



ZOETMLifeTM magazine

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

**The Latest in
E-Stim Technology**
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**The Beat Goes On
Improving Quality of Life
One Drumbeat at a Time**
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by Over a Decade**
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The Joy of Food & Your Well-being

Here at Glencroft, the ZoeLife Mediterranean diet is about more than just eating delicious healthy cuisine. It's about regular physical activity and sharing meals with family and friends. Eating a healthy meal together can have a profound impact on your mood and mental well-being.

The ZoeLife heart-healthy, long-term dietary plan at Glencroft focuses on fish, fruits, vegetables, nuts, salads, and whole grains mixed into bulgur wheat, couscous, and quinoa, which can help to reduce unhealthy fats and sugars. Studies and anecdotal reports suggest that adopting these eating practices could help lower cholesterol and blood pressure and decrease the risk of heart disease and other illnesses, such as cancer and Alzheimer's disease.

The ZoeLife Mediterranean diet also favors plant-based foods—fruits, vegetables, and grains—to fill the bulk of your nutritional needs. Add in healthy salads, steamed or grilled vegetables, fresh-cut fruit, and a handful of nuts in place of fried or sugary snacks and side dishes. This type of eating is based on the traditional cuisine of countries bordering the Mediterranean Sea, which include Greece, Spain, Italy, and Israel. The diet typically consists of the region's traditional fruits, vegetables, beans, nuts, seafood, olive oil, and dairy products—with the occasional glass or two of wine with dinner.

The Mediterranean plan here at Glencroft centers on enjoying food and drink with loved ones, along with being physically active and challenging your mental abilities every day. If you have yet to experience the delicious ZoeLife menu we offer, give it a try. We know you'll love it!

– Milan Manjencich, *Senior Director of Dining Services*





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The Latest in E-STIM TECHNOLOGY is in full swing with ZoeLife

By Steve Heller, Vice President & Director of ZoeLife Operations

Chronic pain can be debilitating, taking a toll both mentally and physically. It is a hurdle we must overcome as we age. For this reason, we have introduced the Electro Stimulation (Acuscope/Myopulse) machine to Glencroft's ZoeLife program.

We have had the pleasure of Haloe Health bringing their pain management technology called the "Electro-Acuscope" and "Electro Myopulse" to our campus. While the technology they use against pain has been around for a long time, it has primarily been available only to professional athletes.



During the first phase with the Haloe Health team, we saw potential in combining this state-of-the-art technology with our ZoeLife model of successful aging. Half of those enrolled in the program received sessions on the device as part of the first beta group, and the other half did not. The data were convincing; the residents participating in the sessions with the device showed significantly more improvement than their counterparts. With these positive results, we knew we had to get the equipment on campus.

Fast forward to June 2021 ...

Finally, we brought the Acuscope/Myopulse machine (pain management equipment) to campus permanently!

After weeks of training, we have begun working with our residents on a very customized and calculated strategy to

bring this technology to them regularly and at no cost.

What excited the team at Haloe Health the most was seeing the technology placed in an environment dedicated to the complete wellness of its participants.

When formulating the plan to integrate this technology into the ZoeLife model, we knew we had the opportunity to achieve some amazing results and gather tremendous data. What excited the team at Haloe Health the most was seeing the technology placed in an environment dedicated to the complete wellness of its participants, like Glencroft Center for Modern Aging.

After a few sessions, I noticed a huge difference—the color in my feet is back, I no longer feel like I am walking on stones, and my balance has improved. – Marlene Christians

The impact we are seeing on those with neuropathy, knee pain, back pain, arthritis, and sciatica is amazing.

I tried every possible treatment for the relief of pain! The E-Stim machine is the first time I've felt any type of relief. After several treatments, I feel this is the answer to relieving my pain. I appreciate this opportunity more than I can say. Special thanks to Steve and Gerald for taking the time out to learn this!

– Don Schadt

I'd like to give a huge shout-out to Steve Heller and Randy Lujan for the outstanding treatment on my knee. Due to several falls and inactivity during the pandemic, I was in pain. My leg always felt twisted, and I couldn't straighten it. Since the treatments, my pain has decreased considerably. I can get up unassisted, and my quality of sleep has improved. I am truly amazed!

