

A woman with blonde hair is wearing a grey VR headset. A colorful, multi-colored ribbon (blue, purple, pink, orange, yellow) is draped over the top of the headset. The background is white with a blue, pixelated, digital-like pattern on the left side.

# ZOE<sup>TM</sup> Life<sup>TM</sup> magazine

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

## Fulfilling our ZoeLife Mission with **VIRTUAL REALITY**

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## Staying Healthy with a Compromised Immune System

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## Learn How to Boost Your Immune System

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# Hope, Inspiration and Resolve...

In the midst of the impact this COVID virus has had on us all, we hope the articles we published in this edition of *ZoeLife Magazine* bring you hope, inspiration and resolve in this new normal.

We find that more and more there is a need for stories that share creative and positive ways we can deal with change, offering resources to help folks get by. We all wonder about what has happened to the lives we knew—family, friends, school, sports, activities, and socialization—just being able to see those we love.

The articles included in this edition focus on positivity—the belief that we have to keep reaching within ourselves to learn from what life throws at us, and do what’s needed to still enjoy life and show charity and concern for others.

Steve Heller,  
*Vice President & Director, ZoeLife Operations*





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# Ask God to Rebuild What Is Broken

By: Marshall Segal, Staff writer – [desiringGod.org](http://desiringGod.org)

This year has been one of the most confusing, troubling, and heartbreaking for many Christians in America. It has felt at times like every new day has brought its own dark wave of reasons to be discouraged or to despair.

*Does your heart break over the racial tensions in our nation? Are you fearful about the threats of violence heard every day? Do you grieve over the behavior of our politicians? Have you followed the devastation from the hurricanes and wildfires? Have you lost a loved one in the last year? Is your family facing even larger trials through this pandemic? Are relatives more distant and estranged than ever before? Do your children seem even further away from you right now?*

2020 has probably raised more questions and fears than most, leaving many of us asking, God, what are you doing?

## THE REBUILDING GOD

As I processed the trials and sorrows of this year, I reread what the Lord said to Jeremiah when he called him into ministry;

*"See, I have set you this day over nations and over kingdoms, to pluck up and to break down, to destroy and to overthrow, to build and to plant." (Jeremiah 1:10)*

God sent Jeremiah to pluck up, break down, destroy, and overthrow. That kind of judgment and destruction makes up most of the book of Jeremiah. But the commission to Jeremiah doesn't end with destruction. He also says;

*"I have set you this day over nations and over kingdoms...to build and to plant."*

The same power with which God brought

judgment against the brokenness of Israel is the power with which he promised to eventually rebuild what was broken. He says;

*"I will set my eyes on them for good, and I will bring them back to this land. I will build them up, and not tear them down; I will plant them, and not pluck them up" (Jeremiah 24:6).*

One day, he would not pluck them up, not tear them down anymore. He says;

*"I will rejoice in doing them good" (Jeremiah 32:41).*

## HOW DOES GOD REBUILD?

The Lord uses the same language later;

*"It shall come to pass that as I have watched over them to pluck up and break down, to overthrow, destroy, and bring harm, so I will watch over them to build and to plant, declares the Lord" (Jeremiah 31:28).*



What will it look like for God to build and to plant? Just a few verses later, the Lord says;

*"Behold, the days are coming, declares the Lord, when I will make a new covenant with the house of Israel and the house of Judah, not like the covenant that I made with their fathers on the day when I took them by the hand to bring them out of the land of Egypt, my covenant that they broke, though I was their husband, declares the Lord. For this is the covenant that I will make with the house of Israel after those days, declares the Lord: I will put my law within them, and I will write it on their hearts. And I will be their God, and they shall be my people. And no longer shall each one teach his neighbor and each his brother, saying, 'Know the Lord,' for they shall all know me, from the least of them to the greatest, declares the Lord. For I will forgive their iniquity, and I will remember their sin no more." (Jeremiah 31:31–34)*

God promised to rebuild what had been destroyed and to replant what had been plucked up. He proved himself to be a righteous, powerful, and just Judge and an equally patient, compassionate, and merciful Redeemer—a Rebuilder. And the rebuild began when he sent his Son.

### GOD WAS BROKEN DOWN

When God promised to build us up—to give us a new heart and a new covenant—he was promising to tear down his beloved Son.

Instead of plucking us up, like we deserved, he placed his own Son on the cross (John 3:16). Instead of breaking down our pitiful defenses and excuses, he sent his own Son to have his body broken in our place (1 Corinthians 11:23–26). Instead of destroying us, he crushed his own Son under his

unbearable wrath (Isaiah 53:10). Instead of overthrowing our rebellion and tossing us into hell, he tossed his own Son to the wolves of evil where he was crucified (Acts 2:23).

