

Spring 2021

A man and a woman are standing together, smiling. The man is on the left, wearing a dark pinstripe suit, a light purple shirt, and a pink patterned tie. The woman is on the right, wearing a white wide-brimmed hat, glasses, a light blue cardigan over a dark top, and a long necklace with white beads. The background is a vibrant, abstract collage of pink, purple, and blue floral and geometric shapes.

ZOETM Life magazine

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

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It's a large family, but still, just one family

Forty acres, 15+ buildings, 900 residents, 500+ staff, one family. It's a large family, but still, just one family. I was told the very first day I walked onto this campus that there was "something different here—something you can feel." No truer words have ever been spoken about Glencroft. It didn't take long to discover the source of this "sensation" of different: It was the family, the residents. How fortunate and blessed Glencroft has been to have so many amazing people call this place their home. This mix, this blend of people from all over the country, has created the Glencroft family.

There have been many who have left their mark on this campus and way of life, but few have had the impact that Evan Oswald did. Early in my time here, Evan approached me and wished me well in my endeavors, and informed me that he had "some" experience in the activities realm. At that time, I was unaware that he was the Activities Director here at Glencroft before my predecessor, Donna Swartz. After sharing a few meals and a few more sidewalk conversations, I realized what a stellar "family member" Evan was to Glencroft. Sharing your skills, abilities, and talents... isn't that what good family members do?

Evan had a fantastic skill set in creating programming. He did it for many years at the collegiate level and at Glencroft. With a campus this size, there was always a need to create new and interesting programming. His ability to see a dusty storage room and visualize a new crafting area or an unfinished basement that became an indoor bowling area is a talent few people have. None of these things would have been possible if it weren't for his skill with people. Evan was a great communicator, and he was able to inspire others to join him in the work at hand and create unforgettable experiences for all.

And here is one of the greatest things: Evan wasn't alone. He was just one of the many who have shared their skills, abilities, and talents to create this place called Glencroft. If there were to be built a "Mount Rushmore" of Glencroft figures, those who have made a lasting impact on this place, there would not be a mountain large enough to hold all of the images. What a wonderful family we have had here, and what a wonderful family we still have today. We want to thank you for how you've lived, how you've shared, and how you've played such vital roles in making Glencroft a HOME for so many. Thanks for being the best part—family.

Ross Higgins, *Sr. Director of Campus Life*



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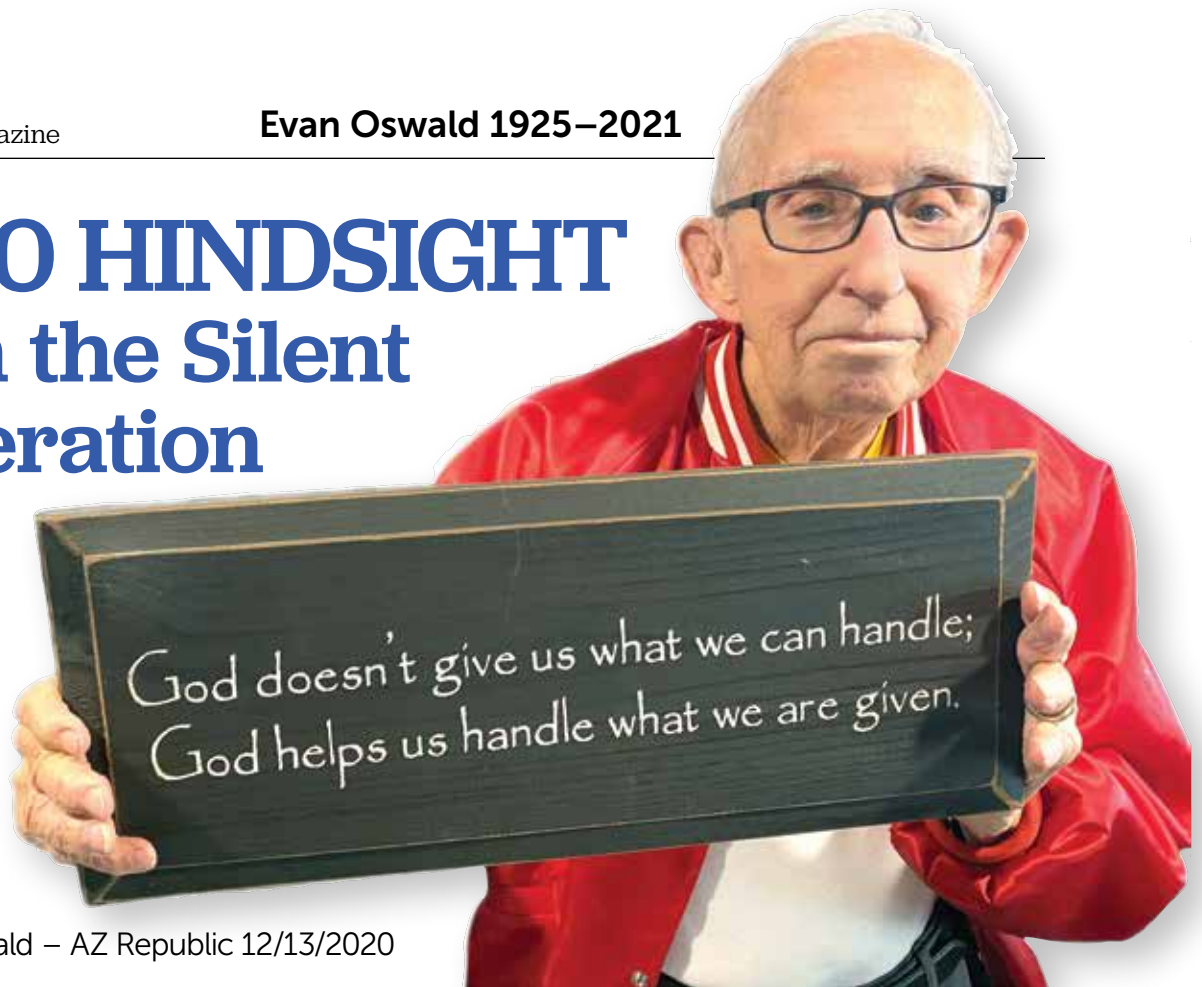
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2020 HINDSIGHT from the Silent Generation



By: Evan Oswald – AZ Republic 12/13/2020

In January 2021, Glencroft lost one of its own—a genuinely inspirational resident, Evan Oswald. At the request of his family, we are publishing the following article, which showcases Evan's last words to our campus.