– Marilyn Belanger

The E-Stim machine is outstanding! Since starting these treatments, my knee has really improved. I have less pain, and much more mobility. Steve is truly outstanding! He is constantly planning and arranging programs for our betterment. As a former nurse, I can say we are "blessed" to have this machine at Glencroft!

– Barbara Lothrop



Pairing the equipment with a healthy Mediterranean diet, exercise, and regular social, intellectual, and spiritual engagement gives us an excellent opportunity to effectively reduce chronic pain for many people of all abilities. This is just the beginning, and I do not see the progress with this technology slowing down.

If you would like more information about the Electro-Acuscope and Electro Myopulse machine or you would like to sign up to experience what they can do for you, call or visit the Performance Center: 623-930-5697. 🌈

What is Electro-Myopulse?

The Electro-Myopulse is a complete muscle stimulating system. It is indicated for use in the following situations:

- Relaxation of muscle spasms
- Prevention of the retardation of muscle atrophy
- Increasing local blood circulation
- Muscle reeducation
- Immediate post-surgical stimulation of calf muscles to prevent venous thrombosis
- Maintaining or increasing range of motion

How Does It Work?

Every living being is a collection of charged particles with an electromagnetic energy flow that governs our bodies. When we're low on energy or there's a blockage in our energy flow, systems in our bodies begin to function inefficiently and break down, much like the engine in a car. However, with the precise amount of corrective energy, these blockages can be removed to allow our bodies to reenergize, heal, and rejuvenate.

The Electro-Acuscope is the only tissue-regulated, neural micro-current device on the market today. With more than two decades of clinical use, the Electro-Acuscope provides a non-invasive and painless therapy to nerve tissue. This instrument is designed to treat pain and inflammation. It also improves blood flow in circulatory impaired tissues.

The result of my treatments have been life changing for me!

After 10 years of pain and stiffness caused by a bad fall, fractures, and ankle repair surgery, I now have feeling in areas that I thought were completely dead and numb forever! I also have increased range of motion even where the screws and plate are located, and I can walk pain-free!

– Michelle Jones

A photograph of two individuals, a man and a woman, sitting in chairs and playing drums on large blue exercise balls. The man on the left is wearing a pink shirt and a blue face mask, holding drumsticks high. The woman on the right is wearing a red long-sleeved shirt and is also holding drumsticks high. The background features abstract, flowing shapes in shades of blue, purple, and yellow.

The Beat Goes on Improving Quality of Life One Drumbeat at a Time

By Randy Lujan, *Director of Therapy*

As you start reading this article, I want you to imagine what skilled nursing is like; think of all the horror stories you have heard over the years from family members, friends, and acquaintances.

Now that you have a solid and horrifying picture, I want you to frame it up nicely and smash it into a million pieces! Now that we've got that over with, I'm going to paint you a new picture, a picture of thriving and living the best, happiest, and most productive life imaginable, and, yes, that life is in a skilled nursing facility.

How is that possible, you ask? The answer; it's not only possible, but it's rapidly becoming a reality in our very own Providence Place skilled nursing facility through ZoeLife and some very imaginative, outside-the-box thinking.

Our primary goal with the ZoeLife program at Providence Place is to improve quality of life.

As we began implementing ZoeLife at Providence Place, we ran into a bit of a speed bump called COVID-19. The pandemic affected not only our facility but the entire world. We just finished up ZoeLife beta one in Providence Place and made a beeline for the next beta group to hit the ground running. Although the ZoeLife participants demonstrated significant progress with the program, we were temporarily stopped in our tracks from moving forward with the next group due to the COVID-19 pandemic.

Fast forward, if you will, to May 2021. The month of May brought us the start of a new ZoeLife beta group in Providence Place. The beginning of the new beta group brought some new, fun, exciting, and functional activities for our participants to enjoy and provided new and exciting challenges.

... Take a moment to watch the ZoeLife drum class. I guarantee it will brighten up your day ...

Our primary goal with the ZoeLife program at Providence Place is to improve quality of life. I genuinely believe we have met that goal for our ZoeLife participants. One example is our drum class led by our very own Gary Miles Jr., Director of Activities for Providence Place. If ever you find that your life is a country song (you know how it goes: the dog got run over, the spouse left you), take a moment to watch

the ZoeLife drum class. I guarantee it will brighten up your day when you witness the level of enjoyment, excitement, and fun flowing from our ZoeLife participants.