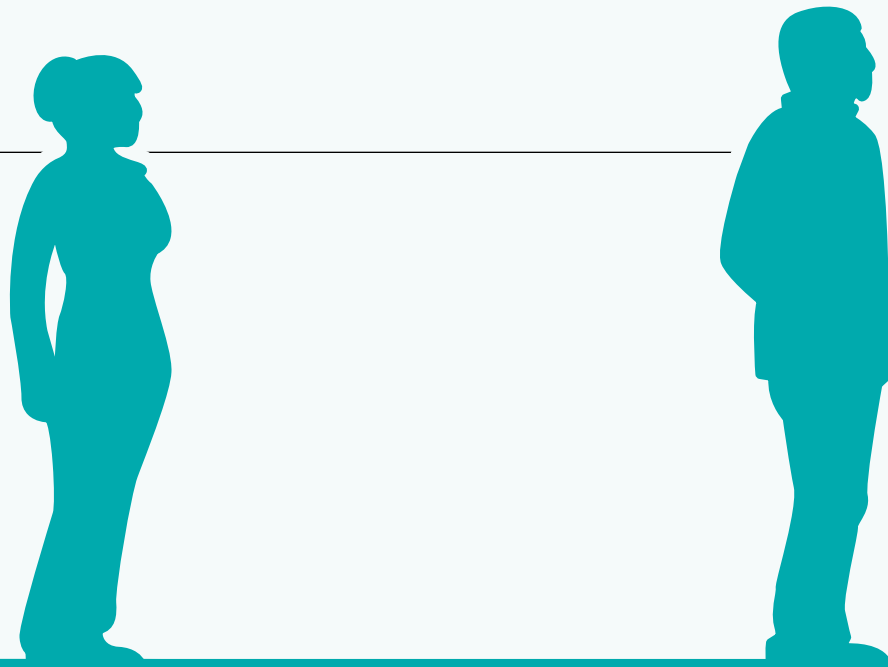
God the Son was plucked up, broken down, overthrown, and destroyed so that he could make us new. And now that Son *"has obtained a ministry that is as much more excellent than the old as the covenant he mediates is better, since it is enacted on better promises"* (Hebrews 8:6). In the new covenant, through Jesus Christ of Nazareth, God finally redeems, rebuilds, and replants.

### Ask God to Rebuild in 2020

If God can rebuild a relationship with us ripped apart by sin, and replant and revive souls like ours dead in sin, what new thing could he do in your life going forward—in your family, in your workplace, in your neighborhood, in our nation, in you?

Ask God to rebuild what is broken in our nation—to reconcile deep and growing racial divisions, to bring peace, and quiet the threats of unrest and violence.

Ask God to rebuild what is broken in you, in your family—for comfort after a loss, for harmony and healing, to teach contentment, for wisdom and discernment, patience and joy, and to meet you in prayer every day. If you ask and trust him, *"[You will be] like a tree planted by water, that sends out its roots by the stream, and does not fear when heat comes, for its leaves remain green, and is not anxious in the year of drought, for it does not cease to bear fruit"* (Jeremiah 17:7–8). You will be fearless and fruitful, even if 2020 continues to create confusing, troubling, and heartbreaking days. 🌈



# SOCIAL DISTANCING: Keep On Keeping Your Distance

By: Corinn Cross, MD, FAAP

As we begin to gradually return to some of the activities that paused when the COVID-19 pandemic began—with the virus still spreading—it is important for everyone to continue social distancing.

Social distancing means keeping physical space between yourself and other people outside your household. It is a vital step in helping to slow the spread of this virus.

## HERE'S WHY:

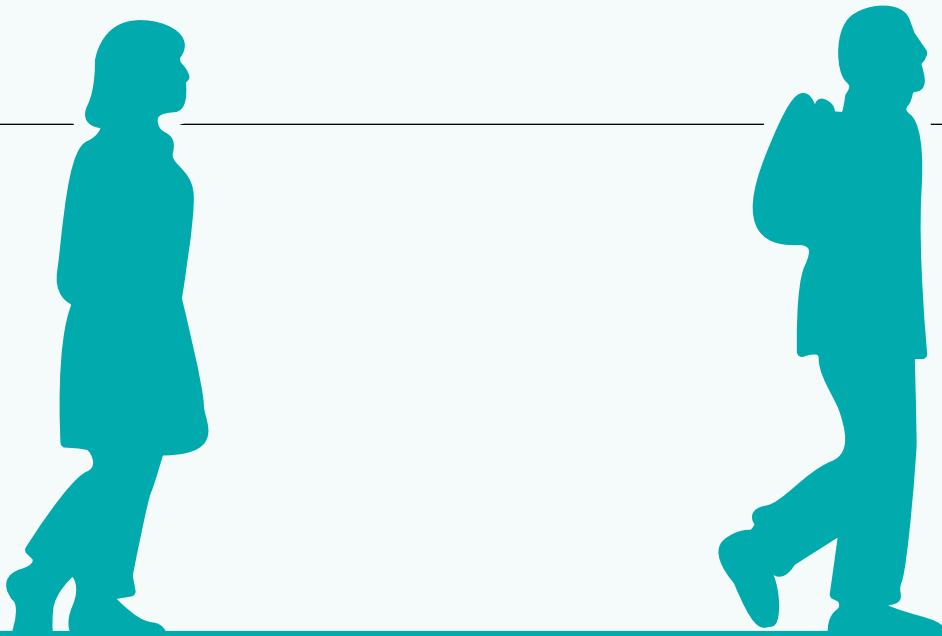
COVID-19 spreads easily through physical contact from person to person. This is why it is important to reduce the ways people come in close contact with one another. An effective way to do this is to stay home as much as possible and avoid crowded, public places where it is difficult to keep a safe space between people.

Many communities have limits on how many people can attend events and gatherings or enter restaurants and bars. And many schools and universities have reduced close contact by providing online learning. When close interaction with others is likely, such as essential trips to the grocery store or gas station, or at a gathering, the CDC recommends wearing a cloth face covering over your mouth and nose and staying at least 6 feet away from others.

## SELF-ISOLATION:

COVID-19 can spread from person to person even before symptoms start.





## COVID-19 can spread from person to person even before symptoms start.

So, if someone in your family starts to feel even slightly ill, run down, tired, or achy, it's important to stay home and practice "self-isolation." This means limiting contact with others. If more severe symptoms develop, like a fever, cough or shortness of breath, call your doctor. They will let you know if a COVID-19 test is needed, and what the next steps should be. If it is believed someone in your family has COVID-19, quarantine will likely be recommended.

### QUARANTINE:

Self-isolation and quarantine both mean you have no contact with the public. However, quarantine is the term used if you were in close contact (within about 6 feet) of a person with COVID-19 but have yet to test positive. These people are asked to stay away from others for 14 days or longer, to make sure they do not spread the virus during this "pre-illness" or incubation period.

