

50+

ONLINE
Issue 11
APRIL 2022



Winter maintenance
around your home

6 Things you need in your medicine cabinet

50+

MAGAZINE / TYDSKRIF

COMMENTS:

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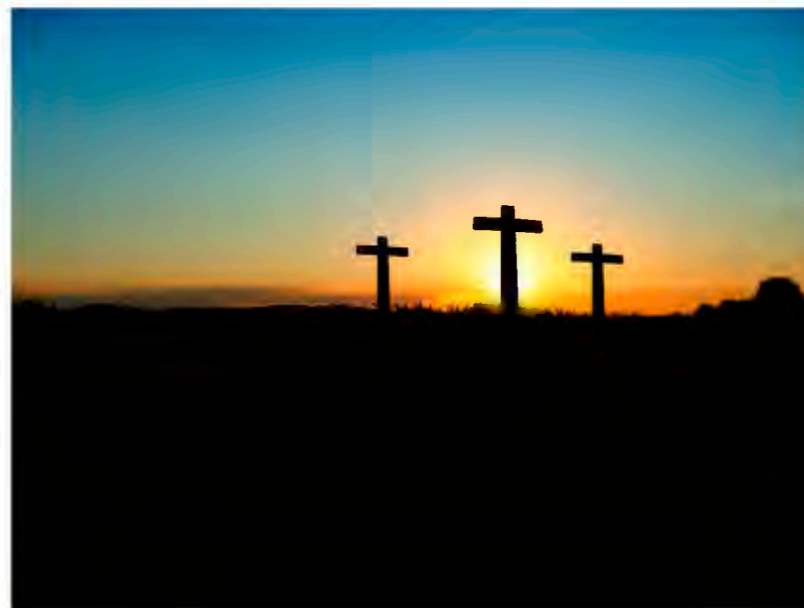
THE KEYS OF HEALTHY AGING:

Read all about how to age healthy.

4.

WINTER MAINTENANCE AROUND YOUR HOME:

Winter time is the best time to do maintenance around the house



Happy Easter

REGULARS

1. COVER PAGE 01

Our cover page - Easter

2. 50+ AMBASSADOR 04

Our 50+ Ambassador Lorriane Smit and writer of some of the articles.

3. ADVERTS 08

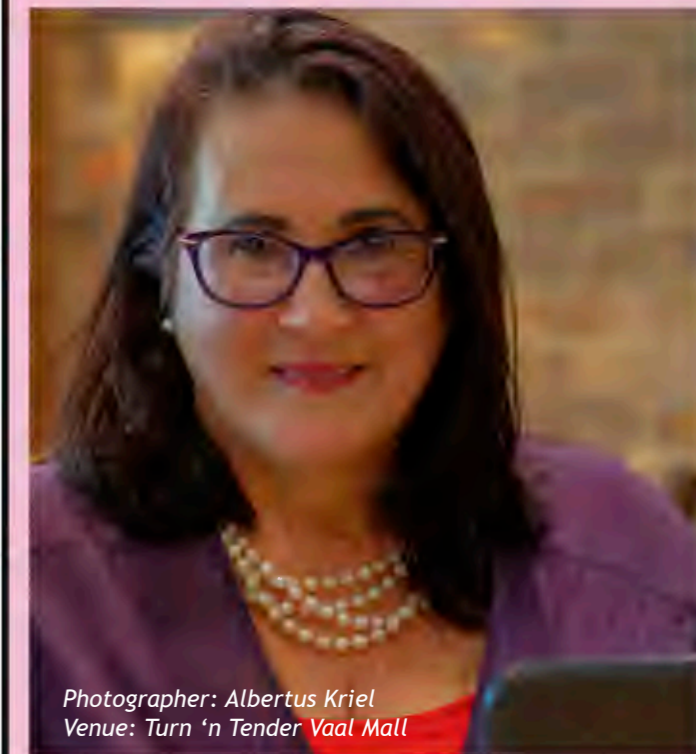
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4. DR. Q FOURIE 05

*Dr Q Fourie writer for our health articles
38 Fitzsimmons Street, Vanderbijlpark
Tel: 016 982 6911 - WILL BE BACK NEXT ISSUE*

5. BACK PAGE 20

Back page - anonymous.



Photographer: Albertus Kriel
Venue: Turn 'n Tender Vaal Mall

Redakteur *aan die woord*

Liewe leser,

Ons is terug na ons kort wegbreek en weer volstoom aan die gang.

Die vakansie was net te kort maar ons is dankbaar vir die geleentheid en dat ons gespaar was.

Ek raak stil wanneer ek so oor die see kyk, dan beseef ek net weer hoe groot ons God is. Ons mense is so nietig en klein.

Ouderdom bring 'n kalm rustigheid oor mens, jy wil net terug sit en kyk na als om jou dit waardeer en weet dat jy net dankbaar kan wees.