The drum class utilizes large physio balls placed on top of a weighted laundry basket as the drum, and of course, the drum kit would not be complete without a nice set of drum sticks to make the magic happen. Gary plays a selection of songs and leads the group in drumming along with the rhythm of the music and incorporating some fun movements to allow for an added exercise element to the already high-energy activity.



Our second addition is the outdoor walking path. We felt it was important to get residents outside to enjoy the outdoors and break up some of that cabin fever we have known all too well over the last year. The walking (Walk & Roll) path has proven extremely valuable in improving functional mobility. Every resident who participates in the walking portion made significant

Sometimes I get really frustrated, and participating in the drum class really helps to get rid of that frustration and make me feel much better.

– David Gustafson

improvement in walking distance and stability while walking on semi-even and uneven surfaces. We noted significant improvement in walking distance across the board ranging from 30–90 feet. Residents who utilize a wheelchair or power wheelchair for functional mobility can navigate the Walk & Roll path with their wheelchair providing a significant mental health benefit secondary to the restrictions imposed throughout the COVID-19 pandemic.

The walking (Walk & Roll) path has proven extremely valuable in improving functional mobility.

I cannot emphasize enough the impact ZoeLife has on our residents, especially when I see the ear-to-ear smile on the face of a resident who just completed drum class or stepped into the swimming pool for the first time in 15 years. That alone is enough to say ZoeLife has a positive impact on our residents.

ZoeLife elements, such as Zoe Swim and Zoe Therapy, allow us to bring all physical aspects of ZoeLife together, allowing us to focus on and strengthen areas of decreased function that may be holding a resident back from being as independent as possible. An example is decreased activity tolerance and decreased functional balance, which go hand in hand with everyday function. If either of these

ZoeLife at Providence Place

The ZoeLife schedule for residents at Providence Place consists of the following:

Monday: ZoeFlow exercise group
Tuesday: Swimming pool exercise
Wednesday: Drum class
Thursday: ZoeLife tailored therapy
Friday: Walk & Roll walking path

The new additions of drum class and the Walk & Roll walking path have proven very effective in assisting our participants with achieving personal goals and maintaining an increased level of function.



This program is really something. Getting in that pool really does me some good—well, it all does—and I enjoy it.

– Robert Schicker

elements is not functioning reasonably, it can significantly affect the other and may result in a fall, which we all know can be catastrophic.

I love it! At first I was nervous to lead the class, but after the first session, it was fantastic to see everyone working in unison, watching every participant enjoy themselves and work so hard without really working.

– Gary Miles Jr.

The aforementioned activities were created to function within the six pillars

of ZoeLife—spiritual, emotional, physical, social, intellectual, and vocational. The ZoeLife participants are also submerged in lectures that coincide with each pillar to promote the learning element of ZoeLife. ZoeLife allows us to approach our residents holistically. It will enable them to, once again, emerge, live a life full of purpose and bring about the realization that regardless of what injury or disease process may be with them, they are still a whole person full of life and purpose.

Although ZoeLife at Providence Place is up and running at full steam, trust me when I say that we are just getting started. Stay tuned, folks; there is much more to come in the world of Providence Place ZoeLife! 🌈

Dehydration & Heat Stroke

The danger of dehydration & heat stroke

From: www.hopkinsmedicine.org

Dehydration and heat stroke are two very common heat-related diseases that can be life-threatening if left untreated.

What is dehydration?

Dehydration can be a serious heat-related disease. It is also a dangerous side effect of diarrhea, vomiting, and fever. Children and people over the age of 60 are particularly susceptible to dehydration.

What causes dehydration?

Under normal conditions, we all lose body water daily through sweat, tears, breathing, urine, and stool. In a healthy person, this water is replaced by drinking fluids and eating foods that contain water. When a person becomes very sick with fever, diarrhea, or vomiting, dehydration happens. It also happens if an individual is overexposed to the sun and not drinking enough water. This is caused when the body loses water content and essential body salts, such as sodium and potassium.