### WHY SOCIAL DISTANCING IS IMPORTANT:

Social distancing in indoor and outdoor spaces is an essential way to slow down the spread of COVID-19. And it's important to keep following social distancing recommendations in your community, whether you're in one of the high-risk groups or not.

## Social distancing is an essential way to slow down the spread of COVID-19.

We all are responsible for protecting those at higher risk. Steps like social distancing and wearing cloth face coverings may feel like an inconvenience, but it's the best way right now to protect our family, friends, and neighbors who may be vulnerable. If you are concerned that someone in your family may be at higher risk, you can contact your doctor to discuss what preventative measures may be appropriate for you. 🌈

A glass of ginger lemon tea with ginger root and lemon slices on a wooden cutting board.

# STAYING HEALTHY WITH A COMPROMISED IMMUNE SYSTEM

By: Lori Farley

Modern medicine is great at handling life threatening situations for our body's health, but rarely educates patients on how to stay healthy. My background, education, and life experiences have taught me multiple ways to boost the immune system and ward off colds and flu, which I shall share with you in this article.

Athletes will tell you that to achieve greatness in any sport requires practicing the basics. The same is true for your health. Your body has basic needs such as; enough sleep, food, exercise, fresh air, and an environment which helps the body maintain its temperature as well as relieve stress. Your body heals during sleep and absorbs the vitamins and minerals it needs from food. Exercise improves circulation that is necessary to keep the muscles and organs healthy. Oxygen in fresh air is necessary for the chemistry of your body to function, to digest food and to burn the fuel the food provides to your muscles. Although our

bodies are adept at maintaining a normal 98.6 degree body temperature, it needs help if the environment is too cold or too hot. So wearing a coat and scarf in winter is just as important to good health as watching out for heat stroke during the summer. Everyone needs to take a few moments every day to reduce their stress level, whether it is through exercise, prayer, mediation, or finding your spiritual connection.

Even if you practice the basics for health, there are times when a little more help to boost your immune system is needed. If you are attacked by a virus which causes



common colds, flu, or COVID-19, Chinese medicine and homeopathic medicine have several ways of boosting the immune system to ward off a viral infection. The homeopathic remedy for flu, named Oscillocoquinum, is available over the counter at your local drug store. I have a compromised immune system because of being treated with chemotherapy for 15 months to save my life from cancer. During that time I was working in an office full of parents with sick children, bringing those viruses to the office every day. I used this homeopathic remedy and never got sick even though my immune system was being beaten down by the chemotherapy. I would encourage you to keep it in your medicine cabinet and at the first sign of flu (headache, body aches and/or fever) take a dose and you will be surprised by how quickly your symptoms go away.

### Chinese medicine and Homeopathic medicine have several ways of boosting the immune system.

Black elderberry is great for treating sore throats, and also boosts the immune system. It is available over the counter at drug stores in the form of syrup or gummies. The teachers in China drink a cup of Ban Lan Gen tea every day during flu season to stay healthy. I find it works very well for colds and fever, too. Amazon sells Southern Ban Lan Gen Instant herbal beverage (also known as Southern Ban Lan Gen Chong Ji); usually you can purchase it over the counter in Asian grocery stores.

Milk and orange juice cause an increase in mucus production in the body. So if you have a dry unproductive cough, orange juice can help moisten the dryness. But if you are drowning in your own juices, stay away from milk and orange juice. They will only make it worse. Another remedy for dryness is salt; plain non-iodized table salt. The mucus in your sinuses use sodium to liquefy, so a pinch of salt dissolved on your tongue will help loosen up the dry mucus in your nose and sinuses. This only works if you are drinking enough water! Dehydration is a big concern when you get sick, so be sure to drink plenty of fluids every day, especially if you are sick.

I am a firm believer in preventing sickness rather than treating it once you have it. I hope these few tips will help you boost your immune system and stay healthy. 🌈

*Lori Farley, has a B.S. in Microbiology, B.S. Mechanical Engineering, and a Masters in Oriental Medicine. She worked for DuPont Chemical Company in their Biomedical Products department for 15 years. She has studied the fascinating human body since she was a teenager. Lori retired in 2018 from a busy practice in Chinese Medicine.*



# HUD Secretary, Dr. Ben Carson, Makes a House Call to Glencroft

Glendale Star Staff – June 28, 2020



L-R: Steve Heller, John Wenzlau, Sec. Ben Carson

United States Secretary of Housing and Urban Development, Dr. Ben Carson, visited Glencroft to discuss COVID-19 and mitigation strategies taken to help our residents.

Glencroft integrated a HUD 103 unit uninsured senior living building into its senior community.

HUD residents have access to all restaurants; ZoeLife culture, including the Performance Center (full gym); University Room for continuing education classes; and all health and wellness programs, including the Parkinson's Immersion and Stroke Immersion programs.

Glencroft's partnership with HUD provides housing and health care to some of the West Valley's most vulnerable seniors.

As part of Glencroft's response to the coronavirus pandemic, a food pantry was set up for residents and staff to regularly shop for items needed.

"While in quarantine, residents and staff had limited time and/or opportunity to shop, so we became their grocery store,"

said Scott McClintock, Chief Strategy Officer.

He added that a COVID-19 testing site was also set up on campus to expedite outcomes as well as dedicated isolation areas to treat infected residents.

The visit by Carson was a boost to morale, according to Greg Sexton of Glencroft.

"Resident reaction was appreciative of the time Secretary Carson spent on campus looking at everything," Sexton said. "He was in awe of our ZoeLife culture, asking questions about Parkinson's program and health and wellness."

Glencroft resident Tom Grode said, "It was such an honor to be able to showcase all that I have learned in the gym with ZoeLife for Dr. Carson. To have him watch me do pushups and count off my reps was absolutely amazing." 🌈





# Glencroft Center for Modern Aging: Stepping Up to Donate Plasma

By: Sonu Wasu, ABC15 Multi Media Journalist – July 10, 2020

The Valley's first large scale plasma drive is taking place inside a long-term care facility that was hit hard by COVID-19.