On December 29, 2020, a project that we had been working on for a few weeks, came to fruition. The project was an op-ed that ran in the **Arizona Republic** from once of Glencroft's greats, **Evan Oswald**. We were unsure about the response one the piece ran, but what followed was simply mind-blowing. Within 48 hours, Evan received more than 60 heartfelt emails and letters that expressed appreciation and admiration for a man who was willing to wear his heart on his sleeve and be an inspiration to others in our community. Following is the full op-ed written by Evan Oswald, expressing his thoughts on life, 2020 as a whole, and the pandemic.

To say that I've seen a lot in my 95 years of life is an understatement. Those of us who are nearly a century old have more than a few stories to tell—just ask us. If you would have asked me a year ago, "If I had seen it all?" I probably would have said yes, and believed that I had. I've lived through WWII, the Great Depression, Vietnam, and multiple recessions. I've seen

civil riots, natural disasters, and decades of political discord. I've watched Americans moonwalk, and the evolution of space-age computers. I dodged the Asian flu, influenza, swine flu, and the Ebola virus.

As a college coach and educator, I built athletic programs, taught lifetime sports skills and mentored many young people.

Despite my ups and downs in life, I'm still an optimistic person. As an extrovert, I've always been a very sociable person, striving to live the day to the fullest, and encouraging others to do the same.

I spent 20 years at Hesston College (a small, dynamic Mennonite junior college in Hesston, Kansas), where there is a baseball field named after me and 14 years on the Navajo Reservation in AZ helping to bring in a Tribally run two-year college—especially in the athletic department. The intercollegiate archery team took second in the U.S. Collegiate Championships at the Olympic Village in Colorado Springs, CO in 1981. I helped officiate the Archery Championships at the 1984 Summer World Olympics in Los Angeles. I played table tennis in the Phoenix Table Tennis League for 29 years. I was married for 60 years and outlived both wives. I've had my share of loves and losses, including two children. I've told young people, whom I mentored, that life at this old age is just as tough as when a person graduates from college and sets out in life to find a job and a lifelong mate.

Years ago, before I attended college, I worked in a large mental institution. Many of the patients were doctors, lawyers, church pastors, and social workers who were there because they were overburdened by work responsibilities or a philosophy of workaholicism and had worked themselves into mental breakdowns. That really had an impact on me, because I had been brought up in a work ethic culture and often overworked my personal system. So, I promised myself and my family that I would not pursue that lifestyle. I had my share of 70-hour weeks in my coaching experiences. So, to

catch up with the family and to recharge my batteries for the summers, we bought a family tent, traveled a lot, exploring the western National Parks, up into Canadian British Columbia and Alberta.

Our motto was “The rocking chair is not our symbol.”

After I retired from 34 years of college coaching, I moved into a new growing retirement center known as, Glencroft and was their first paid Director of Activities for 10 years. Early on, in the '80s and '90s, it was my job to get the residents out of their rooms and pursue creative activities which they might enjoy or be entertained by. Our motto was “The rocking chair is not our symbol.” We had a lapidary program, exercise programs, bell choir, and weekly entertainment, including symphony orchestras and programs in our large auditorium. We had annual golf and bowling tournaments off campus, and card games and billiard tournaments on campus.

Despite my ups and downs in life, I'm still an optimistic person. As an extrovert, I've always been a very sociable person, striving to live the day to the fullest and encouraging others to do the same. But for the better part of the past year, this pandemic and the shutdown kicked me in the teeth, psychologically speaking. I can say that for the first time in my life that I struggled with pessimism.

I've told young people, whom I mentored, that life at this old age is just as tough as when a person graduates from college and sets out in life to find a job and a lifelong mate.

When the COVID-19 pandemic hit, it was necessary for Glencroft to lock down, but the staff rose to the challenge. They did a lot to keep us safe. They delivered meals to our apartments, distributed masks, and offered a food pantry for all residents. The campus pastor and staff checked on us when we had need. The staff offered smart wristwatches with a locator that gave us the ability to call Security if we fell. They did a great job of printing information and promotion pamphlets to offer us creative activities to do at home and around the campus. Our two Directors of Activities, Ross and Tiffany, have done a fantastic job of keeping us residents on the move—there are none better. Steve Heller has also done a fantastic job helping our Glencroft Campus stay alive with his all-encompassing Zoelife programs. Glencroft has two channels that carry the schedule and promotion of activities for the campus. All these things and more are good for us locked-down old people and they help keep a spring in our steps. But we yearn for the day when the campus opens up.

Throughout the lockdown, we could still communicate with campus staff and friends via telephone, email, and snail mail. I use a computer to write books, articles, and letters to my family back East. I keep a locator smartphone with me when I drive (yes, I still drive); and a cell phone if I land in the hospital.

I have two younger sisters, one in her early 90s and one in her mid-90s in Indiana; and my Power of Attorney

daughter, Sylvia, who just retired from 29 years of nursing at the large St Joe's Hospital, 22 miles across town in Tempe. I try to keep in regular contact with my sisters and have monthly get-togethers with my daughter and family. Some residents have only the friends they make on campus.

The possibility of (contracting) COVID-19 or the flu is always there. I'm too old to wake up in the morning and fear it.

I know that many around my age are afraid they might catch the COVID-19. But I don't fear it. The possibility of COVID-19 or the flu is always there. I'm too old to wake up in the morning and fear it. Fear is one thing that can kill us at our old age. That's one thing I'm trying not to let it get me down, but one needs to always be cautious. I try to wash my hands if I leave the apartment for a drive, pick up my meal, or go to the grocery store or UPS to copy something I've written for distribution. I wash my masks weekly. One has to discipline oneself. It's easy to become complacent.

Before COVID-19 hit, we at Glencroft used to exercise TOGETHER, eat TOGETHER, pray TOGETHER, go to programs TOGETHER, walk trails TOGETHER, and share stories TOGETHER. I have, for years, belonged to a writer's club here at Glencroft. We began meeting again recently, but we wear masks and social distance in our seating.

When I heard of some Glencrofters passing away from the coronavirus, it didn't impact me much because I know that's the way of life at this end of it. But when it hits your friends, it's a wakeup call. I've experienced a lot of deep grief when my two wonderful wives passed. But the end of life is inevitable. I don't feel like I'm hardened to the inevitable, I'm ready for it. When the vaccine for COVID-19 comes, I'll get it just like I get the flu shot every fall.