Occasionally, dehydration can be caused by medicines, such as diuretics. These deplete body fluids and electrolytes. Dehydration should be treated as soon as possible.

What are the symptoms of dehydration?

The following are the most common symptoms of dehydration. However, each individual may experience symptoms differently. Symptoms may include:

- Thirst
- Less-frequent urination
- Dry skin
- Fatigue
- Light-headedness
- Dizziness
- Confusion
- Dry mouth and mucous membranes
- Increased heart rate and breathing

The symptoms of dehydration may resemble other medical conditions or problems. Always talk with your healthcare provider for a diagnosis.

Treatment for dehydration

If caught early, dehydration can often be treated at home under a healthcare provider's guidance. In children, directions for giving food and fluids will differ according to the cause of the dehydration, so it is important to talk with your child's healthcare provider.

In cases of mild dehydration, simple rehydration is recommended by drinking fluids. Many sports drinks on the market effectively restore body fluids, electrolytes, and salt balance.

For moderate dehydration, intravenous (IV) fluids may be needed. If caught early enough, simple rehydration may be effective. Cases of serious dehydration should be treated as a medical emergency, and hospitalization, along with IV fluids, is necessary. Immediate action should be taken.

How can dehydration be prevented?

Take precautionary measures to avoid the harmful effects of dehydration, including the following:

- Drink plenty of fluids, especially when working or playing in the sun.
- Make sure you are taking in more fluid than you are losing.
- Try to schedule physical outdoor activities for the cooler parts of the day.
- Drink appropriate sports drinks to help maintain electrolyte balance.

What is heat stroke?

Heat stroke is the most severe form of heat illness and is a life-threatening emergency. It is the result of long, extreme exposure to the sun. In this case, a person does not sweat enough to lower his or her body temperature. The elderly, infants, persons who work outdoors, people with mental illness, obesity, or poor circulation, and those on certain types of medicines or drinking alcohol are most susceptible to heat stroke. It is a condition that develops rapidly and needs immediate medical treatment.

What causes heat stroke?

Our bodies make a tremendous amount of internal heat, and we normally cool ourselves by sweating and radiating heat through the skin. However, in certain circumstances, such as extreme heat, high humidity, or vigorous activity in the hot sun, this cooling system may begin to fail. This allows heat to build up to dangerous levels.

If a person becomes dehydrated and cannot sweat enough to cool his or her body, his or her internal temperature may rise to dangerously high levels. This causes heat stroke.

What are the symptoms of heat stroke?

The following are the most common symptoms of heat stroke. However, each individual may experience symptoms differently. Symptoms may include:

- Headache
- Dizziness
- Disorientation, agitation, or confusion
- Sluggishness or fatigue
- Seizure
- Hot, dry skin that is flushed but not sweaty
- A high body temperature
- Loss of consciousness
- Rapid heartbeat
- Hallucinations

The symptoms of a heat stroke may resemble other medical conditions or problems. Always talk with your healthcare provider for a diagnosis. 🌈



ONE SERVING of Greens Daily SLOWS BRAIN AGING by Over a Decade

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

Are memory loss and decreased brain power inevitable as we age? Many people in their 40s, 50s, and beyond are told that they are, and there is nothing that can be done about it. Is that true? Of course not. Steps can be taken to not only stop memory loss but also reverse it. Here is a simple step. New research from Rush University Medical Center in Chicago found that eating just one serving of leafy green vegetables a day takes a decade off an aging brain. Two servings produced even greater effects.



There is considerable evidence that diets high in green leafy vegetables and highly colored vegetables, such as carrots, yams, squash, and flavonoid-rich fruits, like citrus, berries, and cherries, are associated with the prevention of age-related memory decline and Alzheimer's disease. In particular, two large studies have shown that the consumption of green leafy vegetables, including spinach, kale, collards, and lettuce, had the strongest association with slowing down cognitive decline due to aging.

Studies have shown the significant protective effects of individual dietary components against cognitive decline.