The Glencroft Center for Modern Aging lost 36 patients and 87 employees tested positive for the virus over the last 5 months. Now, many of those employees who survived COVID-19 are giving a valuable gift to those still fighting for their lives: the gift of their plasma.

Christi Irwin has been an employee for the past 15 months and serves as the Vice President of Health Services for Providence Place, a facility that houses many patients requiring rehab, long-term care, and dementia care. She contracted the COVID-19 virus at the end of April. Irwin says it was right around the time when their dementia unit experienced an outbreak.

"One of the most serious symptoms I had was breathing. It was as if I was breathing through fiber glass. I could hear my lungs crackling," said Irwin who is grateful for only having, what she calls, a mild case of COVID-19.

Now symptom free, Irwin is one of 25 Glencroft employees who signed up to donate her plasma to help others who are much worse off than she was.

"I was on-board right away. Having had COVID, having had the outbreak here at Providence Place and seeing what it can do to the long-term care community, and to the seniors in our community, I was on board immediately," said Irwin.

She added that even if her plasma could only help one other person, she would be happy.

What really hurt Irwin more during this pandemic, though, was losing a large chunk of her nursing staff, who walked off the job.

CEO of the Glencroft Center for Modern Aging, John Wenzlau, said it was tough seeing so many of their employees throw in the towel when the facility was going through a tough time.

"I think she lost about 40% of our employees. They just walked off the job because they were afraid," said Wenzlau.

Irwin added that she tried to convince them that they could reduce their risk of contracting the virus by following all their infection control protocols, good hygiene, and wearing their personal protective gear. However, she could not promise them that they would not get sick. It was not good enough for some who decided to quit.

"At the end of the day, it is a risk and it is up to them if they are willing to take that risk or not," said Irwin.

Now, all 87 employees who contracted COVID-19 have recovered and are back on the job. The facility has no COVID-19 positive employees today. According to information posted on a dashboard on their website, the facility has 10 COVID-19 positive residents.

Wenzlau also explained how the facility had opened an isolation wing and were allowing other facilities to use it as well.

The plasma donation drive was organized by Vitalant, the largest independent blood provider in the nation. Spokeswoman Sue Thew said she was grateful to see a company that had so many employees survive the virus step-up to help their community.

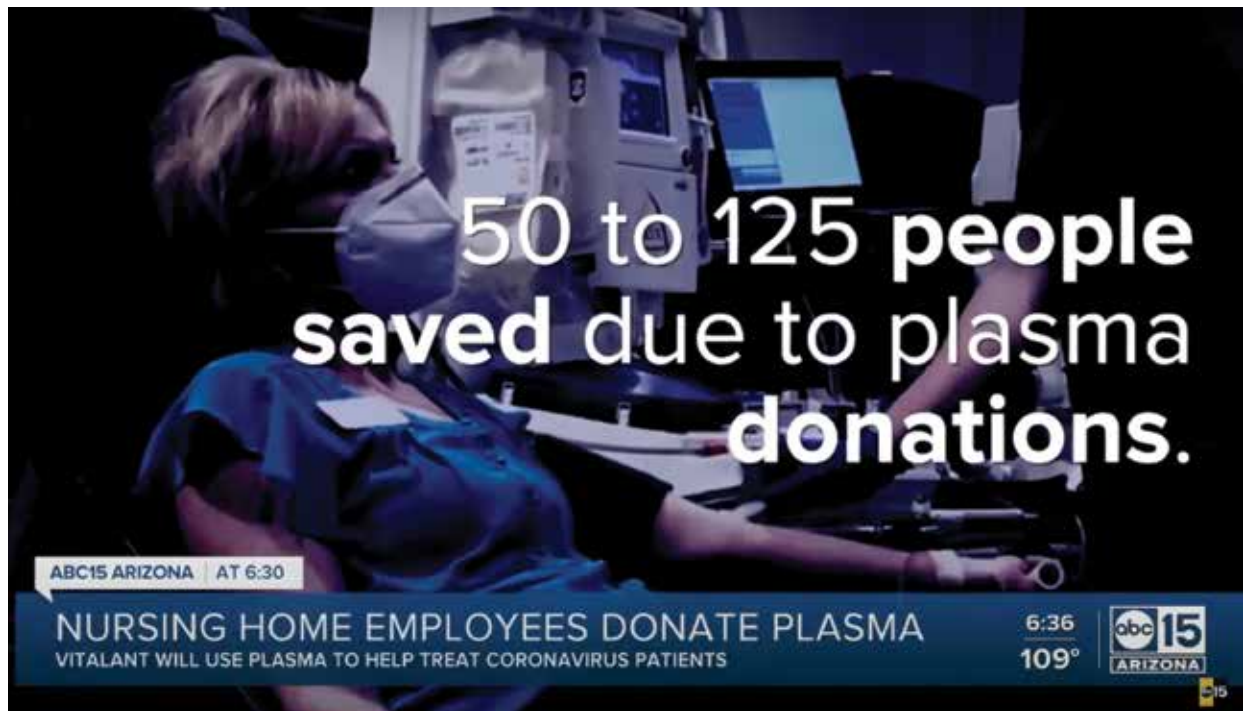


*Johnny Medina, Director of  
Environmental Services*

Vitalant partnered with 62 hospitals in Arizona to provide blood and plasma when needed. They said there is a great demand for convalescent plasma with COVID-19 antibodies right now.

"The demand is certainly greater than the number of donors," said Thew.