The wonderful staff here at Glencroft have gone above and beyond the call of duty to help, at their own risk, all our residents get through this COVID-19 pandemic and the shutdown. You might think that the staff's duties are cut down, but it is just the opposite. They have to work harder to provide the care we need than when we were living freely. They are busy trying to create safe outlets for activities, TV information programs, and spiritual life inspiration, which we need and appreciate. Glencroft has done a wonderful job of adapting, and I think the staff is stronger than before. Before I took the job here at Glencroft as Director of Activities in 1985, I visited a lot of retirement communities across the Valley, and I think I can safely say there isn't anything to compare to the quality of living offered at Glencroft. The Zoelife Program provides a balanced living approach for the whole campus—reinforced by the pillars: SPIRITUAL, PHYSICAL, EMOTIONAL, SOCIAL, and INTELLECTUAL.

But I'd be lying if I said that I don't miss my old routine and my friends. Even my off-campus local church was shut down because they had to. I'm very much into

my local church program. There aren't many things I fear at my age. However, the isolation made me struggle with negative thoughts for basically the first time in my life. That's something that I didn't expect.

Of all things I've seen happen around the world in nearly 10 decades, this pandemic is a new one for me. This shutdown has taught me that I wouldn't make a good hermit or cloistered monk. I really miss socializing. It's awful easy to slip into negativity; it's easier than to hold on to positivity. I've also learned, in this lengthy shutdown, that our spiritual selves need to be fed, just like our physical bodies.

My wish is that the whole world would work together in combatting this COVID-19 crisis.

At my age, I've never thought of this as much as I do now—that is, the effect of our emotions on our physical bodies. If we get up in the morning and say, "Whoopee, I'm going to face this day, and get with it!," our physical body gets ramped up and life becomes full of positivity. But if one lays in bed and says "I don't want to get up today," then we mope around all day feeling negative. I've seen on campus a sign in the window that says, "I'm retired. I don't do nothen', and that starts at noon."

On a larger scale, I'm disappointed in the global collaboration. My wish is that the whole world would work together in

There aren't many things I fear at my age. However the isolation made me struggle with negative thoughts for basically the first time in my life.

Evan's positivity inspired many people to submit comments after reading his article. Following are a few of those comments.

I read your AZ Republic column this evening. It's a rare experience to read the Opinion section and feel encouraged and challenged at once. Thank you for taking the time to pen such a thoughtful piece.

All the best to you, and Happy New Year!

– Matt

I read the AZ Republic every day, but I usually don't read the Opinions section. Your article caught my eye, and I just had to tell you how much I enjoyed it. My dad died when he was 94, and he had a very positive attitude about life and death, very similar to yours. I always try to think of that positivity in my own life. I am 73, which is old to some people and young to others. You are so right about everything you said, and quite an inspiration, especially during these trying times.

I had an aunt and uncle who lived at Glencroft a while back. They are gone now, but they really enjoyed their years in the community. I guess it comes down to "life is what you make it," in many ways. Yes, as we live many years, we also experience so many events and life experiences. We learn, we change; but we never have to be stagnant.

Thank you so much for your beautiful article. I wish you good health and happiness in the new year.

– Lindam, El Mirage, AZ

WOW! Just read your article in the paper that my son sent me. I am happy to hear you are still alive and kicking and doing well. Playing any ping pong these days?

I'm living in a small town in Hawaii and loving it, for the past 13 years.

Stay well and doing well. Happy 202...

– Aloha, Len

combatting this COVID-19 crisis. We all have the same problem, so let's put our differences aside and work together through the United Nations organization. But the way the politics are in this country and world, there isn't much hope for that. We're heavily split politically, and the political parties don't want "the other side" to achieve anything.

In 2020, the COVID-19 shutdown and our aggressive politics have brought on a vast social traffic jam. Fear, hate, and intimidation are ruling our airways and lives. It's hard to be optimistic about life.

As for racial unrest, the U.S. has a boiling cauldron beneath it. I have on my desk a map covered with dots depicting the many hate groups that have sprung up, with many of these supported with gun intimidation. The map looks like the US has had a bad case of the measles. My advice to young people is that in a democracy each of us needs to be involved, especially at the ballot box and across the aisle, with those who differ from us, in a civil manner. Civility is rare in today's political world.

There are a few things in life, even in religion, where the extremes are too much. The extremes try to intimidate the middle 80%, often with guns. The ballot box helps keep the equilibrium.

Most of my life I've been an aggressive innovator. But now with vertigo in my head and debilitating neuropathy in my legs and arms, "My get up and go has got up and went" (an old Pennsylvania Dutch saying). I have changed from being an aggressive INNOVATOR into being an aggressive ENCOURAGER. It is worth living for. 🌈

A Moment with Eddie Johnson & His Mom, Doris

By: Steve Heller,
VP and Director of ZoeLife Operations

At 91, Doris Johnson has led an amazing life. As she is the mother of seven children, Mother's Day has always been near and dear to her heart.

Raising her children in the Cabrini-Green Homes (Chicago Housing Authority public housing), Doris knew that to keep her children safe and have them grow up to be respectable men and women, she had to instill in them the values of hard work, persistence, and a fighting spirit to not succumb to circumstances that might dictate a less desirable outcome. Like many neighborhoods in the 1960s, the Cabrini-Green Homes District was a place that could become dangerous and detrimental for kids after dark. Doris

had a strict policy for her kids: Home by dusk, period. This meant if the kids were playing in the park, doing after-school activities, no matter what it was, they were home together at dusk. Doris also had a policy that they were not to hang out at other kids' homes. She wanted them to bring their friends to their house, period. One other rule existed: Everyone had a cleaning day. This was made simple as there were seven of them. These were simple rules in a more simple time. Follow these rules, life was

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Who Is Eddie Johnson?

Eddie Johnson is an American former professional basketball player who spent 17 seasons in the National Basketball Association (NBA) and a year in the Greek Basket League midway through his career (1993–1994 seasons).

Playing nearly 1,200 games in the NBA, he scored the second-most career points among players who ever played in an NBA All-Star Game, behind Jamal Crawford. As of the 2018–2019 season, he is ranked 52nd in all-time points scored and ranked fifth in most points scored by an eligible player not in the Naismith Memorial Basketball Hall of Fame.