Exactly which nutrients in green leafy vegetables are responsible for this effect is unknown, but it is thought to be the entire payload versus any single nutrient or phytochemical. That said, some studies have shown the significant protective effects of individual dietary components against cognitive decline. For example, some studies report protective effects against dementia with higher dietary intakes of folate, beta-carotene, lutein, and vitamin K1 (phyllquinone). However, all these nutrients have different mechanisms of action in offering protection, indicating a synergistic effect is undoubtedly expected. To increase understanding of the biological

mechanisms underlying the association, the researchers at Rush investigated the individual relations to cognitive decline of the primary nutrients and bioactives in green leafy vegetables, including vitamin K1, lutein, B-carotene, nitrate, folate, kaempferol, and a-tocopherol.

Higher intakes of each of the nutrients and bioactives, except B-carotene, were individually associated with slower cognitive decline.

The study involved the 960 participants of the Memory and Aging Project, ages 58–99 years, who completed a food frequency questionnaire and had ≥ 2 cognitive assessments over a mean 4.7 years. The data were adjusted for age, sex, education, participation in cognitive activities, physical activities, smoking, seafood, and alcohol consumption. After controlling for these factors, the consumption of green leafy vegetables was associated with slower cognitive decline; the decline rate for those in the highest quintile of intake (median 1.3 servings per day) was slower by the equivalent of being 11 years younger in age. Higher intakes of each of the nutrients and bioactives, except B-carotene, were individually associated with slower cognitive decline.



In addition to diet, nutritional supplements are also important. In particular, a high-potency multiple vitamin and mineral formula and 1,000 mg of EPA and DHA (combined) from a quality fish oil should be considered foundational supplements.

The conclusion was very clear: the consumption of approximately one serving per day of green leafy vegetables and foods rich in phyloquinone, lutein, nitrate, folate, a-tocopherol, and kaempferol helps to slow cognitive decline with aging.

In addition to diet, nutritional supplements are also important. In particular, a high potency multiple vitamin and mineral formula and 1,000 mg of EPA and DHA (combined) from a quality fish oil should be considered foundational supplements.

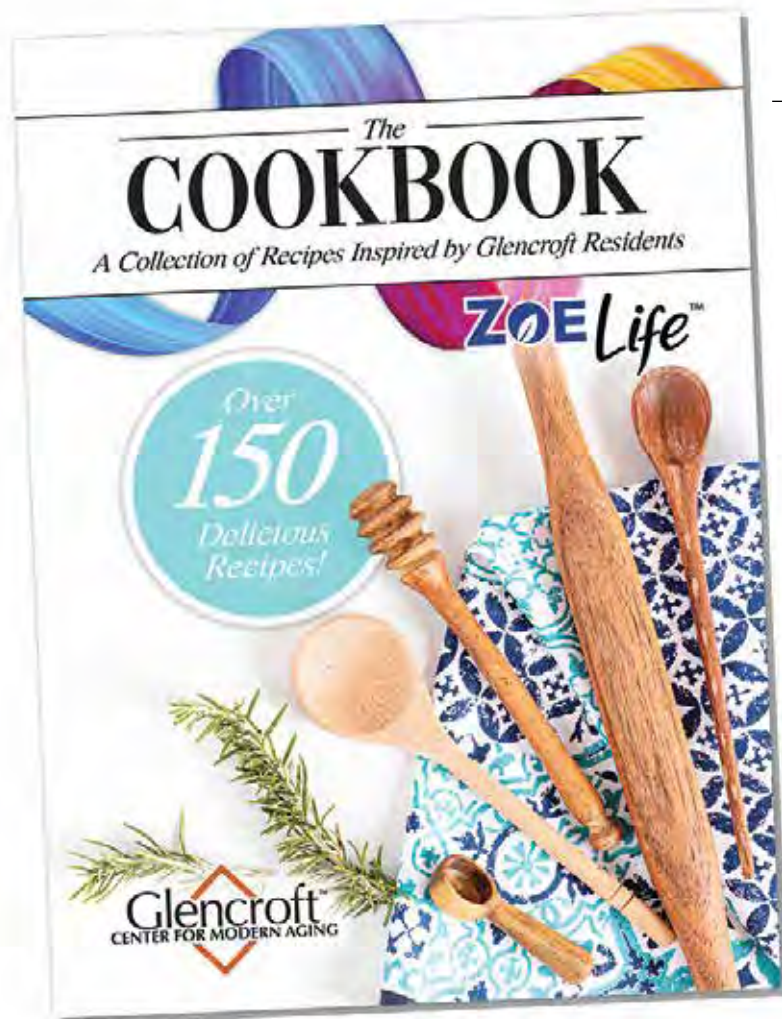
Research has clearly established that B vitamin supplements and EPA and DHA can help prevent mental decline in older people with memory problems. Furthermore, an international team led by Oxford University has now found that having higher levels of these nutrients can actually give the brain a boost in people with mild cognitive function. In addition, I would also recommend taking coenzyme Q10 with PQQ, phosphatidylserine, and curcumin to help boost brain function in anyone dealing with symptoms of mental decline. 🌈

