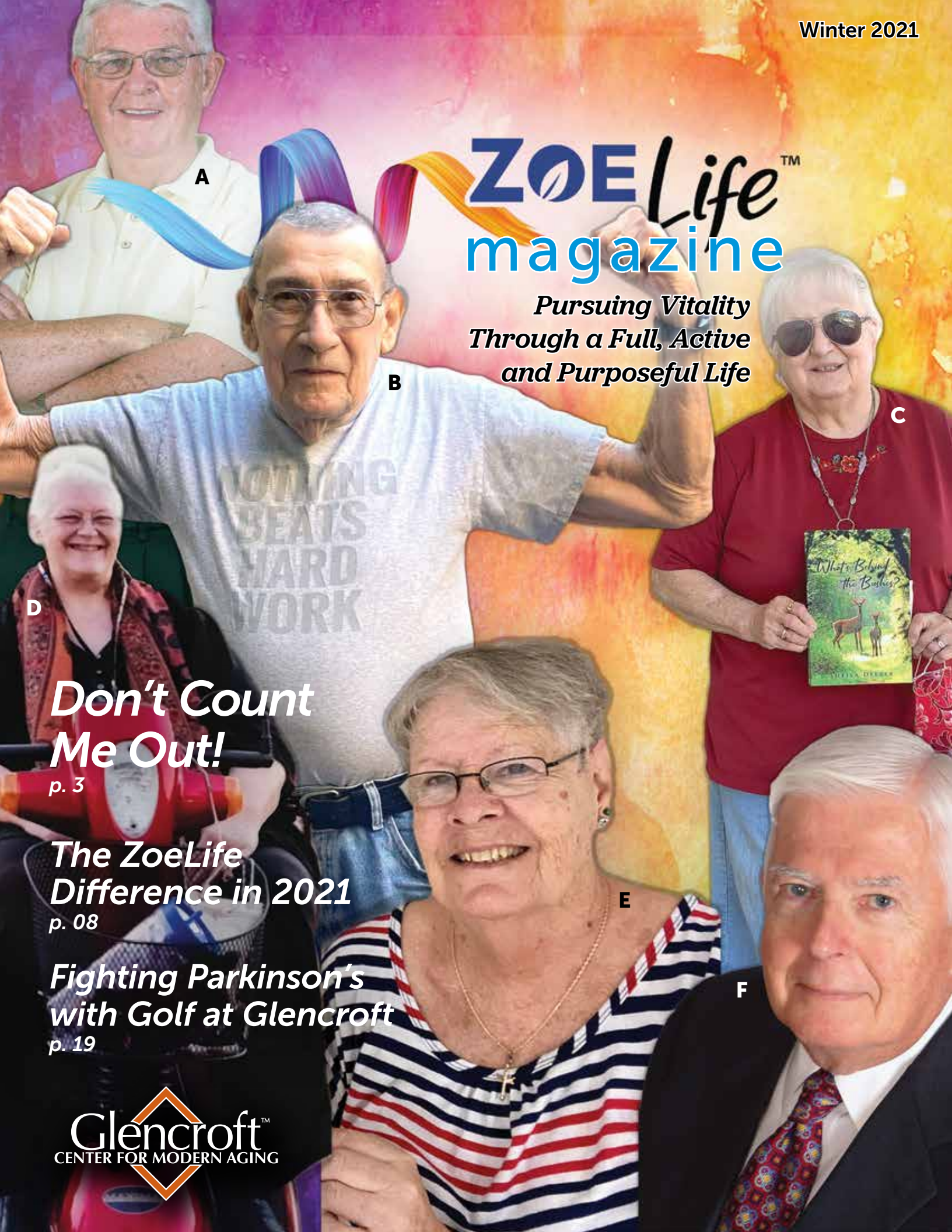


# ZOE Life<sup>TM</sup> magazine

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



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Me Out!**

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**The ZoeLife  
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# What a long, strange trip it's been!

By Super Bowl Sunday, all of our residents and all of our staff have been offered the COVID vaccine, and most have gladly accepted it. Additionally, there are no known cases of COVID on campus. We are beginning to give ourselves permission to hope that there is light at the end of this pandemic tunnel.

It's hard to adequately describe what we've experienced in the last year. Late last January, we first heard about a virus in China, and some of us thought: "Oh, I've heard all this before," right? But this time it was different. Soon people were being infected in Italy and Spain at alarming rates, and the elderly were especially susceptible; many were dying. Infections began to appear in the United States and then a student at ASU, and then slowly more Arizonans contracted the virus. By early March, we took action to protect our licensed buildings and our campus overall, but it wasn't easy.

In the beginning of the COVID battle, we did not have easy access to testing, and when we did, the results were often slow to be returned, preventing us from isolating infected people. The virus spreads quickly when we don't know a person is infected. With excellent testing capabilities that provide instant results, we have been able to isolate infected people immediately. We can beat things like COVID, and we are. The message is clear — take heart! Our society will return to normal and soon.

Scott McClintock, *Chief Strategy Officer*





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**On The Cover** – A: Pastor Joel Eidsnessl, B: Bob O'Connell, C: Sheila Delzer, D: Lori Farley, E: Barbara Lothrop,  
F: Dr. Pete Patterson





# Don't Count Me Out!

By: Zoelife Editorial Team – Monday February 8th, 2021, 9:08AM

A few hours ago, veteran players from the New England Patriots led the Tampa Bay Buccaneers to rout the Kansas City Chiefs in Super Bowl fifty-five. Yes, you read that right. Ex-Patriots, Tom Brady and Rob Gronkowski, accounted for half of the Buccaneers' four touchdowns in upsetting the favored Chiefs, leaving the Zoelife editorial team with a sense of wonder about what people can achieve after being counted out, after "retiring."