As of 2019, he is the co-host of NBA Today, which airs weekdays on Sirius XM NBA Radio, and is the play-by-play TV analyst for the Phoenix Suns on Fox Sports Arizona.



OK. Disrespect these rules, and you would feel the impact swiftly.

Doris provided for her family by working hard at the post office as a clerk for 25 years. Coming home via mass transit each night, tired, and having to feed and entertain the kids as a single mom was hard. “There was not a lot of money in those days. I did make sure that they never went hungry and that they had three meals a day.” Doris said some of the staples on the table included grits, beans, oatmeal, and Jell-O. Nothing fancy, basically whole foods that would do the job. Watching Doris tirelessly provide for the family all the while making sure they were happy and healthy really helped shape how Eddie would want to do life later on with his own family.

When we sat down with Eddie and Doris for this Mother’s Day interview, one thing was evident, the love the two shared for each other. The other thing that was equally evident was how much fun they had arguing and bantering with one another. We talked at length about their relationship dynamic and how much of it was shaped during those hard times with no money growing up in the projects of Chicago.

The following interview was conducted to show how no matter the circumstances you come from, with a great family, a strong work ethic, and a passion to get the last word in, EVERYONE can make something of themselves!

Learn more about Eddie Johnson:
www.eddiejohnson8.com

Q&A

With Eddie Johnson and his mom, Doris

Doris, when did you first become a mom?

Doris: 1948. I was 18 years old.

We talked earlier about the rules you had for your kids growing up in the projects of Chicago. What was it like raising kids in that environment?

Doris: Raising kids in the projects of Chicago was hard, but it was what it was. I wasn't going to be a victim of circumstance, and I sure was not going to let my kids get caught up in that vicious circle, so I did what any good mom would do. I raised them with tough love. They knew that everything I did was for their own good. They might not have liked it at the time, but I know they understand my reasoning now.

What one word would you use to describe each other?

Doris: FUSSY!

Eddie: Committed!

What one word would you use to describe your relationship?

Doris: Very, very, good! If you gave me two words to use, I would say "Best Friend."

Eddie: Forever.

When we had Eddie on our ZoeTV show, he said that he argues with you every day for your own good, that he does this to keep your mind fresh. Do you think he does this to keep you

young and fresh, or does he just like to antagonize?

Doris: Eddie loves to argue, that is his nature, and he takes after me in that respect. I know he does it out of love. If he likes you, well, watch out, that tongue of his won't stop. If he loves you, well, Lord have mercy! I get a kick out of bantering with him. I equally love watching him banter with others. God gave Eddie many gifts, but the gift of conversation might lead the way.

Flash forward. The kids were a bit older. You were in your 50's and you really changed your lifestyle. You gave up smoking and started living a healthier lifestyle. What made you make these changes? Looking back, do you think you would be as vibrant and healthy as you are at age 91 if you didn't make this dramatic change?

Doris: You know, it's funny. The kids had been on me forever to stop smoking, begging me to quit, and I just didn't do it. Then one day, I caught myself buying three packs of cigarettes at a time, and I said, "Get a grip! Forget it. I am done, and not going to do this anymore!" I quit cold turkey, and it was one of the best decisions of my life.

My lifestyle really got better when I moved out to Scottsdale to be closer to Eddie and his family. Eddie and Joy really were

Eddie and my family are the reason my healthy lifestyle is in play, and I am so grateful that they took the time and attention to make sure I was active!

involved in transitioning me to a healthier lifestyle. They started by encouraging me to walk. They would bring their son over in the stroller in the early morning, knock on the door, and say, "Put on your shoes. We are ALL walking!" This really gave me the motivation to move! I still, to this day, encourage everyone I talk to to just take that first step by walking. It will lead to many more!

After that, I began walking at the local gym, began to take part in swimming activities, and used the Jacuzzi. I just felt better! When our gym closed, I transitioned to walking in the mall. The biggest thing was, I couldn't stop moving. I saw the difference it made, and I would not go backward!

Eddie and my family are the reason why my healthy lifestyle is in play and I am so grateful that they took the time and attention to make sure I was active!

Watching the career that Eddie has had on and off the court, what makes you the most proud of him?

Doris: I am most proud of him for picking his wife Joy. I love Joy! Joy has really helped Eddie out a lot. Eddie is the man he is because of Joy.

Eddie: I am surrounded by amazing women in my life and thank the good Lord every day to have been given the gift of such amazing strong women to help me navigate this crazy world.

What is the thing you love most about each other?

Doris: He is kind to everyone! Eddie has a heart for people, and his work ethic combined with his heart makes him a special man.

Eddie: Her honesty. She gets right to the point. Her being honest with us led to everything else. If we didn't have enough money for food, which occasionally happened, she would tell us. Honesty was everything to her, and that made me the way I am today. My mom is also one of the most loyal individuals I know. She has your back. She fought tooth and nail to support and keep our family connected. She knew the importance of family and did everything in her power to keep us connected, even later in life. My mom is a magnet that has ALWAYS brought us back together. My siblings and I respond to mom. She is our glue.

What is your mom's/son's favorite movie?

Doris: Eddie loved anything to do with sports and basketball. He loved watching cartoons with his brothers and sisters. Mickey Mouse sticks out as a staple in the house. Eddie actually loved to read. His oldest brother at age 12 or 13 taught Eddie to read Dr. Seuss books before even going to kindergarten. Can you imagine a kid knowing how to read before kindergarten! It was amazing. I loved watching that!

Eddie: My mom loves TV and movies, so that is a hard one. She loves the classics, but if I had to choose one, it would be "Lady Sings the Blues" with Diana Ross.

If you could spend a whole day together and could do anything, what would it be?

Doris: Sit around and argue! Our perfect day wouldn't be fancy or cost a lot of money. We would just be together laughing, arguing, and just being together. We are truly best friends. This is our happy time, just sitting around talking over each other and sharing life, truly my best friend.

Eddie: We would definitely be at the casino together. Her ideal day would be for us to drive to the casino together, for me to open up my wallet, put her on the slots, and then I would go to the poker room. We would check in on each other and see how each was doing. After the casino, we would get some good food, and then go home to tell stories about the day. That, to me, would be her version of our perfect day.

Growing up, when times were tough...we would combat that as a family by sitting around poking fun at each other.

What do you do that makes each other laugh the most?