Reference: Bennett DA, Dawson-Hughes B, Booth SL, et al. Nutrients and bioactives in green leafy vegetables and cognitive decline: Prospective study. Neurology. 2018 Jan 16;90(3):e214–e222.



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 member of the Board of Regents of Bastyr University in Seattle, WA.





Family Favorites the Zoe Way

By Kaye Baker, Vice President Development

When I used to hear the expression “You are what you eat,” I didn’t really understand what that phrase actually meant.

As I got older and the weight kept adding up, I realized how I had become a couch potato—eating chips and snacks while watching Netflix. It dawned on me; it was the junk food that made me the couch potato! Where else could I enjoy those fabuloustastingcrunchybags of goodness with literally no nutritional value, except when on the couch watching movies? That’s when I realized that the change had to come from the food I consumed.

We flipped each recipe into a healthy Zoe-inspired version ...

For your health, there is no food that you eat from a box or out of a bag that can compare to fresh homemade options. Because this reality has become many people’s mantra, we decided to create a cookbook encompassing our residents’ all-time favorite recipes while keeping them healthy. We flipped each recipe into a healthy, Zoe-inspired version and included some of the favorite dishes served on campus.

The cookbook has a treasure tucked in the middle of the book. While looking for some documents on the history of

The cookbook has a treasure tucked in the middle of the book.

Glencroft, we came across the cookbook from 1985 also made up of previous residents' family recipes. It was such a treat looking through these recipes from days gone by that we decided to include them in the *ZoeLife Cookbook*. The fact that Glencroft was founded by a group of Mennonites and Amish residents adds flare to the classic 1985 family recipes. Many of these recipes are hard to find in a cookbook on the market today.

We know that our food choices are critical to living a long and healthy life.




As we researched and thought through this cookbook idea, we wanted to highlight the generational value of recipes while showing that we could make them healthier, "Zoe Approved." We know that our food choices are critical to living a long and healthy life. Dan Buettner, author of *The Blue Zones*,

states, "Our diets should be primarily plant-based and low in processed foods and sugar." The health benefits of this type of diet are reduced heart disease and strokes, reduced risk of Alzheimer's and Parkinson's disease, protection against type 2 diabetes, and lower chances of many diseases, such as cancer.

The creation of this cookbook became a labor of love for so many of our staff. The ZoeLife culinary team got involved by showcasing many of the options seen on the Zoe Menu on campus. They helped form guidelines for unique and promising outcomes by taking favorite family recipes and, with a bit of tweaking, making them healthier without losing the original intent or taste. The media and marketing teams worked together to create a beautiful cover and pleasing design. The ZoeLife team did much of the research, typing, and formatting of the final version. Many had a hand in creating this excellent cookbook for the low cost of \$10—in 1985 they charged \$5—with all the proceeds going directly to the Friendship Foundation and used for the Food Pantry.

In March 2020, we created the Food Pantry in response to the COVID-19 pandemic to keep Glencroft residents safe and on campus. The Food Pantry is also Zoe-inspired and provides at least 18 fresh fruits and vegetables and basic staples, such as eggs, cereal, granola bars, frozen meals, bread, juice, and much more.

If you'd like to order one (or 20) of the *ZoeLife Cookbook*, you're in luck. You can purchase your copy from the administration office or online at: www.glencroft.com. 



