



www.zoelifeonline.com

The Zoelife **mission** is to pursue vitality through a full, active, and purposeful life.

Stroke Facts:

- Strokes are **caused** either by a blocked blood supply to the brain (ischemic stroke) or when a blood vessel in the brain bursts (hemorrhagic stroke).
- Brain tissues die, which may result in brain damage, disability, and/or death.
- Each year, nearly 800,000 people throughout the U.S. experience a stroke, and 140,000 die from stroke (one every 4 minutes).
- Stroke is the leading cause of **long-term disability**.
- Stroke **risk increases** with smoking, excessive alcohol, and a lack of exercise.
- Healthy lifestyle (Zoelife) choices can **decrease the risk** of stroke.
- Approximately 80 percent of strokes are **avoidable**.

What is the Stroke Immersion Program (SIP)?

- The **Zoelife Stroke Immersion Program (SIP)** is a holistic rehabilitation and prevention program designed to improve the safety and **quality of life** for stroke survivors.
- SIP participants are **immersed** as a group in a **comprehensive program** of activities designed to **rehabilitate** physical and cognitive challenges and to **lower the risk** of recurring strokes.
- SIP is offered at the Glendale Center for Modern Aging in Glendale, Ariz.
- A **Zoelife team** of speech/occupational/physical therapists, dieticians, counselors, exercise physiologists, and program administrators work together with patients' doctors to develop **tailored programs** to meet **individual goals and potential**.
- SIP applies a Zoelife approach to **fall prevention** for individuals who have experienced stroke(s).

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SIP Fast Facts (cont.)

- SIP participants enjoy highly **social activities** with other stroke survivors, sharing common experiences, motivating and encouraging one another as they work together to improve their **quality of life**.
- SIP **activities** include speech therapy classes, customized movement classes, virtual reality sessions, water therapy, customized nutrition plans, stroke-specific art projects, and dance classes.

About Zoelife

- Zoelife was **founded** in 2019 at the Glencroft Center for Modern Aging (CFMA).
- The [Glencroft Center for Modern Aging](#) serves as the Zoelife **headquarters**.
- **Zoelife** is a **culture** of successful aging practices centered around a holistic approach to the wellbeing of body, mind, and spirit.
- **Zoe** is a biblical word with Greek origin meaning “life” or “vitality.”
- Zoelife focuses on **six pillars of wellbeing**: spiritual, physical, emotional, social, intellectual, and vocational.
- Residents of Zoelife senior living communities are provided with opportunities to **maximize their quality of life** by embracing Zoelife at **no additional cost**.
- Zoelife activities are encouraged but **optional**. Residents choose what they want to participate in and how often.
- Senior care facilities and continuing care retirement communities (CCRC) are encouraged to **integrate Zoelife** at their facilities.
- For **more information** about joining Glencroft's Zoelife community as a resident or integrating Zoelife into your senior living community as a health care administrator, please contact Vice President, Director of Zoelife Operations [Steve Heller](#), (623) 847-3120, sheller@glencroft.com, or info@glencroft.com.

Social Media

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