Doris: Eddie laughs when I laugh. We feed off each other, so I think when I get going he gets the most joy.

Eddie: She laughs the most when I tell her stories. I love to make her laugh by telling stories, basically us going back and forth pushing each other verbally gets her going. You know, growing up, when times were tough, and maybe food was not as easy to come by, or the food we had was

not the best, we would combat that as a family by sitting around poking fun at each other. We would laugh at one another and tell stories. Looking back, I think this time spent doing this was very purposeful and protective. My mom knew that if we sat around laughing and having fun with each other we would fall asleep forgetting that we might be hungry or unhappy about our circumstances. This has carried on to this very day, where we still sit around after dinner and just tell stories, poke fun at everyone, and just laugh.

What makes each of you happy?

Doris: Eddie, I think, is the happiest when people sit and listen to him talk. Eddie wants to be right and will banter with you on any topic until you either give in or give up. Again, all of this out of the kindness in his heart. Nothing mean about it. He just loves people and gets so much joy when talking with them. He loves the connection of talking and sharing wisdom and knowledge.

Eddie: My mom is the best at bringing people, most notably our family, together. I know this makes her the most happy. My mom also loves to travel. I think this really makes her happy. COVID-19 has been hard on her in that sense because she has not been able to travel. We have protected her from the virus, but it is hard emotionally to not do what instinctively makes you happy. And for her not getting out and traveling to Vegas, doing cruises, things she really enjoys, has been hard.

What nickname do you have for each other?

Doris: As a kid, Eddie would just eat and eat. He would drink all the milk we had. He would drink so much milk I started calling him PIG. It just stuck (maybe don't put that in this article).

Eddie: I call her Di. Everyone in the family calls her Di. She has always been Di and always will be Di. I love that name for her. It's so fun to see the tradition of that name used with grandkids and all the family. I know she loves it also.

How are the two of you similar?

Doris: We have a very similar personality. We love people, we love life, we love family. We love talking over each other and laughing while doing it.

Eddie: We are both competitors. My mom loves using her mind, and I think that is where I got my need to learn and engage mentally with others. We love to compete with each other, and I see myself in her. We both are wired that way. Whether it is dominos, cards, or real serious situations like COVID-19, we compete to be the best we can be. She is as determined as I am. My mom is absolutely determined to live to be 150 years old. She is determined to prove she can still walk without any help from anyone or anything. A good example of her determined spirit is I taught her how to drive at 52 years old! This is something that she wanted to do and was determined to learn. Working for the postal service as a clerk for 25 years in Chicago, she could rely on mass transit to get around, but she wanted to learn to drive, so I taught her!

If each of you had a million extra dollars, what do you think each would do with it?

Doris: Eddie would most definitely put it in the bank!

Eddie: She would 100% travel. She would then split the remainder up among the kids. My mom lives a low-key life and doesn't need all the bells and whistles. She does love to see things. She loves to see things with family and share

experiences more than things. I have tried to do as much traveling with that in mind, often bringing upward of 10 or more family members with us on cruises or destination-type trips.

What is the best vacation you have ever taken together?

Doris: I was a part of the Mothers of NBA Players, and we took some amazing trips. We would go to some of the greatest places in the world. To be honest, though, my favorite trips are ones that the family is just all together. It doesn't have to be fancy. I just want my family together laughing and loving.

Eddie: Growing up, she really didn't have any true vacations. Lack of money and time really makes that impossible. That is truly unfortunate, as so much of what you learn as a person comes from connecting with all sorts of people and cultures, and having experiences that guide who you are. Not being able to travel and experience things is all too often the case for so many, so the fact that she enjoys it so much, and we can now do that with her and for her makes our family very thankful. I would say, though, of all the trips we have done, cruising with my mom is special, and probably are my favorite vacations we have had.

What is the most important thing each of you have taught the other?

Doris: Eddie has definitely taught me to be a little more patient. He has taught me how to not vocalize a thought or concern until I have all the facts. He has taught me that sometimes things are not what they seem, and he has taught me how to patiently get all the details before stating an opinion. Eddie has also really taught me the importance of living a healthy lifestyle. I am thankful for all my kids, and

from each of them, I have gained insight into life. I am thankful to be a mom. I am thankful to be "Di."

Eddie: My argumentative side of me comes from her. I don't know if that's the most important thing she has taught me, but I definitely got that from her. My mom taught me to be relentless. She was so focused for her family on work and providing for the basic needs. She was never a victim. My mom took care of her family, period. There was no other way she was going to be. She would take care of her family, and that was her reward, watching her family grow up healthy and safe. Thinking back on her life and seeing how it has all played out, my mom probably wouldn't have it any other way. She learned from her mistakes made with her older kids. I got the best of my mom. I got her later in life being the youngest, where her and I were the only ones in the house, and I was living alone with her. I got the best of my mom. She was attentive to me in school and in sports. My mom whooped me in front of my entire class one day because of my behavior, but then showed up that same afternoon to cheer me on in a basketball game. Funny to think, but as hard as my mom worked, she never missed a high school basketball game, and also attended most of my games at Illinois. You know my dad left me at 13, and she had to fill a lot of roles. She was and will always be a true umbrella to the Johnson family. She is my rock, and I am lucky to call her 'Di.'

Finish the following sentences:

I am most happy watching my mom/son...

Doris: I am truly the most happy when Eddie is happy. This is probably every parent, but when my kids are happy, my soul is full.

Eddie: I am the most happy when I hear my mom laugh. I love seeing my mom having a good time. Her laugh is infectious. Her laughing and having joy remind me of the times when she didn't laugh. Raising seven kids trying to make ends meet and not laughing very often. Hearing her now enjoying life, laughing, telling stories, and celebrating her joy makes me the most happy and gives me a great amount of pride and joy in her, knowing that she has overcome so much.

My mom/son is the best at?

Doris: Eddie is the best at making conversation. He is truly best at TALKING!