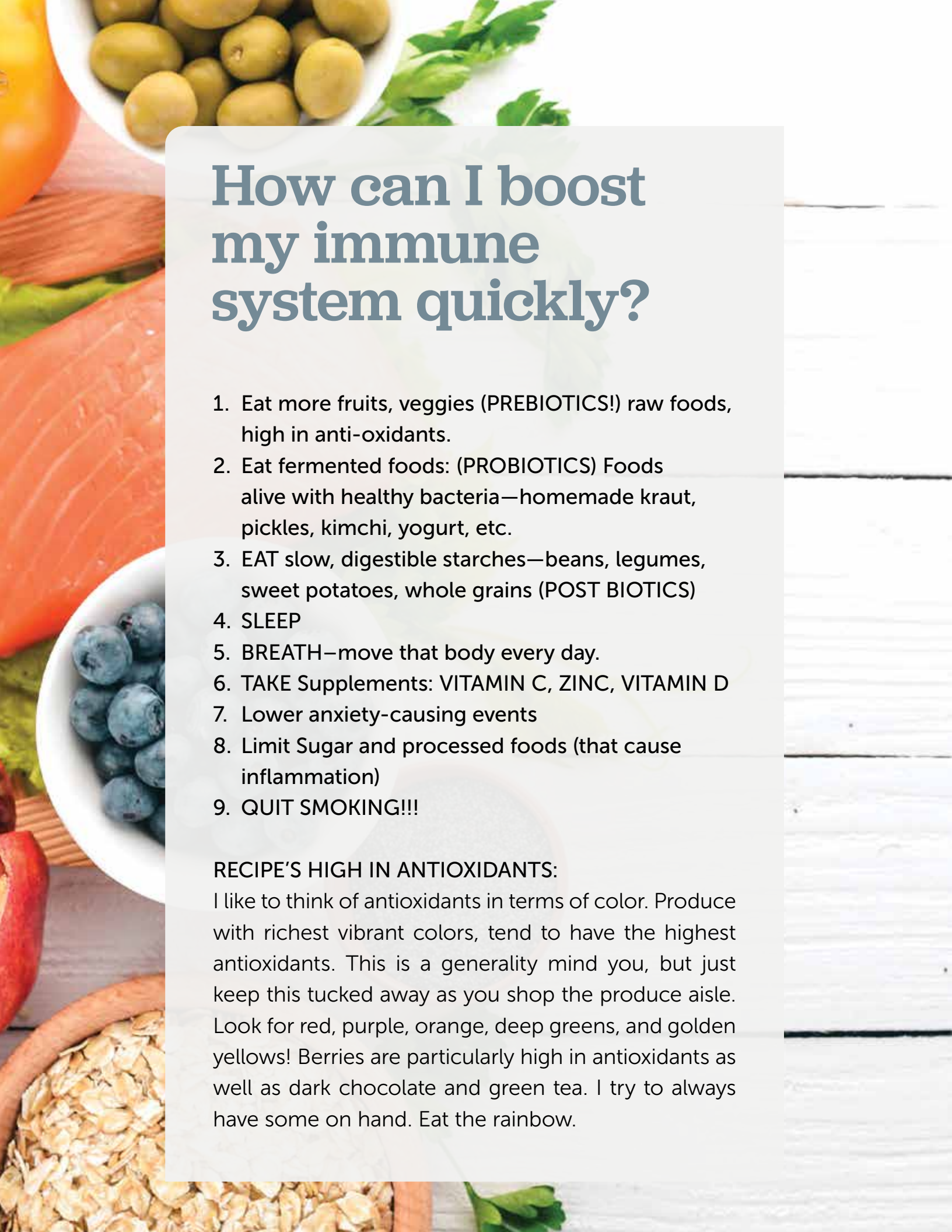


She added that one donor could potentially help two to five gravely ill patients, so the employees at Glencroft could collectively save 50-125 people suffering from COVID-19 in our hospitals.

"It is emotional for me to donate because one of our residents did get the plasma treatment. Somebody did that for him, and now, I can do it for someone else," said Irwin.

To find more plasma donors, Vitalant is screening all blood donations for COVID-19 antibodies right now. If you would like to find out if your blood contains COVID-19 antibodies, donating your blood will automatically get you those results as well. Vitalant is providing this service for blood donors until August 31. 🌈

Glencroft had **11 successful plasma donations** on July 10 and **supplied 35 to 40 products for hospitals.** That is nearly half of what Arizona collected in convalescent plasma that day.

A collage of healthy foods including green olives, salmon, blueberries, and oats.

# How can I boost my immune system quickly?

1. Eat more fruits, veggies (PREBIOTICS!) raw foods, high in anti-oxidants.
2. Eat fermented foods: (PROBIOTICS) Foods alive with healthy bacteria—homemade kraut, pickles, kimchi, yogurt, etc.
3. EAT slow, digestible starches—beans, legumes, sweet potatoes, whole grains (POST BIOTICS)
4. SLEEP
5. BREATH—move that body every day.
6. TAKE Supplements: VITAMIN C, ZINC, VITAMIN D
7. Lower anxiety-causing events
8. Limit Sugar and processed foods (that cause inflammation)
9. QUIT SMOKING!!!

## RECIPE'S HIGH IN ANTIOXIDANTS:

I like to think of antioxidants in terms of color. Produce with richest vibrant colors, tend to have the highest antioxidants. This is a generality mind you, but just keep this tucked away as you shop the produce aisle. Look for red, purple, orange, deep greens, and golden yellows! Berries are particularly high in antioxidants as well as dark chocolate and green tea. I try to always have some on hand. Eat the rainbow.