In this Super Bowl, Kansas City scored first and appeared strong, even stopping the Buc's scoring from the Chief's one-yard line. But steadily during the first half, the Bucs began to manage the game in ways the Chiefs could not counter. After mixing up passes and runs and being consistently stopped by the Chiefs, the Bucs ran the ball three straight times and got a first down. The Chiefs then had to commit more defenders to cover the run which opened up passing lanes for Tom Brady and in short, the Bucs then went on to dominate the Chiefs. The

point is that Tom Brady is 43 years old and Rob Gronkowski had already retired from the NFL. In fact, Tom became the oldest player ever to appear in a Super Bowl game at 43, while Bruce Arians, also previously retired, was the oldest head coach ever to win the Super Bowl at 68.

So, what we love in this story is how old guys rule!

Consider that the Chiefs star quarterback, Patrick Mahomes, was only six years old in



2001 when Tom Brady played in his first Super Bowl. Before taking Mahomes to the woodshed yesterday, Tom took the Patriots to nine Super Bowls, winning six. However, by the end of the 2019 season the Patriots leadership were beginning to wonder about life after Brady and coach Belichick was openly looking for replacements for quarterback. Brady wanted to remain in New England and ultimately retire as a Patriot, but according to NBC Sports Boston: "a tangible effort by the Patriots to keep Tom Brady in New England never happened. No negotiation." So the Patriots let Tom go to the Buccaneers, apparently along with their ability to win consistently because the 2020 Patriots were 7 and 9 and did not make the playoffs. As Joni Mitchell sang in 1970; "You don't know what you've got till it's gone." During his time with the Patriots, one of Brady's favorite receiving targets was tight end Rob Gronkowski. The two players remain close friends. Gronkowski once said about Brady, "Just the way he prepares. His work ethic, the way he's just still going at his age. (He) just still has a competitiveness to him every single time he steps out on the field." In 2018, after nine seasons with the Patriots, Rob Gronkowski decided to retire from football. So how'd a retiree come to play in yesterday's Super Bowl?

A variety of reasons have been proposed, but Rob's dad admitted, "The bottom line, Rob is back in my opinion because of Tom Brady," Gronkowski told the Tampa Bay Times. "I mean, Tom called him, and Tom got in his ear, and I'm sure Rob probably didn't go out the way he wanted to." In April 2020, Tom Brady tweeted a humorous video of him blowing on a conch shell and summoning Rob back to work with him at the Tampa Bay Buccaneers. So after retiring, "Gronk", as he's known, "unretired" and returned to the NFL with his old teammate Brady and the pair combined for two Super Bowl touchdowns, securing his place with Tom as over-achieving "old-guys." When the final whistle blew yesterday, Brady and Gronkowski had connected for a career total 13 postseason touchdowns, the most by any two players in NFL history. How's that for a retired tight end and his discarded quarterback?!

Well, the editorial team loves this story because we know a bunch of over-achieving retirees right here at Glencroft and we'd like to tell you their stories too.

Following are stories from residents who started something new later in life or never retired from doing what they love.

*(Continued page 7)*



When I moved to Glencroft, I came for many reasons, mostly for a better life. Being on the younger side of the campus population, I found myself wanting to be a person who inspires, encourages and helps others. When ZoeLife started I felt confirmation that I had moved to the right place. I quickly learned that exercise and staying active slows down the aging process and I was all in for that! Graduating from Glencroft University will give me the confidence and interest in living my life in faith and love.

– Barbara Lothrop





**Q:** When did you move to Glencroft?

**A:** My late husband and I moved to Glencroft three years ago, because of the Alzheimer's unit. I just love it here. It's my home.

### **I just love it here. It's my home.**

**Q:** You are an author. What is your new book and how were you inspired to write it?

**A:** Well, I'm a retired teacher and worked with at-risk students. I have many good stories. But the book I wrote, "What's Behind the Bushes?", was inspired by my grandson when he came to live with us one time when we lived in the pine woods.

**Q:** What helps you get through each day?

**A:** On my answering machine I say, "God is good all the time and all the time God is good." I believe that the only thing I think we are here for is to love each other.

– Sheila Delzer

### **I would rather continue being an explorer in mind and body to the best of my ability**

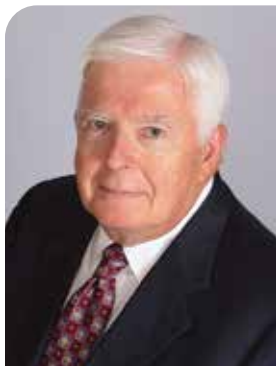


Staying active and continued learning wasn't a decision made late in life for me. I have been motivated to learn and explore since a child. My desire to learn has led me

through an adventuresome life with many changes in career and location. I just can't fathom letting myself become stagnant because boredom and depression are the result. And being sedentary creates disease in the body and mind very quickly.

I would rather continue being an explorer in mind and body to the best of my ability until I die from old age, rather than depression or disease.