Eddie: My mom is a really good artist. She loves to draw and is very talented. Growing up with not a lot or any expendable income, she couldn't do schooling for this talent to cultivate it, but she is self-taught and enjoys the process. My mom is also great at puzzles, mind games like crossword puzzles. She loves using her mind and really enjoys doing these kind of things well. She has a lot of pride at blowing through a 1,000-piece puzzle quickly. My mom is very competitive. This is where I got this gene from. My mom and I are very similar in that we love every part of competing. We love bantering with the other person; we love the challenge of participating in whatever it is, and of course, we both love to win! This has proven to be one of the best sides of her aging so well is that her mind stayed so sharp as she has gotten into her 90s because she is competitive and doesn't want to lose. 🌈



Understanding PARKINSON'S DISEASE

By: Dr. Michael Murray, N.D. – doctormurray.com

Parkinson's disease is a degenerative brain disorder caused by damage to an area of the brain responsible for controlling muscle tension and movement. The damaged brain cells in this region are unable to produce a sufficient amount of dopamine, an important brain chemical that acts as a neurotransmitter in carrying out the brain's message to produce physical movement.

Parkinson's disease is classified as a degenerative brain disorder. Symptoms generally develop slowly over years with the progression of symptoms varying from one person to the next. Parkinson's disease usually begins as a slight tremor of one hand, arm, or leg. In the early stages the tremors are more apparent while the person is at rest, such as while sitting or standing, and are less noticeable when the hand or limb is being used. A typical early symptom of Parkinson's disease is "pill-rolling," in which

the person appears to be rolling a pill back and forth between the fingers. As the disease progresses, symptoms often get worse. The tremors and weakness affect the limbs on both sides of the body. The hands and the head may shake continuously. The person may walk with stiff, shuffling steps. In many cases, the disease causes a permanent rigid stooped posture and an unblinking, fixed expression. Parkinson's disease is also characterized by depression and the development of dementia.

WHAT CAUSES PARKINSON'S DISEASE?

Parkinson's disease is classified as a degenerative brain disease, like Alzheimer's disease, and shares some common underlying aspects. Both are caused by oxidative damage, inflammation, and dysfunction of mitochondria (the energy-producing compartments in cells). Genetics are a factor in 10-15% of cases, so the major cause of Parkinson's disease is environmental factors, such as long-term occupational exposure to copper, iron, lead, and manganese, as well as exposure to pesticides, herbicides, solvents, and other toxic substances.

Parkinson's disease is classified as a degenerative brain disease.

The first biochemical abnormality in Parkinson's disease is a decrease in the level of glutathione (GSH), the brain cells' primary antioxidant and detoxifier. A number of dietary and environmental factors are thought to be responsible for the initial decrease in GSH. Basically, a diet low in protective antioxidants combined with increased exposure makes brain cells more susceptible to oxidative damage—such as induced by environmental toxins—and makes it less likely that the toxins will be neutralized, thus leading to the destruction of brain cells. Repetitive brain trauma is another risk factor for Parkinson's disease.

MEDICAL TREATMENT: Currently, Parkinson's disease is best treated with drug therapy. Unfortunately, although

effective in the early stages of the disease in providing relief of symptoms, drug therapy does not stop the disease from progressing, and drug therapy loses efficacy with time. Thus, it is important to support the function and structure of the brain with optimal nutrition using key dietary and supplement strategies.

The most popular drug used in Parkinson's disease is Sinemet®—which contains two key ingredients: levodopa and carbidopa. Levodopa, or L-dopa, is the “middle step” in the conversion of the amino acid tyrosine into dopamine. L-dopa, but not dopamine, can cross the blood–brain barrier. Carbidopa ensures that more L-dopa is converted to dopamine within the brain, where it is needed, and not before it gets to the brain. Other drugs used include Eldepryl (selegiline or deprenyl), bromocriptine, and amantadine. But the combination of levodopa and carbidopa is by far the most popular treatment for Parkinson's disease.

DIETARY SUPPORT: One of the key dietary approaches to help L-dopa therapy work better as well as reduce common side effects is eating a low-protein diet. The usual recommendation is to eliminate dietary protein from breakfast and lunch while eating a typical dinner so the total daily protein intake is less than 50 g/day for men and 40 g/day for women. This simple dietary practice can offer an effective method for reducing tremors and other symptoms of Parkinson's disease during waking hours. Since L-dopa absorption is delayed or diminished by amino acids in protein meals, it is also recommended that patients on L-dopa take their medication with a low-protein meal.

DIETARY SUPPLEMENTS*

It is important to support brain health in PD by first focusing on some foundational dietary supplements:

- A high-potency multiple vitamin and mineral formula
- Vitamin D³: 2,000 to 4000 IU daily (ideally measure blood levels and adjust dosage accordingly)
- Fish oils: take enough to provide 1,000 to 2,000 mg of the omega-3 fatty acids (EPA+DHA+DPA) daily

Next, the following supplements may offer additional support:

- **N-acetylcysteine**: 500 to 1,000 mg daily
- **L-serine**: 15 g twice daily
- **Coenzyme Q10**:
 - Ubiquinone: 400 mg once or twice daily
 - Ubiquinol: 200 mg once or twice daily
- **PQQ (pyrroloquinoline quinone)**: 20 mg daily
- **NADH**: 10 to 20 mg daily.
- **Ginkgo biloba extract (24% ginkgoflavonglycosides)**: 240 to 320 mg daily
- **Theracurmin (clinically proven curcumin with enhanced bioavailability)**: 60 to 90 mg twice daily
- **Palmitoylethanolamide (PEA)**: 300 mg twice daily

**Consult your physician before taking any supplement*

The diet should also be very rich in dietary antioxidants. There is an abundance of data suggesting an excessive free radical burden contributes to Parkinson's disease. Dietary antioxidants can offer protection against this burden. A daily intake of five servings of richly colored vegetables, especially green leafy vegetables, and two servings of fruit is recommended. Nuts, seeds, legumes, and other plant foods also provide important antioxidants.

Commentary: Parkinson's disease, like Alzheimer's disease, is often heartbreaking as it slowly progresses in severity. What I appreciate most about the dietary and supplement support is that it seems to improve the quality of life in these patients. When the brain is not working right, life is difficult. Fortunately, the brain is very responsive to nutritional support. Keep in mind that the brain is the most metabolically active tissue in the body. Giving it the tools to function and protect itself can produce significant improvements in mood, cognition, memory, and motor function. 🌈

References for this article can be found at <https://doctormurray.com/parkinsons-disease-2/>

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.



