customizable platform that enables us to work with clients from all over the country.



*"Sharing my love of the arts is the joy of my week! We're so fortunate to be supported in our mission to introduce Creative Aging arts programs among Glencroft residents. I believe all lives are enriched with joy and achieving their goals by initiating the playfulness of movement and painting."*

Jessica Dyer,  
Teaching Artist, and Gallery Director,  
West Valley Arts Council

# Expert Talk

with ZoeLife Partners

**Q.** How can I be more organized for a medical emergency?

**A.** If you still have not set-up a will, now would be a good time to do so. It is important to document your wishes regarding the distributing of your assets, but more importantly, your family or representative should know what you want in case of a medical emergency. A living will, power of attorney and a mental health power of attorney should be established.

This is also a good time to research individual agencies that could be used as a “care team” in case a situation or medical emergency should occur. Being better organized means being prepared in case of a crisis. Simply knowing who to call for help can ease the anxiety that comes with sudden changes in lifestyle.

Although you asked for yourself, this is great advice for all your loved ones, including parents and siblings. I know from my personal experience how important it is to be prepared. Fortunately, my mother had everything organized and written down for my sisters and me including prearranging for non-medical care in case she needed it.

**Jane Keys, CDP**

Memory Care Specialist  
Sun Cities Care Givers

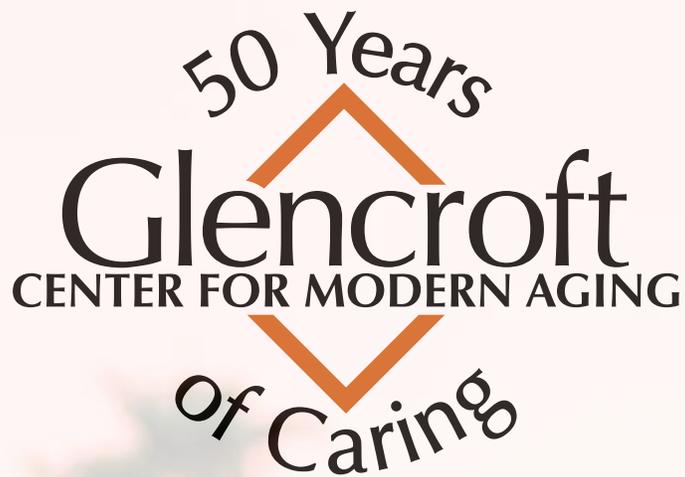
**Q.** What is the difference between organ donation and body donation?

**A.** Organ donation and body donation are different but related processes. In organ donation, a person’s organ(s) are provided to a living recipient. Organ donation in Arizona is organized through the Motor Vehicle Division and Donor Network of Arizona. This registration is often indicated on a person’s driver’s license or other state ID.

Body donation is the donation of the whole body to medical education. Learning anatomy from a human cadaver is an unparalleled experience that provides medical and healthcare students an intimate connection with human anatomy that no simulation can offer. The body donor becomes the student’s first patient and most important teacher. The process of body donation is coordinated through individual medical schools, such as Midwestern University Body Donation Program. Pre-registrants of Midwestern University’s Body Donation Program receive a separate donor ID card to keep in their wallets containing contact information and instructions.

**Dr. Heather Smith**

Midwestern University  
Body Donation Program  
623-806-7990



**1970–2020**

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