– Lori Farley



I have been a physician for decades—and yes, I have been to my 50<sup>th</sup> year medical class reunion! Happily for me, there continues to be worthwhile projects and deeply satisfying work to be done. Along the path of my career, I have moved from seeing patients and prescribing antibiotics to now devoting my life to meeting the challenge of overprescribing—the root cause of widespread antibiotic resistance—by altering people's mindset about antibiotics. This work has transitioned over time from one-on-one conversations to facility-wide protocols and now to programs at State and National levels.

– Dr. Peter Patterson, MD

Learn more: [www.glencroft.com/are-antibiotics-good-for-aging-adults/](http://www.glencroft.com/are-antibiotics-good-for-aging-adults/)

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After retiring from a career of desk work, I realized that I needed exercise to improve my health. With that in mind, I found work stocking store shelves. Later I worked in home-

building and joined the YMCA and exercised most days each week. I also took part in extensive training—bootcamps—three times each year. I continue to stretch and exercise at home, and the Performance Center helps me maintain my strength and balance. I find exercise to be exhilarating.

– Bob O'Connell

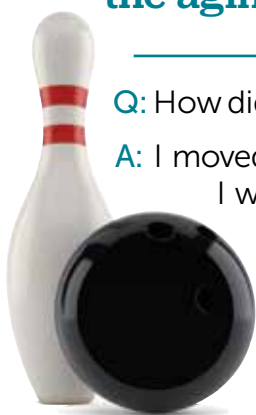


When I retired, I told my congregation that if I moved to Arizona and played golf five days a week, they should shoot me. Not that golf is bad, just that ministry is so much more impactful

and productive. Which is why, at 81, I'm honored to pastor the Community of Faith here at Glencroft. Years ago, Sharon and I determined that we would keep our boots on ministry-wise for as long as God gives us strength. Thankfully, you have given us the opportunity to fulfill those dreams and for that, we're grateful!

– Pastor Joel

## I quickly learned that exercise and staying active slows down the aging process and I was all in for that!



**Q:** How did you hear about Glencroft?

**A:** I moved here from Peoria, Arizona. I was invited to come to lunch here, so I did and that's when I decided that this is where I belong. And you know what, it is. I love living at Glencroft, this is my home.

**Q:** You're a retired pro-bowler. How did you get into bowling?

**A:** I had never picked up a ball, no one taught me, I just knew how to bowl. My very first game, I bowled a 189. I even bowled with Hall of Famer, Billy Harwick. Of all the trophies I've won, I donated them to charities, and have one left, which was for the highest women's score in the 1960/61 tournament.

**Q:** What helps you get through each day?

**A:** Well, I love to fix walkers and scooters here at Glencroft. One day I saw a woman, she was all hunched over her walker, because it was so low, no wonder she was all bent over like that. I then convinced her that I could fix it. So, I adjusted the handles and made it so much better for her. It was right after that that word got around and I started fixing walkers, scooters, and getting better batteries for the scooters. I love what I do and do not make a profit on it. I even get my grandson Brandon that lives close by to help me get what I need. He sure is a good person.

– Anne Marie Schmitz



*Award for highest women's score in the 1960/61 tournament.*



(Continued from page 4)

In the end, we find that people who age successfully remain active spiritually, emotionally, physically, socially, intellectually, and vocationally. In ZOELife, we call these the Six Pillars and we believe that they are the crucial ingredients to an abundant life. In fact, Zoe really means “abundant life”! Dan Buettner found similar patterns in his research for “The Blue Zones” in which people living to near 100 years old continued to thrive in many similar ways. On the island of Corsica some men maintained physical activity along with a vocation by tending sheep for their entire lives, walking miles into the hills in certain cases just to reach the pastures where the sheep were grazing. Retirement was not even a consideration. These Corsicans ate healthy, plant-based foods and enjoyed some red wine almost every day. On Okinawa, a 100-year-old woman still lived with her daughter and tended her garden where she grew all of her vegetables as she had her entire life. She remained active and productive, but almost every day she made time for tea with her close friends when they caught up on the community news and laughed about who the new couples were. As in other Blue

Zones, the Okinawans found comfort in holding tightly to traditional family values and spiritual beliefs. In Costa Rica, Buettner had to secure special permission from the administrative authorities to speak with the centenarians they were seeking. After following some complicated directions in one case, they approached a jungle cottage where an old woman was sitting on the stoop and from the road they asked if she was the woman they were looking for. The old lady broke into a wide smile and waved them into her home, clearly a happy, well-adjusted person. Buettner tells many other stories that show the same patterns and always found that happy aging people were also active spiritually, emotionally, physically, socially, intellectually, and vocationally. The key for us seems to be that the pillars are the ingredients to successful aging and happiness seems to be the result. Although Tom Brady and Rob Gronkowski are young by comparison with all of our Glencroft residents, the dynamic ingredients are exactly the same, and the story is an inspiration.

Never give up!

Never stop living!

Don't count me out!

## Later Life Success

**B: Laura Ingalls Wilder**, author of the *Little House on the Prairie*, didn't publish her first book until age 64.

**D: Anna Mary Robertson Moses** (Grandma Moses) took up painting at age 75 when her passion for embroidery became too painful due to arthritis.

**F: Christopher Plummer**, at age 82,

became the oldest Oscar winner—his first. Upon winning, he said to the award, “You're only two years older than me, darling.”