Mediterranean Kabobs

Ingredients:

- 3 large cloves garlic, crushed
- 2 Tbsp finely chopped fresh or 2 tsp dried rosemary leaves
- 1 Tbsp finely chopped fresh oregano or 1 tsp dried oregano leaves
- 1 tsp salt
- ½ tsp pepper
- ¼ cup fresh lemon juice
- 6 Tbsp olive oil
- 5–6 boneless skinless chicken breasts, cut into 2-inch pieces
- 1 large each green & red bell peppers, cut into 2-inch pieces
- 1 large red onion, cut into 2-inch wedges

Instructions:

1. In large shallow glass or plastic dish or resealable food-storage plastic bag, mix garlic, rosemary, oregano, ½ tsp of the salt, ¼ tsp of the pepper, 3 Tbsp of the lemon juice, and 5 Tbsp of the oil. Add chicken; turn to coat. Cover or seal; refrigerate 30 minutes to marinate.
2. Heat gas or charcoal grill. In small bowl, mix remaining ½ tsp salt, ¼ tsp pepper, 1 Tbsp lemon juice, and 1 Tbsp oil; set aside.
3. Remove chicken from marinade; discard marinade. On 6 (10- to 12-inch) metal skewers, alternately thread chicken, bell pepper, and onion, leaving space between pieces. Note that if you use wood skewers, soak them for at least 1 hour in red or white wine of your choice.
4. Place skewers on grill over medium-high heat. Cover grill; cook 8 to 10 minutes, turning occasionally and basting with lemon juice mixture, until chicken is no longer pink in center and vegetables are tender. Discard any remaining lemon juice mixture.



Mediterranean Couscous Salad

Couscous Ingredients:

- 1 cup water
- 1 cup instant couscous
- ½ tsp kosher salt
- 2 Tbsp extra-virgin olive oil

Salad Ingredients:

- ½ cup diced Roma tomato
- ½ cup diced English cucumber, seeds removed, ¼-inch dice
- ½ cup diced red bell pepper
- ½ cup canned garbanzo beans, drained and rinsed
- ¼ cup minced red onion
- ½ cup Kalamata olives, pitted and sliced
- 2 Tbsp feta cheese
- 1 tsp chopped parsley
- 1 tsp chopped mint
- 1 tsp chopped basil
- ¼ tsp dried oregano

Lemon Herb Dressing Ingredients:

- 1 tsp lemon zest
- 2 Tbsp lemon juice
- 1 Tbsp red wine vinegar
- ¼ tsp kosher salt
- ¼ tsp black pepper
- 3 Tbsp extra-virgin olive oil

Instructions:

1. Toss ingredients together in a bowl, drizzle with dressing.



Mediterranean Quinoa Bowls with Roasted Red Pepper Sauce! A mix of quinoa, feta cheese, Kalamata olives, pepperoncini, and cucumber, kale, or spinach.

Roasted Red Pepper Sauce Ingredients:

- 1 16-ounce jar roasted red peppers, drained (or roast your own)
- 1 clove garlic
- ½ tsp salt (more to taste)
- Juice of one lemon
- ½ cup olive oil
- ½ cup almonds

7. Hummus
8. Fresh basil or parsley
9. Virgin olive oil, lemon juice, salt, pepper

Instructions:

1. Cooked quinoa as a base
2. Spinach, kale, or cucumber
3. Feta cheese
4. Kalamata olives
5. Pepperoncini
6. Thinly sliced red onion





By Dr. Janet Boberg

Dr. Janet Boberg of the Glendale Fire Department manages all the public education programs taught in the community, designed for all ages, beginning with children as young as three. Her oldest student so far has been 100 years old!

With over 38 years of experience working in public safety, Dr. Boberg has spent time as a police assistant, detention officer, police officer, and manager of a youth firesetter intervention program. She now enjoys educating the public on safety.

What do you like best about your job?

I would have to say teaching citizens to lead healthier, safer lives through the education classes that we offer. There is nothing more satisfying than seeing someone utilize something that was taught to them to be safer or help someone else.

How has the COVID-19 pandemic changed what you do?

