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## What is Parkinson's Disease?

- Parkinson's disease is a neurodegenerative disorder, the second most common behind Alzheimer's disease.
- An estimated 1.3 million people in the U.S. will be diagnosed by 2030.
- Parkinson's is not fatal but may cause serious side-effects.
- There is no cure for Parkinson's. Treatment aims to slow progression.
- 96 percent of people diagnosed with Parkinson's are age 50 and older.
- Parkinson's disease is caused by genetic and environmental factors.
- There are five stages of Parkinson's, each progressively more debilitating.
- Parkinson's affects an individual's gait and balance, along with a range of motor and non-motor symptoms. Patients have varying levels of ability.
- Motor (movement) symptoms include slowness of movement (bradykinesia), difficulty walking or moving, dizziness/fainting, drooling, stiffness, stooped posture, reduced facial expressions (facial masking), imbalance, tremors, cramped toes/feet (dystonia), and involuntary movements (dyskinesia).
- Non-motor symptoms include impaired smell, cognitive challenges, sleep disorder, constipation, sweating, bladder symptoms, fatigue, sexual dysfunction, pain, tingling, lightheadedness, anxiety, isolation, and depression.

## What is the Parkinson's Immersion Program (PIP)?

- The Zoelife Parkinson's Immersion Program (PIP) is a holistic rehabilitation and prevention program designed to improve the safety and quality of life for individuals diagnosed with Parkinson's disease.
- PIP is offered at the Glencroft Center for Modern Aging in Glendale, Ariz.
- PIP participants improve balance, strength, speech, flexibility, motor skills, and minimize rigidity, stiffness, and pain. They experience less depression.

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### PIP Fast Facts (cont.)

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

### More About ZoLife

- ZoLife was founded in 2019 at the Glencroft Center for Modern Aging (CFMA).
- The Glencroft Center for Modern Aging serves as the ZoLife headquarters.
- ZoLife 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."
- ZoLife focuses on six pillars of wellbeing: spiritual, physical, emotional, social, intellectual, and vocational.
- Residents of ZoLife senior living communities are provided with opportunities to maximize their quality of life by embracing ZoLife at no additional cost.
- ZoLife 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 ZoLife at their facilities.
- For more information, contact Vice President, Director of ZoLife Operations Steve Heller, (623) 847-3120, [sheller@glencroft.com](mailto:sheller@glencroft.com) or [info@glencroft.com](mailto:info@glencroft.com).

### Social Media

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