**G: Cloris Leachman** was the oldest contestant on *Dancing with the Stars* at age 82.

**H: Rob Gronkowski**, Came out of retirement to win Super Bowl LV.

**I: Tom Brady**, became the oldest player to ever play in (and win) the Super Bowl at age 43.

**J: Harlan David Sanders** (Colonel Sanders), founded Kentucky Fried Chicken at age 65 and became a multimillionaire.

**M: Betty White**, celebrated her 99<sup>th</sup> birthday with no plans of retiring.

**N: Julia Child**, became a household name after publishing her first cookbook at age 50.

**O: George Foreman** had several “comebacks,” the first at age 38, 10 years after retiring.

**P: Vera Wang** was a figure skater and journalist before, becoming a famous fashion designer at the age of 40.



# The ZoeLife DIFFERENCE in 2021

By: Steve Heller, VP and Director of ZoeLife Operations

2020 was a year that will go down in history as one of the most challenging we have ever faced. It is very rare that we, as a globe, face a common enemy that affects us all. The pandemic did not discriminate. It just came like a firestorm and impacted every aspect of our lives.

As we turn the page on 2020, it's critical we don't fall victim to the same old New Year's resolution trap. Every year, as the ball drops on New Year's Eve, millions of Americans make a promise to change something in their lives, and yet only one out of four will actually stick to his or her resolution. One reason for this may be that our resolutions rarely address our overall well-being: a sustained feeling of harmony, energy, safety, and peace. Resolutions like "lose ten pounds," "learn a new language," or "quit smoking," are perfectly reasonable goals, but they only address a small part of our whole-person well-being.

If we learned anything from 2020, it is that we need to really get in tune with our whole-person, individual wellness. ZoeLife is truly a wellness model that goes beyond the resolutions that are often left to gather dust mere days after the turn of the calendar. ZoeLife provides individuals with a strategy for better overall mental, physical, and spiritual health. When we talk about creating a "ZoeLife model" for our residents, it means we work side-by-side with you, creating a customized, successful aging roadmap for you that enables you to achieve a better aging process. We do this by leaning on our six pillars of holistic wellness (spiritual, emotional, social, physical, intellectual, and vocational).



## **ZoeLife provides individuals with a strategy for better overall mental, physical, and spiritual health.**

Following are some examples of the ZoeLife difference that you can begin to implement in the New Year:

- Become intentional about your faith. Take your words and thoughts and put them into action. There is a plan and purpose for each of us, no matter our age. If we are here, there's a reason and it isn't just to plan our next meal. Don't be afraid to dig in deep! If you don't know where to start, keep in mind we are happy to help.
- Create a moai for yourself. If 2020 did nothing else, it certainly highlighted our need for real relationships. The term moai comes from Japan, and means "meeting for a common purpose." It originated as a way for villagers to support each other. It is time for us to come out of our holes of isolation and enjoy our beautiful weather and create some new relationships. ZoeLife provides lots of opportunities to meet people and grow relationships in a safe way. Creating a group to "do life with" is absolutely vital to your overall health.
- Experts from all over the country are saying that "sitting is the new smoking." They have proven that you can reduce your chances of cancer, type 2 diabetes, cardiovascular disease, and back pain, with one simple change:

reduce the time you spend sitting. The new and improved walking path around campus provides an excellent opportunity to reduce sitting.

- Make a new motto for yourself this year—"you're never too old to learn something new!" Check out our on-campus Glencroft University if you haven't already. You'll be amazed about how different you feel by taking just a small step to engage your brain. Engaging your brain can improve overall concentration, attention to detail, memory recall and problem solving, and better yet, reduce the chances of developing dementia.
- Another old adage proves true at any age, "help yourself by helping others." Finding a purpose in life is half the battle. ZoeLife can help. There are many people on campus who need help or even just need a friend. Let us help you help others. You will be increasingly blessed as a result.

As we start 2021, each filled with hope and optimism, let's take our challenges from 2020 and turn them into something positive. There is no time like NOW to make some real and lasting life changes. Whether it is to battle underlying health issues or just to combat isolation and anxiety, the idea of whole-person wellness that focuses on the mind, body, and spirit is just what the doctor ordered for 2021! 🌈

# Join Vitalant's COVID Rescue Team

## Dear Survivor, COVID-19 Patients Desperately Need Your Plasma

By: Sue Thew, *Vitalant AZ Communications Manager*

If you had a positive COVID-19 test, OR a confirmed positive COVID-19 supplemental antibody test, your plasma may be able to help COVID patients.

Vitalant, Arizona's largest non-profit community blood provider, has launched a program to treat COVID-19 patients with blood plasma donated by people who have recovered from the disease. Known as "convalescent plasma," this blood component contains antibodies that may give patients an extra boost to fight their illness. On average, one out of every four COVID-19 patients entering the hospital require a convalescent plasma transfusion.

**Convalescent plasma donors help save first responders like Phoenix Police Officer Santos Robles...** He contracted COVID-19 on July 4 in the line of duty. A few days later, he passed out due to the lack of oxygen from pneumonia. When his son found him hours later, he was rushed to the hospital with a broken

face, punctured lung from a rib fracture and an oxygen level one-third below required levels. Five convalescent plasma transfusions helped him hold onto life during two hospital ICU stays.