Honey Garlic Cauliflower

Ingredients:

- 1 cup all-purpose flour
- 2 cups panko bread crumbs
- 3 large eggs, beaten
- 1 head of cauliflower, chopped into bite-sized florets
- $\frac{1}{3}$ cup honey
- $\frac{1}{3}$ cup soy sauce, low sodium
- 2 garlic cloves, minced
- Juice of one lime
- 1 Tbsp sriracha
- $\frac{1}{4}$ cup water
- 2 tsp cornstarch
- $\frac{1}{4}$ cup sliced green onions

Instructions:

1. Preheat oven to 400 degrees and line a large baking sheet with foil.
2. In a large bowl, combine flour and cauliflower, toss until fully coated.
3. Set up dredging station with one bowl of Panko breadcrumbs and one bowl of beaten egg. Add 2 Tbsp of water to beaten egg.
4. Dip cauliflower in beaten eggs, then the panko until fully coated. Transfer to the prepared baking sheet. Season with salt and pepper. Bake until golden and crispy, about 20 minutes.

Meanwhile, make sauce:

5. In a small bowl, whisk cornstarch and water, until the cornstarch dissolves completely. Set aside.
6. Combine soy sauce, honey, garlic, lime juice, and sriracha in a small saucepan over medium heat. When the mixture reaches a boil, reduce heat and add the cornstarch mixture. Bring to a simmer and cook until sauce thickens—about 2 minutes.
7. Toss cooked cauliflower into sauce until evenly coated.
8. Garnish with green onion and serve immediately.



Pineapple Caprese

Ingredients:

- 12 pineapple slices
- 8 fresh mozzarella slices
- 1 ½ cups fresh basil leaves
- ⅛ cup olive oil
- Pinch of salt

Instructions:

1. Layer pineapple slices with mozzarella slices.
2. Puree olive oil and basil leaves with pinch of salt. Drizzle over salad.



Cashew Chicken with Couscous and Grapefruit

Cashew Chicken Ingredients:

- ½ cup roasted salted cashews
- ½ cup panko bread crumbs
- ½ tsp kosher salt
- ½ tsp ground black pepper
- ½ tsp granulated garlic
- 2 eggs
- 4 boneless, skinless chicken thighs

Couscous Ingredients:

- 1 cup Israeli pearl couscous
- ¼ cup chopped parsley
- ½ Tbsp olive oil

Salad Ingredients:

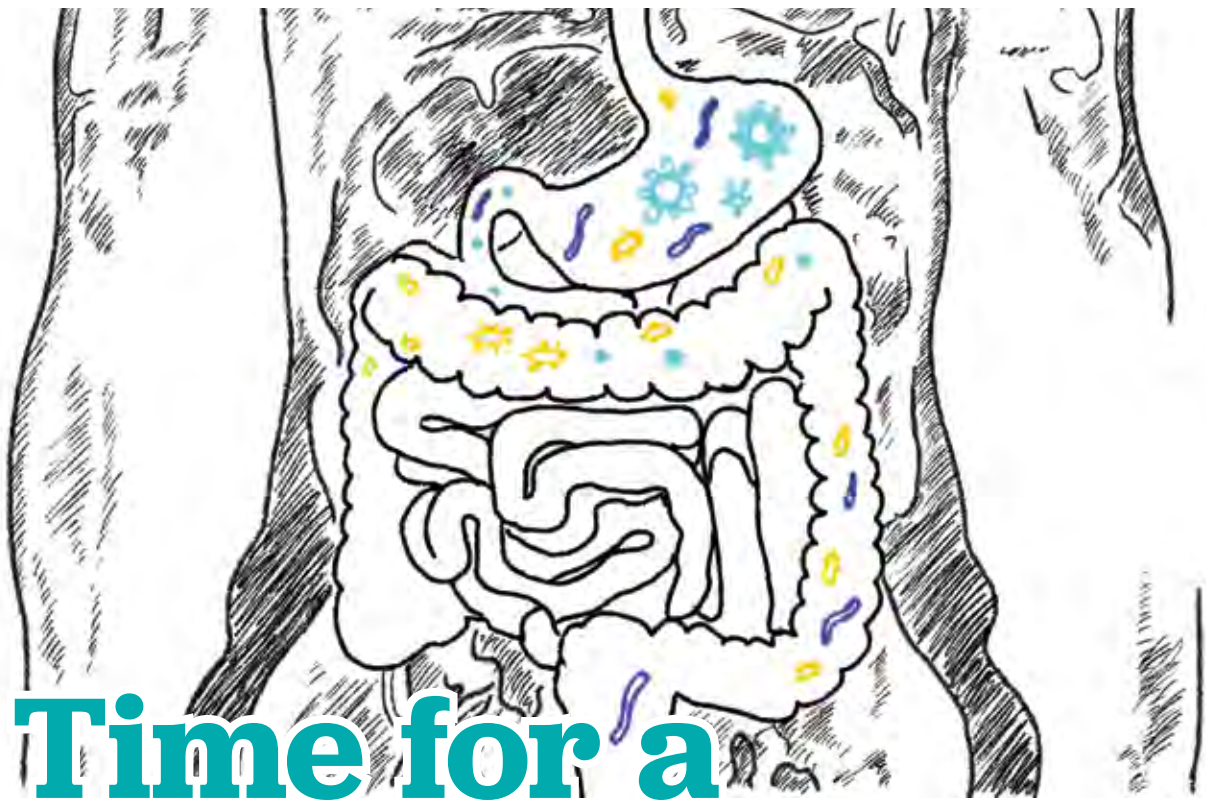
- 3 cups arugula
- 2 grapefruit, peeled and segmented

Instructions:

1. Preheat oven to 400 degrees. Spray baking sheet with olive oil spray.
2. In food processor, pulse cashews until finely ground.
3. Place ground cashews in shallow dish. Add bread crumbs, salt, pepper, and garlic. Stir until well combined.

4. In shallow dish, add beaten eggs.
5. Dip chicken in egg then in the cashew mix. Place on prepared baking sheet. Lightly spray chicken with olive oil spray. Bake for 18–20 minutes or until internal temp is 165 degrees. Turn chicken halfway through cooking.
6. Prepare couscous according to package instructions. Stir in olive oil and parsley.
7. Divide couscous among four plates and place chicken on top of couscous. Add arugula with grapefruit segments on top.





Time for a GUT CHECK

By: J. Maxine MacGwyre, LMA

We have long been taught to “check your gut” to test if something, or someone, is good or bad for us. Right?

Well here’s a spin...did you know that when our gut is unhealthy, it can have a huge impact on the condition of our skin? This connection is known as the “Gut-Skin Axis.” Skin is often treated exclusively from the outside (topically), but a more WHOLE-istic approach, to treat skin from the inside out...or as I like to say the SKINside® Out, yields far better results.