## Immune Boosting Salmon

### Ingredients:

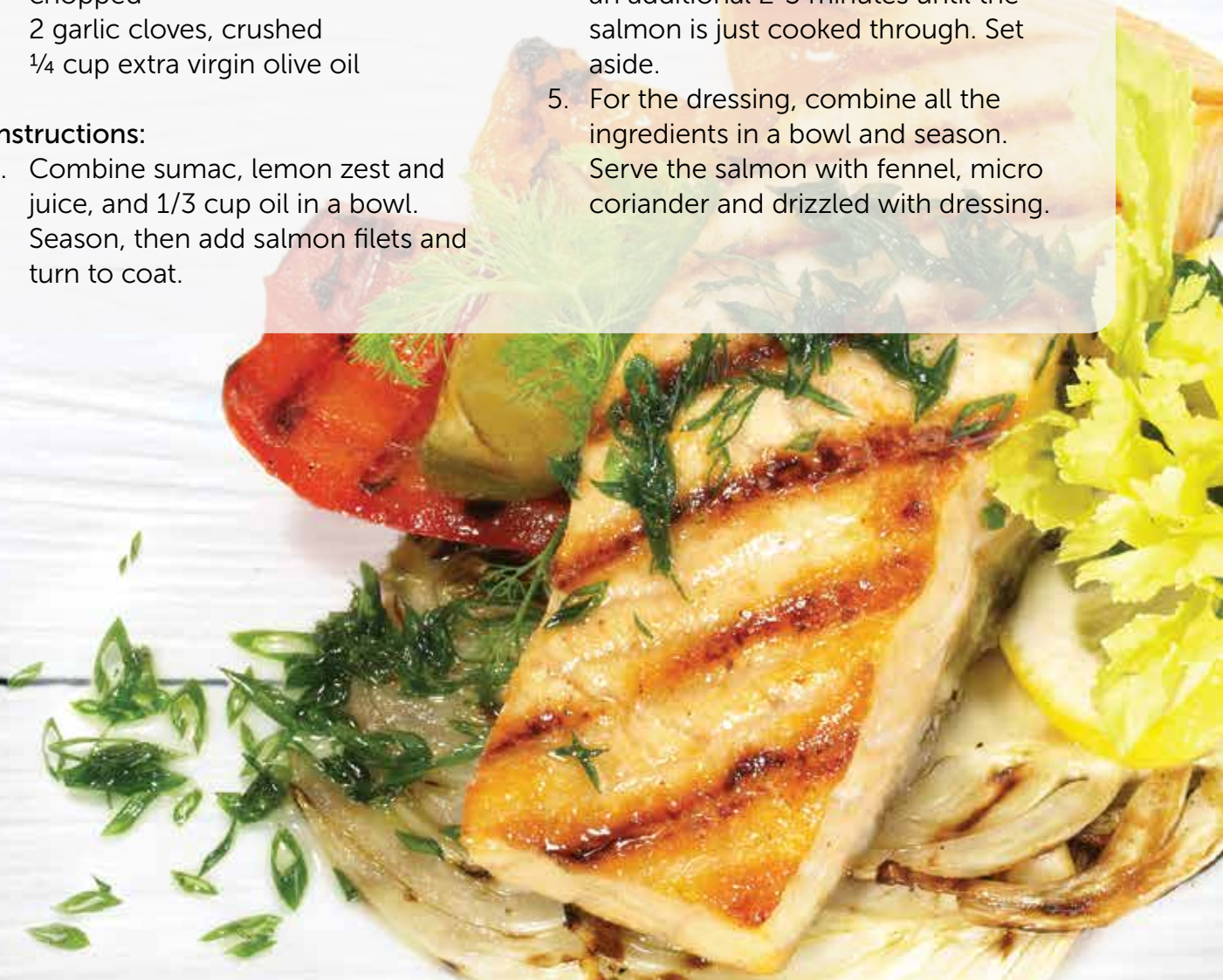
- 1 tablespoon sumac
- Finely grated zest and juice of 1 lemon
- $\frac{2}{3}$  cup extra virgin olive oil
- Salmon Filets (skin on)
- 2 garlic cloves, crushed
- $\frac{1}{2}$  cup verjuice
- 4 fennel bulbs, quartered lengthways
- Micro coriander, to serve

### Herb Dressing:

- $\frac{1}{2}$  bunch flat-leaf parsley leaves finely chopped
- $\frac{1}{2}$  bunch lemon thyme, leaves chopped
- 2 garlic cloves, crushed
- $\frac{1}{4}$  cup extra virgin olive oil

### Instructions:

1. Combine sumac, lemon zest and juice, and  $\frac{1}{3}$  cup oil in a bowl. Season, then add salmon filets and turn to coat.
2. Cover and chill for at least 30 minutes to marinate. Remove the salmon from the fridge at least 30 minutes prior to cooking.
3. To make the fennel, combine the garlic, verjuice and remaining  $\frac{1}{3}$  cup oil, in a bowl and season. Brush over the fennel and place in an ovenproof dish. Roast for 50 minutes or until tender and slightly dark around the edges.
4. Meanwhile, place a large frying pan over medium-heat. Cook the salmon, skin side down, for 4-5 minutes until skin is golden, turn and cook for an additional 2-3 minutes until the salmon is just cooked through. Set aside.
5. For the dressing, combine all the ingredients in a bowl and season. Serve the salmon with fennel, micro coriander and drizzled with dressing.





## Orange & Avocado Salad

### Ingredients:

- 1 blood orange (sub navel, or other orange citrus)
- 1 navel orange
- 1 ripe avocado
- 1 lime
- 1 tablespoon cilantro leaves-optional
- 1 jalapeño thinly sliced—optional
- Salt to taste
- Aleppo Chili flakes

### Instructions:

1. Peel and cut oranges into bite-sized pieces and place in a medium bowl.
2. Cut avocado into bite-sized pieces and place in the bowl.
3. Add cilantro and jalapeño. Sprinkle with salt and chili flakes. Squeeze with  $\frac{1}{2}$  a lime. Gently toss, being careful not to over mix.
4. Adjusting salt, lime, chili to taste
5. Depending on how sweet or tart your oranges are, you may need more or less lime juice. FYI—blood oranges can often be pretty tart, so start light.