**Convalescent plasma contains antibodies that may give patients an extra boost to fight COVID-19.**

Officer Robles finally recovered well enough to return to work in late October after fighting COVID-19 for 12 long weeks. On Nov. 17, he gave convalescent plasma for the first time, giving back to help other gravely ill COVID-19 patients. He told the Arizona Republic, "If I didn't have that plasma, I don't think I would be





*Phoenix Police Officer, Santos Robles*

## **(Plasma Treatment) is currently the only antibody treatment available to COVID-19 patients**

standing here with you right now," Robles said. "I think you would be telling a very different story today and I am so grateful you're not."

The Food and Drug Administration (FDA) has identified and approved convalescent plasma treatment as an "emergency investigational new drug." It is currently the only antibody treatment available to COVID-19 patients and, as such, is a promising new tool. This form of investigational treatment may give the body more fight against COVID-19 by using antibodies that are active against the disease. With the help of our local communities, hospital partners and extensive research experience, Vitalant is

gearing up to help patients fight this novel infectious disease with the help of willing recovered COVID-19 patients.

"This is an example of the medical and research communities coming together to effect real change during this pandemic," stated Ralph Vassallo, MD, Vitalant's chief Medical Officer. "Convalescent plasma is a promising response tool for fighting COVID-19 in patients, and potentially for those working on the front lines."

For a limited time, Vitalant is testing all blood and platelet donations for COVID-19 antibodies to find potential donors who could give convalescent plasma in the future. Donors whose

**“Convalescent plasma is a promising response tool for fighting COVID-19 in patients, and potentially for those working on the front lines.”**

**– Ralph Vassallo, MD**

blood tests positive for antibodies can help a COVID-19 patient with their plasma while their other blood components could help a cancer patient, trauma victim or someone with another serious medical condition. Testing positive for antibodies also puts donors on a unique track to donate convalescent plasma regularly. Eligibility criteria are:

- Prior diagnosis of COVID-19, documented by a laboratory test
- Complete resolution of symptoms for at least 28 days
- Meet all other current FDA donor eligibility requirements to donate plasma

“As this life-transforming program continues to expand, we’re putting out a call to those who have recovered from COVID-19 to help patients in need,” said Cliff Numark, Vitalant’s chief of marketing. “We encourage those who are eligible to go through the process to make a real difference.” 🌈

More information at:  
**[vitalant.org/COVIDfree](https://vitalant.org/COVIDfree)**

**866-CV-PLSMA  
(866-287-5762)**

## **What is Plasma in Blood?**

Plasma is the liquid portion of blood. About 55% of our blood is plasma, and the remaining 45% are red blood cells, white blood cells and platelets that are suspended in the plasma.

Plasma is about 92% water. It also contains 7% vital proteins such as albumin, gamma globulin and anti-hemophilic factor, and 1% mineral salts, sugars, fats, hormones and vitamins.

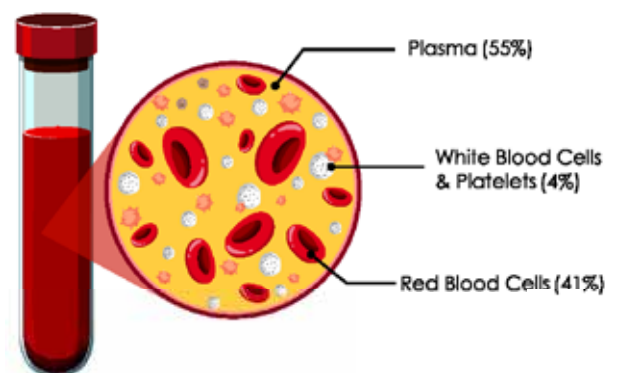
## **Plasma serves four important functions in our bodies:**

1. Helps maintain blood pressure and volume.
2. Supply critical proteins for blood clotting and immunity.
3. Carries electrolytes such as sodium and potassium to our muscles.
4. Helps to maintain a proper pH balance in the body, which supports cell function.

## **What is a Plasma Donation?**

In a plasma-only donation, the liquid portion of the donor’s blood is separated from the cells. Blood is drawn from one arm and sent through a high-tech machine that collects the plasma. The donor’s red blood cells and platelets are then returned to the donor along with some saline. The process is safe and only takes a few minutes longer than donating whole blood.

## **COMPOSITION OF BLOOD**







# *Hot Cocoa* Helps Brain Function

By: Dr. Michael Murray, N.D. – [doctormurray.com](http://doctormurray.com)

One of the major contributors to impaired mental function as we age is reduced blood flow to the brain. Not surprisingly, natural approaches designed to improve blood flow to the brain show significant promise in the prevention and treatment of mild cognitive impairment. A study conducted by Harvard researchers back in 2013 shows that drinking hot cocoa should definitely be added to this list.

Of all the foods available on planet Earth, those produced from the bean of the cacao tree (*Theobroma cacao*) are the most magical, interesting, and delectable. The long standing love for chocolate is now being matched by scientific research on its health benefits when consumed in the right form.

**Background Data:** One of the key areas of research into the benefits of chocolate consumption is its effect on cardiovascular disease. Much of the benefits are attributed to its high content of flavanols, a type of polyphenol—antioxidants found in foods like cocoa, tea, berries, and wine.

## In the right form, chocolate it is a true super food.

A growing amount of recent research suggests that:

- Chocolate flavanols are especially important in protecting against damage to cholesterol and the lining of the arteries.
- Chocolate flavanols prevent the excessive clumping together of blood platelets that can cause blood clots.
- Frequent chocolate consumption is associated with a nearly 40% reduced risk for heart disease and a 30% reduced risk for a stroke.