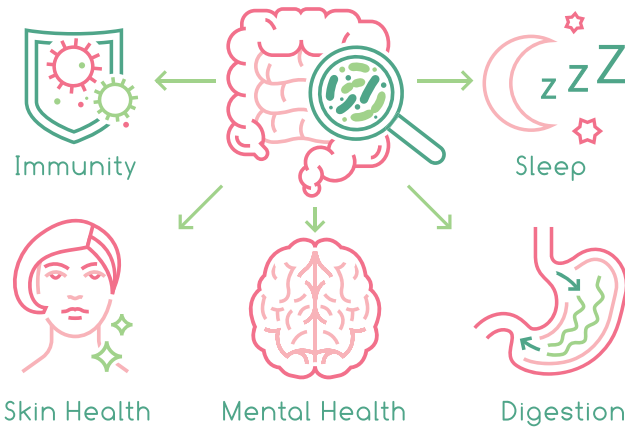
But could gut health be the key to having flawless, radiant skin? Yes! There is significant evidence to suggest an intimate, bidirectional connection between our gut health and the health of our skin, particularly with four common skin disorders: acne, atopic dermatitis, rosacea, and psoriasis.

THE GUT-SKIN AXIS...and SKINflammation®

As stated above, several skin disorders go hand in hand with an unhappy gut. One study found a higher number of

patients with rosacea who also tested positive for a gut condition called Small Intestine Bacterial Overgrowth (SIBO). When the SIBO condition was treated without providing any corresponding supportive skincare, 70% of participants saw an improvement in rosacea, demonstrating more than just a strong association between the two. Simply stated, treating SIBO alone improved the skin. Inflammatory bowel disease (IBD) is also associated with a greater risk of inflammatory skin conditions such as

WHY GUT HEALTH MATTERS



Research now suggests that inflammation is a significant factor in most chronic diseases.

As the bacteria ferments this non-digestible fiber, it creates short chain fatty acids which nourish the colon cells and decrease the risk of gastrointestinal cancers, modulate the immune system, and help decrease inflammation throughout the body, including the skin, which is our largest organ.

psoriasis, atopic dermatitis, and rosacea. This relationship is likely due to the fact that both IBD and skin conditions like psoriasis have similar inflammatory pathways that may begin in the gut. Research has also found a strong association between gut health and acne, with several studies linking an imbalance in gut bacteria with higher prevalence of acne. Therefore, healing the gut is one of the best ways to treat chronic SKINflammatory skin issues.

WHAT IS A MICROBIOME?

EVERY area of the body (skin, mouth, underarms, gut, etc.) is home to unique bacterial colonies based on the location where they live. Each specific colony is called a microbiome.

Gut bacteria, aka the gut microbiome, live in the digestive tract and are found primarily in the large intestine or colon. After the body absorbs the nutrients it needs from food in the small intestine, the "leftovers" move into the colon. That remaining fiber feeds the gut bacteria.

Research now suggests that inflammation is a significant factor in most chronic diseases. Almost two-thirds of the immune system lives in the intestinal tract. When we feed our gut microbiome the things that it needs to be healthy, we can improve our own health in a very big way.

DYSBIOSIS

The imbalance of our gut microbiome is known as dysbiosis and can cause the immune system to suffer while simultaneously increasing inflammation throughout the body and skin causing SKINflammation, as previously mentioned. Gut bacteria regulate many functions in the body, including fat metabolism, intracellular signaling, and cell growth. When bad bacteria outweighs the good, they can disrupt these regulatory pathways causing inflammation. Less than optimal dietary choices are THE major cause of poor microbiome balance. Processed foods, sugar, alcohol (sigh), artificial sweeteners, and low fiber can all negatively impact our gut...and

Changing your diet can improve your microbiome in as little as 24 hours!

don't forget eating GMO foods which are known to contribute to inflammation. Other non-dietary factors with a negative impact on gut health are stress, poor sleep, and environmental toxins.

MICROBIOME BOOSTING

The number of microbiome cells in the body outnumber our human cells by about 10:1...so maybe taking care of our gut isn't such a bad idea after all. To maximize skin health we need to consume a plant-based, fiber-rich diet, organic whenever possible. Research shows that a wide variety of plant-based foods, like whole grains, fruits, vegetables, nuts, and seeds, can improve the diversity of our gut bacteria. Eating five to seven servings a day of a rainbow of colored vegetables and 1-2 servings a day of fruit is optimal. Does that mean you need to go vegan or vegetarian? Au contraire, mon frere! But do stick with lean meats (grass-fed, grass finished, growth hormone free) and wild-caught, not farm-raised fish.


PROBIOTICS

To further enhance our microbiome, probiotics can be taken as a supplement or consumed via certain foods, to help balance the gut bacteria and restore healthy skin. In one of the first studies examining the Gut-Skin connection, 80% of participants showed clinical improvement after using probiotics, because they help boost the immune system, reduce both oxidative stress and inflammation. Probiotics are foods with bacteria already present as the bacteria

is being used to ferment the food. Yogurt (look for unsweetened or low-sugar varieties), kefir, kimchi, sauerkraut, tempeh, natto, miso and kombucha. One tablespoon a day of a probiotic food is enough to introduce healthy bacteria. Eat a variety of fermented foods to introduce new bacteria to your microbiome.

PREBIOTICS

In addition to probiotics, prebiotics are also a key for a healthy gut microbiome, as well as healthy skin. Prebiotics contain fiber that you don't digest, but bacteria love to eat and help feed a healthy microbiome. Foods rich in prebiotics include brined vegetables, jicama, Jerusalem artichokes, and raw foods such as garlic, onion, leeks and asparagus. Whole oats, whole barley (not pearly), beans, bananas and other fruits and vegetables also contain prebiotics. Cooking can destroy the beneficial compounds that feed your microbiome so eat some raw foods every day. If it helps you eat a higher quantity, try steaming veggies until they are bright in color but still crunchy to retain some of the healthful prebiotic material.

Changing your diet can improve your microbiome in as little as 24 hours. That's a fast track to BEAUTYfull® skin! 

Resources: Dr. Eckroth, Samaritan HeartSpring Wellness Center, Albany, NY
Associated Skin Care Professionals, Skin Deep publication



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