## Immunity Boosting Chicken Soup

### Ingredients:

- 3 tablespoons extra virgin olive oil
- 1 small onion, diced
- 2 carrots, peeled and chopped
- 2 celery ribs, sliced
- 13-inch piece of fresh ginger, peeled and sliced into slivers
- 2 garlic cloves, minced
- $1\frac{1}{2}$  cup bok choy (2 small heads)
- $1\frac{1}{2}$  teaspoon curry powder
- 6 cups chicken stock
- 1 pound cooked chicken, shredded
- Fresh cilantro

### Instructions:

1. Heat olive oil in a large pot. Add onion, carrots, celery and ginger. Cook for 6-7 minutes until onion is soft and translucent, stirring occasionally.
2. Add garlic and cook an additional 1-2 minutes until garlic is fragrant.
3. Add curry powder, chicken stock, and chicken. Stir to combine.
4. Simmer 20 minutes.
5. Garnish with cilantro.

# TOP 10 LIST FOR AGING GRACEFULLY ...and Beautifully PART 3

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 discovered how Mind-body Interventions influence our skin and overall health. In part 3 of the series we take a closer look at how our skin is affected by internal factors...this is the "SKINside out" part of the BEAUTYfull skin story.

Diet Schmiet—Paleo, South Beach, Keto...blah blah blah, on and on it goes. I have never subscribed to any particular diet, nor bought into a singular "superfood". Fads come and go, but solid common sense and long standing best practices pass the test of time. "Diet," just like skin care products, is ALL about ingredients!

## ORGANIC WHENEVER POSSIBLE.

You don't have to be THAT person at the restaurant. Unless you are dining at True Foods, expectations should be set accordingly. If you keep to the 90/10 rule or at the very least 80/20, your body will thank you. Organic is the closest thing we have to purity in this crazy chemical world.

## WHAT DOES ORGANIC REALLY MEAN?

In a nutshell, organic produce and other food ingredients are grown without using: pesticides, synthetic fertilizers, sewage sludge, genetically modified organisms (GMOs), or ionizing radiation. Animals producing meat, poultry, eggs, and dairy products that have not been given antibiotics

or growth hormones. The main difference between organic and conventional food products are the chemicals involved during production and processing.

### **In order to steer clear of GMO's, purchase organically-grown foods or items bearing the "Non-GMO Project Verified" label.**

#### **BUY NON-GMO.**

The USDA does not require labeling of GMO produce. In order to steer clear of GMO's, purchase organically-grown foods or items bearing the "Non-GMO Project Verified" label. Most processed foods typically contain one or more ingredients derived from genetically engineered crops. Staying away from food coming out of a box or can is the best game plan.

#### **SWIMMY, NOT FARM RAISED FISH.**

Look for statements like "Fresh Caught." Farm raised fish test very high for toxins, because they are swimming in their toilet...enough said.

#### **FOR THOSE WHO EAT BEEF, STICK WITH GRASS-FED, GRASS-FINISHED.**

Cows were not built to eat corn. They have multiple stomachs to allow for chewing cud, regurgitation of said cud, and so on. Corn ferments in cows because it is not digested properly...enter E.coli.

#### **IF YOU EAT CHEESE, CHICKEN AND EGGS...**

Look for cheeses from European coun-

tries where GMOs, antibiotics and growth hormones are not part of the deal. Look for labeling stating that there are no growth hormones used. Chicken and eggs should be labeled hormone and antibiotic-free.

#### **BUY FOOD THAT IS AS CLOSE TO ITS NATURAL STATE AS POSSIBLE.**

Processed foods are higher in additives, such as salt and sweeteners, that are not healthy for us. It's hard to know what all those ingredients are. For example, Lecithin, found in many processed foods, is made from soy. Another common additive, is Carrageenan, a low quality type of seaweed which can cause gastrointestinal upset. When working with clients with sensitive or problematic skin, identifying foods causing inflammation in the gut becomes difficult to identify given the weeding through ingredient decks to find what might be the underlying cause of the problem. Milling of grains and seeds like rice and quinoa should not be confused with processing, unless of course they are in a pre-seasoned mix. Gluten free pasta alternatives potentially are the single exception which I consider green light processed foods, but remember to READ THE LABEL. Less is more when it comes to ingredients.

#### **EAT YOUR VEGGIES!**

Experts have stipulated that eating fruits and vegetables is good for your body. A diet comprised heavily in a wide variety of fruits and vegetables can significantly improve the outlook of your skin and overall health. A recent study by *Evolution and Human Behavior* confirmed that eating a diet containing a broad range of fruits and vegetables, can greatly



improve your skin, it was determined that eating fruits and vegetables had benefits on skin appearance within six weeks. A primarily plant based diet is rich in micro-nutrients, minerals, anti-oxidants, free-radical scavengers and even helps boost our own natural SPF capacity... though not an excuse to skip your zinc-based SPF!! Fruits and veggies also support cell growth and repair resulting in glowing happy skin.

### HYDRATION IS MUCH MORE THAN JUST WATER.

For optimal skin and overall health, we know we need to drink plenty of water. The recommended baseline for water consumption is to drink half your body weight in ounces, daily. Minimize skin dehydrators like alcohol, caffeine (limit coffee to a cup a day), sodas (take these out of your vocabulary altogether!), scented skin care products, and saunas.