Since the pandemic, the Glendale Fire Department has had to change how we offer presentations. We began by filming our student and adult CPR classes so that we could offer the classes virtually. Other classes we offered through Zoom, Google Classroom, and Microsoft Teams

Classes and programs for the community

1. Basic First Aid
2. CCC-CPR and AED Training
3. Community Emergency Response Training (CERT) Introduction (21-Hour program)
4. Cooking and Kitchen Safety
5. Disaster Preparedness
6. Fire Extinguisher Training
7. Fire Safety (Home and Work)
8. Fire Safety Classes
 - a. 9-1-1
 - b. EDITH
 - c. Helmet Safety
 - d. Passenger Safety
 - e. Smoke Alarms
 - f. Stop, drop, and roll
 - g. Water Safety
9. Life Safety Classes
 - a. Crime-Free Multi-housing
 - b. Electric Safety
 - c. Holiday Safety
 - d. Remembering When Senior Safety Presentation
 - e. Senior Trips and Falls Prevention
 - f. Summer Safety
10. Milo and Moxi Fire Safety and Burn Prevention
11. RX360 Prescription Drug Abuse Education Program
12. Safety Trailer: Home Escape Planning
13. Water Safety (Drowning Prevention)
14. Youth Firesetter Intervention Program (For youth who have set fires)

For a full list of classes, visit:
www.glendaleaz.com/live/city_services/public_safety/fire_department

and a PowerPoint presentation was used to provide the information. Now, things are beginning to open, so the requests for in-person classes are beginning to increase.

When is it appropriate to call 9-1-1 for the fire department?

It is appropriate to call 9-1-1 for any life-threatening emergency. This would include (but is not limited to) fires, car accidents with fire and/or injury, life-threatening injuries or illnesses, gas or hazardous material leaks, explosions, mountain rescues, bees attacking people, strokes, heart attacks, sudden cardiac arrests, and drownings. If there is a possibility of an event being a life-threatening emergency, it is important to call 9-1-1.

When 9-1-1 is called for a life-threatening emergency, who responds?

The fire department usually responds with at least one fire engine and a private ambulance company. The fire engine will contain four people, two are paramedics and the other two are emergency medical technicians. The private ambulance normally has two ambulance workers. If there is more than one person injured or ill, another fire truck and ambulance will respond and more if needed. If the emergency is a fire, a fire investigator will also respond so that a cause can be determined.

If I call 9-1-1, what information do I need to provide?

If 9-1-1 is called, the dispatcher will need to know the type of emergency to determine if police are needed, if the fire

The pandemic has caused the fire department to become creative in how we continue to offer our education programs.

department is needed, or if both the police and fire departments are needed. The dispatcher will need to know the location of the emergency, and the phone number you are calling from in case the line gets disconnected so they can call you back. You will need to stay on the phone with the dispatcher until the dispatcher tells you it is okay to hang up.

If the fire department is needed, the 9-1-1 dispatcher will ask you to hold on, and they will transfer you to the Phoenix Fire Department fire dispatchers. The Phoenix Fire Department dispatchers may ask you to repeat what you have told the 9-1-1 dispatcher. Please do not become frustrated, instead just answer the questions they are asking. This will help them dispatch the closest fire truck(s) to the emergency. They may ask you other questions to determine further information to provide to the police officers and firefighters responding to the emergency. They may give you instructions on how you can help the ill or injured person. It is important to follow the dispatcher's instructions to help until the police and/or fire departments arrive.

Does my address automatically show up on the 9-1-1 computer screen even if I call from a cell phone?

If you are calling from a "land line" and the correct address is aligned with the phone number, the home address should show up on the dispatcher's computer screen.

If you are calling from a cellphone, the address of the cellphone normally will not show up on the screen. Cellphones are mobile, and many times when someone calls 9-1-1 from a cellphone, they are not at their own residence. Therefore, it is important to give the dispatcher the address/location of the emergency.

If the fire department responds to my emergency, will I receive a bill for services from the fire department?

The Glendale Fire Department does not charge a fee for providing emergency services to citizens in Glendale. If a private ambulance service responds to transport someone to the hospital, the ambulance service will charge the person for the ambulance transport to the hospital.

What have you learned about caring for our community and caring for each other because of this pandemic? Is there a silver lining?

I have learned that you must be creative to be able to continue to provide the safety information that is still needed during the pandemic. It has caused the fire department to become creative in how we continue to offer our education programs. I think the silver lining is that education did not stop because of the pandemic. Citizens were still receiving important information, just in another format. 🌈

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