**New Data:** To investigate the relationship between chocolate consumption and brain health, a group of 60 older people (aged  $72.9 \pm 5.4$  years) without dementia were studied in a double-blind clinical trial. The participants drank two cups of hot cocoa per day for 30 days and did not consume any other chocolate during the study. One group consumed a high flavanol hot cocoa and the other group consumed a lower flavanol version.

At the beginning of the study and then again after 30 days the participants were given tests of memory and thinking skills, as well as had ultrasound tests to measure the amount of blood flow to the brain during the tests.

What these researchers and others are showing is that as different areas of the

brain need more energy to complete their tasks, they also need greater blood flow. This relationship, called neurovascular coupling, plays an important role in developing dementia and/or Alzheimer's disease.

Of the 60 participants, 18 had impaired blood flow at the start of the study. Those people had an 8.3% improvement in the blood flow to the working areas of the brain by the end of the study, while there was no improvement for those who started out with regular blood flow.

The people with impaired blood flow also improved their times on a test of working memory, with scores dropping from 167 seconds at the beginning of the study to 116 seconds at the end. There was no change in times for people with regular blood flow. A total of 24 of the participants also had MRI scans of the brain to look for tiny areas of brain damage. The scans found that people with impaired blood flow were also more likely to have these areas of brain damage.

Interestingly, there was no clear difference between the two study groups. In other words, both the high and low flavanol content hot cocoa was shown to produce benefits. This outcome is quite interesting and suggests that flavanol molecules are not the only beneficial compounds in chocolate and hot cocoa. Other beneficial





**Dr. Murray** is a leading authority on natural medicine. He has published over 30 books featuring natural approaches to health. He is a graduate, former

faculty member, and serves on the Board of Regents of Bastyr University in Seattle, WA.

### The Science Behind DoctorMurray.com

For the past thirty-five years, Dr. Murray has been compiling a massive database of original scientific studies from the medical literature. He has personally collected over 65,000 articles from the scientific literature, which provide strong evidence on the effectiveness of diet, vitamins, minerals, herbs, and other natural measures in the tenance of health and the treatment of disease. It is from this constantly expanding database that Dr. Murray provides the answers on health and healing on DoctorMurray.com.



compounds that could have contributed to the effects noted include theobromine (a caffeine-like compound) and arginine—an amino acid that is required in the production of nitric oxide. Nitric oxide helps regulate blood flow, inflammation, and blood pressure.

**Commentary:** In the right form, chocolate is a true super food. So, how do I go about gaining the health benefits of chocolate? I get my chocolate fix by having a big mug of hot cocoa nearly everyday. My recipe is kind of different though, I put 3 tablespoons of organic Superfood Chocolate Hot Cocoa Powder and 1 tablespoon of xylitol into my mug and then I add 12 ounces of decaffeinated coffee to it. I like it a lot! And, I also like coming across research that supports my guilty pleasure! 🌈

**Reference:** Sorond FA, Hurwitz S, Salat DH, Greve DN, Fisher ND. Neurovascular coupling, cerebral white matter integrity, and response to cocoa in older people. *Neurology*. 2013 Sep 3;81(10):904-9.

## ***The Longevity Matrix* shares a strategy to help people achieve an extreme level of wellness and vitality.**



It is not enough to live longer. The desire should be to **live better and stronger** with a tremendous amount of health, energy, fulfillment, and joy.

*The Longevity Matrix* offers a step-by-step approach to improve the function of each body system in order to help make our health chain as strong as possible by strengthening each individual chain.

**visit [doctormurray.com](http://doctormurray.com) for more information**

## Chia Seed Pudding –

Make this the evening before and enjoy a healthy delicious breakfast or late night snack.

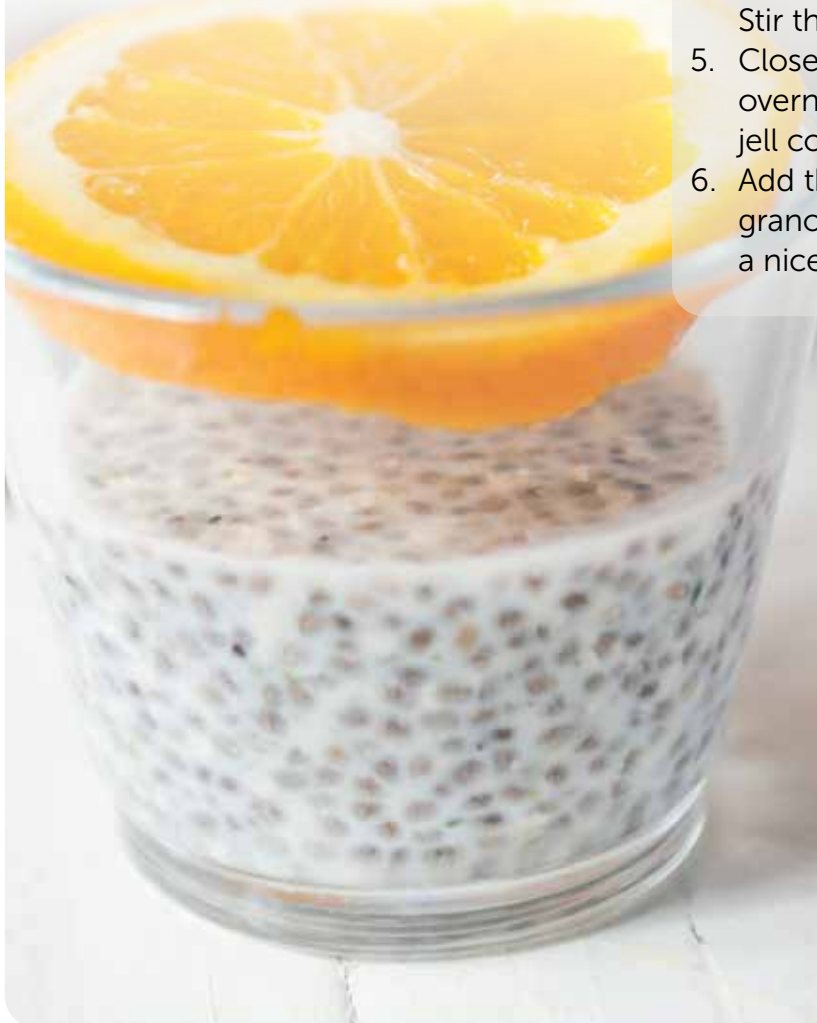
### Ingredients:

- 1 cup almond milk or other non-dairy milk choice
- ¼ cup chia seeds
- ¼ teaspoon of mixed ground ginger, nutmeg, clove (I mix and store it in a small bottle to use from time to time)
- 1 teaspoon of maple syrup or agave—your choice
- 1 mandarin orange
- 1-2 tablespoons of granola (pumpkin flax) low sugar
- 1-2 tablespoons pomegranate seeds

### Instructions:

Use a small jar with a lid. This is an easy, no mess recipe that's fun to eat!!

1. Pour the Milk then add chia seeds into the jar. Stir thoroughly.
2. Add spice mixture and maple syrup.
3. Zest the mandarin orange over your container—this is a personal touch depending on how citrusy you want the flavor to be.
4. Peel the mandarin, save several of the sections to be diced. Squeeze the remaining orange into the mixture. Stir thoroughly.
5. Close the lid, store in refrigerator overnight or at least 4 hours for it to jell correctly.
6. Add the diced segments of mandarin, granola, and pomegranate seeds for a nice crunch.





## Orecchiette with Creamy Carrot Miso Sauce

Serves 3-4

### Ingredients:

- 8-10 oz of orecchiette pasta

### Carrot Miso Sauce:

- 2 shallots, rough chopped
- 4-6 garlic cloves, rough chopped
- 2 tablespoons olive oil
- 2 heaping cups of carrots, thinly sliced (about 3 medium sized carrots will do)
- 2 cups of water
- ¼ cup of raw cashews
- ¼ teaspoon salt
- ¼ teaspoon pepper
- 3 tablespoons White Miso Paste

### Carrot top Gremolata (optional)

- ½ cup carrot tops or sub ½ cup more Italian Parsley
- ½ cup Italian parsley
- 1 garlic clove
- 1 tablespoons lemon zest
- ¼ teaspoon salt
- ⅓ cup–½ cup olive oil

### Instructions:

1. Set 6-8 cups of salted water to boil for pasta. Cook pasta according to package directions.
2. Heat oil in a medium pot, over medium heat. Saute shallot and garlic until fragrant. About 2-3 minutes, stirring often. Add carrots, cashews, water, salt, and pepper and bring to a boil. Cover, lower heat to low and simmer gently for about 15 minutes or until carrots are tender. Stir in the miso paste (it does not need to dissolve completely) let cool for 5-10 minutes

3. Make Carrot top Gremolata. Place carrot leaves, parsley, zest, and garlic in a food processor and pulse repeatedly until fine chopped. Add the salt and oil, pulse to incorporate (not too smooth) Add more oil if you prefer mixture to be looser.
4. Once carrots are tender and cooled, place all in a high speed blender. Blend until silky smooth consistency.
5. Drain pasta and pour the sauce over pasta, warm if needed.
6. Serve with toasted bread crumbs and carrot top Gremolata.



## Brulee'd Ricotta

Serves 4, prep time 5 minutes, cook time 10 minutes

### Ingredients:

- 2 cups whole milk ricotta
- 1 teaspoon lemon zest
- 2 tablespoons honey
- 2 tablespoons granulated sugar
- 1 cup of fresh raspberries

### Instructions:

1. In a large bowl place the ricotta honey and lemon zest. Whisk all together to incorporate completely. Then divide mixture between 4 ramekins.
2. Place all ramekins on a baking sheet. Sprinkle some of the sugar on top. Arrange oven rack in highest position place baking sheet on rack and turn on broiler. Broil sugar until it caramelizes on top of ricotta mixture. You can use a torch if you feel more comfortable to melt sugar on top.
3. Garnish with raspberries.





# FIGHTING PARKINSON'S with Golf at Glencroft

By: Tom Mackin – *ArizonaGolf Insider*, November 2020



**Although she can get frustrated with the effects Parkinson's has had on her speaking ability, 82-year-old Jane Baker is crystal clear when it comes to describing the benefits of the ZoeLife Parkinson's Immersion Program at the Glencroft Center for Modern Aging in Glendale.**



## **(Steve) Heller has implemented tools he previously used to train PGA, LPGA and Champions Tour players**

"I would be in a wheelchair if it weren't for this program," says the Glencroft resident, a Pittsburgh native with three holes-in-one to her credit. "I know I would not be where I am today, and still as active as I am, without this amazing program and team around me," she says. "I can't wait to play golf again, something I thought I would never do."