### SKIN HYDRATION IS TWO-FOLD.

Our bodies not only require hydration from water consumption, but also from Essential Fatty Acids (EFAs). They are called "essential" because our body cannot manufacture them and must therefore be consumed. EFAs fall into two categories: omega 6 (O6) and omega 3 (O3). The standard American Diet typically consists of too much O6 and too little O3. The recommended intake of O6 to O3 for anti-aging is a 1:1 ratio, yet the average intake is closer to a 12:1 ratio. This imbalance leads to an inflammatory state. Dietary deficiency in the balance of fatty acids results in scaly and flaky skin, weakened capillaries, slower wound healing, and dry skin. Dietary O6 fats come from most vegetable oils, poultry, nuts, seeds and grains. Dietary O3 fats are found in fatty fish and fish oil, flaxseed and walnuts (in much lower levels). To meet the required O6 to O3 ratio, I strongly recommend O3 supplementation with quality fish oils.




## **Because of the link between the thyroid and EVERY cell in the body, any disease is possible once thyroid function is compromised.**

### **Hormone Balancing**

Nearly 30 million people (90% being women) have thyroid disease, many of them undiagnosed. The thyroid is the body's regulator of all of our other hormones, if it is out of whack, chances are good that other endocrine gland functions may be impacted as well. Because of the link between the thyroid and EVERY cell in the body, any disease is possible once thyroid function is compromised. In regards to skin health; dryness, eczema, rashes and accelerated dermal aging such as wrinkles and skin thinning, are frequently associated with poor thyroid function.

### **SMOKING AND SKIN**

We all know the dangers of smoking relating to overall health. Specific to skin are two primary considerations. The

first, unlike exercise which benefits the skin by bringing oxygen and nutrition body-wide, including the skin via increased circulation, smoking has the exact opposite effect. Hemoglobin, a red protein responsible for transporting oxygen in the blood is capable of bonding to 4 oxygen molecules. Carbon monoxide, a result of smoking, can take the place of oxygen in the hemoglobin which ultimately deprives skin and other organs of necessary oxygen for optimal health. Secondly, the chemicals entering the body as a result of smoking effect the levels of Vitamin C in our body. Since Vitamin C's job is to fight off oxidation and free radicals and to protect collagen, it is clear to see why smokers have "smokers skin"...dull from lack of oxygen and wrinkly from decreasing collagen. 





# Fulfilling our **ZOELIFE MISSION** with Virtual Reality.



By: Steve Heller, VP and Director of ZoeLife Operations

Mike Boze

Virtual Reality is not a new concept in Senior Living. As a matter of fact, during Covid-19 it became an absolute must-have as seniors were forced to self-isolate when stay-in-place orders were mandated.

According to AARP more than 8 million older adults are affected by social isolation, which can cause other health issues like depression, anxiety and early onset of dementia. Our mission statement for ZoeLife is "pursuing vitality through a full, active and purposeful life." This ZoeLife mission did not stop because of Covid-19, instead it has gained momentum and showed both residents and staff the importance of leaning on the Six Pillars of Zoe as they navigate their way through these uncharted waters. We have had to think outside-the-box, and what better way to think outside-the-box than through the use of our many VR platforms we utilize at the Glencroft Center for Modern Aging campus.

**According to AARP more than 8 million older adults are affected by social isolation**

ZoeLife and Glencroft were so fortunate to receive a large grant from the BHHS Legacy Foundation to purchase 3 Oculus Quest VR headsets and the state-of-the-art KAT WALK VR Platform. This unit is the crème de la crème of VR platforms. The KAT system provides 360 total immersion to its users and a platform that they can freely walk and move in a safe and controlled way. Our goal when we dovetailed the VR platforms into the ZoeLife culture, long before Covid-19, was to provide an outlet for



our community to have experiences that they thought were either a distant memory or something they could not ever do. Time and time again we have residents visit past neighborhoods where they once lived, visit sports parks and venues where they used to watch their favorite team, or dip in the ocean and swim around with beluga whales. While this provides a stimulating, fun adventure and escape from the daily routine, it was not until Covid-19 that we really saw the benefits of the technology.

**As COVID-19 continues to alter our day to day lives, VR has become a vital resource to residents.**

As we are now realizing Covid-19 is not going anywhere anytime soon, the use of VR with our residents has begun to take an entirely new direction allowing residents to stay engaged mentally, physically, and spiritually during this trying time. We have discovered that "Coastal Distancing" has a better sound to it than social distancing and we have enacted a program where residents can "Coastal Distance" by appointment for 30 minutes to have an experience that will transport them to far-away beaches and tropical islands so that they can experience some sort of release from their "shelter in place homes." Tropical smoothies are made available, as well

as time spent in our famous "Heavenly Massage Chair." Appointment times fill up so quickly that we have added additional times so that we can accommodate the demand.




The use of the VR platform has also been imbedded into our Parkinson's Immersion Program. Participants of the Parkinson's program get one day a week to incorporate the VR into their Parkinson's specific training. Games and environments that specifically work on body awareness and movement are utilized. These participants stay involved all week in speech therapy, water therapy, art therapy and body movement therapy, as well as educational lectures. So, to be

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able to end their week by doing things they never thought possible is icing on the cake.

### **ZoeLife will continue to push the boundaries**

There is no denying that Virtual Reality is here to stay. ZoeLife will continue to push the boundaries of what older adults can do to continue to help them thrive no matter the circumstance.

If you would like any information on our ZoeLife VR platforms or to schedule a tour and see these amazing pieces of technology firsthand, please contact Glencroft Center for Modern Aging. 



1 The first VR headset was patented in the 1960's and was named the 'Telesphere Mask' by inventor Morton Heilig.

2 VR is now being used in healthcare to treat depression, anxiety and PTSD amongst other things.

3 The PlayStation VR headset developed by Sony engineers came about from an open-ended tinkering session without any executive direction.

4 In 2015 Marriott boasted about its ability to transport clients from London to Maui in 90 seconds via Virtual Reality Travel.

5 No single person invented virtual reality. Many people have contributed to the technology's growth.





# “SUCCESSFUL AGING”

## Winning Strategies for Living Well and Loving Life



**Hosts John Wenzlau &  
Millie Oakeson**

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