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## What is Parkinson's Disease?

- **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.

## What is the Parkinson's Immersion Program (P.I.P.)?

- The **Zoelife 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.
- P.I.P. is offered at the Glencroft Center for Modern Aging in Glendale, Ariz.
- P.I.P. **participants improve** balance, strength, speech, flexibility, motor skills, and minimize rigidity, stiffness, and pain. They experience less depression.

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### P.I.P. Fast Facts (cont.)

- A **ZoeLife team** of therapists, dieticians, counselors, exercise physiologists, and program administrators work together with patient's doctors to develop **tailored programs** to meet **individual goals and potential**.
- P.I.P. applies a ZoeLife approach to **fall prevention**.
- Activities include **golf, virtual reality boxing, swimming, art, yoga, dance,** and **nutrition counseling**, among other engaging activities.
- P.I.P. participants are **immersed** as a group in a **comprehensive program** of activities designed to **improve** motor and non-motor challenges and **slow disease progression**.
- P.I.P. participants enjoy participating in highly **social activities** with their "tribe," sharing **common experiences, motivating** and **encouraging** one another throughout their journey together.
- Activity schedules are developed around **medication schedules** to create the best experience and outcomes for P.I.P. participants.
- Caregivers may join in activities and a weekly P.I.P. **caregiver support group**.

### More About ZoeLife

- ZoeLife was **founded** in 2019 at the Glencroft Center for Modern Aging (CFMA).
- The Glencroft Center for Modern Aging serves as the ZoeLife **headquarters**.
- **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**.
- ZoeLife activities are encouraged but **optional**. Residents choose what they want to participate in and how often.
- Senior care facilities and continuing care retirement communities (CCRC) are encouraged to **integrate ZoeLife** at their facilities.
- For **more information**, contact Vice President, Director of ZoeLife Operations Steve Heller, (623) 847-3120, [sheller@glencroft.com](mailto:sheller@glencroft.com) or [info@glencroft.com](mailto:info@glencroft.com).

### Social Media

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