Steve Heller, Vice President and Director of Operations of Zoelife, saw a rise in the number of Glencroft residents (age 67 and up) who were former golfers with Parkinson's. He created a goal-oriented workout program in January 2019 to provide both physical and mental benefits to that audience.

"It's an interesting dynamic where I can get people to work on their bodies," says Heller. "Using golf as a vehicle to attack Parkinson's is attractive because there are so many former golfers here."

Daily individual and group workouts, lasting from one to two hours, are designed to improve functional movement and decrease fall risk, both primary concerns for Parkinson's patients.

Heller has implemented tools he previously used to train PGA, LPGA and Champions Tour players in the FORE-MAX program he created at the Westin Kierland: an impact bag, swing fan, weights, stretching, and aquatic classes. He's now added virtual



*PIP Golf Team: Mel Pershing, Steve Heller, Ruth Smith, Don Schadt*



reality technology that uses a 360-degree movement platform.

"Putting on the KAT Virtual Reality headset enables participants to feel as if they can turn more fully and walk freely again," says Heller. "They are strapped into the equipment, so balance is not an issue. There's a range of visual options to choose from, including being out on the virtual golf course. Anything that I can do to make this program fun and creative, I'm all-in."

The majority of the Parkinson's Immersion Program is conducted at Glencroft's fitness facility while participating golfers can also go to The Wigwam in Litchfield Park. "They receive instruction at the

Warren Schutte Players Academy and then get to play a few holes," he says. "To see people who thought they would never be on a course again get out there has been very rewarding. I use that trip as an incentive to keep the golfers motivated."

The successful program has grown beyond just golfers to include men and women previously active in other sports, including tennis. Starting this October, different iterations of the program will be open to non-Glencroft residents for a fee. "They might not be ready to live at Glencroft, and they do not have to be diagnosed with Parkinson's, but they will be able to come here 2-3 days a week and work with our team," says Heller.

Also available will be an all-inclusive, multiple-night stay in an on-site casita with access to the full ZoLife curriculum. "It will be like hitting a reset button on your overall lifestyle," says Heller.

For Jane Baker, that means getting closer to being back out on the course. When Heller put a golf club in her hands last year, her first swing was smooth and fluid. "Parkinson's patients often shuffle as they walk, and moving in certain directions is hard because the disease makes the extremities very rigid, but something in her brain reverted to the past, and she made a normal golf swing movement," he said. "Jane hadn't done that in a few years, but she knew instinctively how to do it. That was crazy to watch." 🌈

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**For more information about the Parkinson's Immersion Program or PIP Golf, [623-847-3120](tel:623-847-3120) or [glencroft.com](https://glencroft.com)**

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Scott Hawthornthwaite,  
Area Agency on Aging  
Care Coordinator  
Director

# O&A

## What is the Area Agency on Aging?

Area Agency on Aging is a private, non-profit organization that plans and coordinates the development of services for those in Maricopa County who are 60 or older, family caregivers, adults 18 and older diagnosed with HIV/AIDS or are disabled with long-term care needs. There are eight Area Agencies on Aging in Arizona and over 800 nationally.

### What services does Area Agency provide?

Area Agency is the central information and resource center for finding services and assistance for older adults. The 24-Hour Senior HELP Line (602-264-4357) assists with information and resources covering a wide range of services: Case Management, Home Delivered Meals, Adult Day Health Care, Legal Services, Long-Term Care Ombudsman, Family Caregiver Support, Elder Refugees, and Behavioral Health Services.

### How has COVID-19 affected the services provided by Area Agency on Aging?

Client assessments are done by telephone rather than in person. With Senior Centers temporarily closed, we have increased Home Delivered Meals and friendly phone calls. Support groups are all held virtually.

### What is the Family Caregiver Support Program?

Area Agencies serve Family Caregivers in five main areas: information and assistance with access to services, support groups and training, respite care, and supplemental services. Most family caregivers request respite care—a short break from caregiving. The Friends and Neighbors program allows caregivers to hire a friend or neighbor to provide respite care and be reimbursed for their time. Caregivers can receive up to 12 hours of respite weekly.

### Can family members receive payment for providing caregiving?

In most situations, family members cannot be paid to provide services. Those approved for Arizona Long Term Care (ALTCS) can hire a loved one who is paid by a contracted

agency. Eligibility for the program involves a financial and functional application.

### Does Medicare cover caregiver services?

Medicare does not cover services for family caregivers. Medicare can authorize short-term, skilled, in-home assistance following a qualified stay in the hospital.

### How can I get information about the Area Agency on Aging?

The Area Agency has a comprehensive website ([aaaphx.org](http://aaaphx.org)) with descriptions of services, resources, trainings, wellness opportunities, caregiver support groups, and a calendar of upcoming events. The 24-Hour Senior HELP Line (602-264-4357) can assist in finding needed resource and services.


### What prevents people from seeking help?

Many people do not identify with the term “caregiver” and think they do not qualify for assistance.

### How do you start the conversation about long-term care issues?

Most older adults wish to remain in the community and their own homes. In order to make that happen, some adjustments must be made. Accepting help can be difficult, and it helps to start the conversation by explaining your wishes and your loved ones’ overall needs.

### Tips for family caregivers

Be kind to yourself. Share your feelings, and accept help. Learn about available services and take care of yourself. 





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