Ons is opsoek na daai storie deel dit met ons stuur dit vir ons na admin-
@topvibe.co.za OF na ons WhatsApp nommer 072 768 8582

Geniet hierdie 50+ tydskrif, mooi bly en bly gesond ek groet julle tot volgende maand.

Geniet Paasfees!

Liefde

Charms xox

50+ Ambassadeur



**LORRAINE
SMITH**

Lorraine Smith:

Skrywer: My lewe is 'n Storie
Stigter: Onder die Pers hoed
Stigter: Girls@FabEvents

Hallo daar,

Sjoe julle maar ek kan nie glo dat die tyd so gou verby hardloop nie. Iewers het ek als verloor daar is net te veel om te doen en te min tyd.

Soms wens ek dat ek tog net bietjie meer krag kon hê, hoe sê hulle die gees wil maar die liggaam kan nie meer nie.

Ek het nooit gedink dat oud word so pes is nie, soms pyn als wat kan pyn, jy maak 'n lysie vir die winkel en vergeet dan die lysie iewers.

Nee wraggies man so kan dit mos nou nie aangaan nie. Niemand berei jou voor op oud word nie.

Gelukkig is als nie sleg nie ek kan darm vir myself lag en dit gebeur nogal baie.

Nou moet ek weer groet Ek sien julle weer volgende maand.

Mooi bly en bly gesond.

Groete

Lorraine

Het jy mediese vrae wat pla?



**Laat Dr Quinten Fourie jou help!
Stuur jou vrae na admin@topvibe.co.za
OF
per WhatsApp na 072 768 8582**

Boererate vir vlekke op klere

Verwyder vlekke op klere

Borrie/Kerrie

• Om borrie vlekke te verwyder was jy die kledingstuk onmiddellik in koue water en waspoeier. Hang in die son om droog te word, daar sal nog 'n ligte vlek sigbaar wees. Was die kledingstuk dan weer en die vlek sal weg wees.

• Week in asyn en laat blyk in die son.

• Spuit Doom op vryf dan met Handy Andy.

• Deurweek kerrie/borrie vlekke met onverdunde witdulsies en vryf liggies - herhaal 2-3 x tot vlek lig is en was dan gewoonweg. As die vlek hardnekkig is, herhaal die proses weer as kledingstuk droog is. Gewoonlik kom dit met die 1ste probeerslag uit. Moenie oor enige vlekke of vetkolle stryk nie - baie moeilik om dit dan uit te kry.

Bloed

• Week in baie koue soutwater indien moontlik voordat die bloed droog is vir ten minste 'n uur - en was daarna met seep in koue water.

• Week oornag in koue water waarby jy growwe sout gegooi het. Sommer so hand of twee vol. Spoel uit en was daarna normaal.

• Mielieblom kan bloedvlekke verwyder. Spoel die vlek in koue water, vryf dan klam melieblom in. Plaas die item in die son.

• Sodawater of wit asyn haal gewoonlik bloed vlekke uit matte uit.

• Gooi Dettol op vlek en laat bietjie in koue water week.

• As bloed reeds droog is, week in oplossing van 15ml sout, 15ml ammoniak en 1 liter koue water.

• Doop watte in onverdunde amoniak en vryf die vlek uit .

• Witdulsies haal ook bloedvlekke uit.

Braaksel klere

Spoel in koue water om soveel as moontlik te verwyder, week in sterk asyn water en was dan normaalweg. As vlekke of reuk nog teenwoordig is, herhaal proses.

Cutex/Naellak

• Om naellak uit duvet oortrekstel te verwyder gebruik witdulsies of acetone (naellakverwyderaar).

• Maak dadelik met absorberende papier of watte skoon. Dep net, moet nooit vryf nie. Toets eers onopsigtelike plek met Acetone, doop dan merk liggies met Acetone, gebruik absorberende materiaal aan onderkant. Herhaal totdat merk uit is. Oorblywende kleur kan met pers spiritus of Thinners verwyder word. Was dan klere met 'n sterk wasmiddel



Haarkleursel (klere)

• Om haarkleursel uit klere te kry, spuit haarsproei of Doom aan voordat dit droog word. Was dan met sunlightseep en water.

• Smeer Savlon aan, vryf en was.

• Domestos haal vlekke dadelik uit.

Kerswas

• Plaas artikel in 'n plastieksak in die vrieskas vir 'n paar uur. Die was sal hard word en maklik afkrap.

• Plaas bruinpapier of koerantpapier oor vlek en stryk met warm yster daaroor.

• Vir gekleurde was, was artikel met brandspiritus en spoel uit.

• Skraap die harde stukke af, vryf dan die kol goed met parafien en was dan met warm seepwater

Lipstiffie

• Vryf merk liggies met wit asyn of suurlemoensap.

• Vryf met gliserien en week vir 'n paar uur.

• Lipstiffie kan verwyder word deur die kledingstuk tien minute in seepwater te week, uit te spoel en weer in seepwater te was.

• Verwyder lipstiffiemerke van jou klere met bloekomolie.

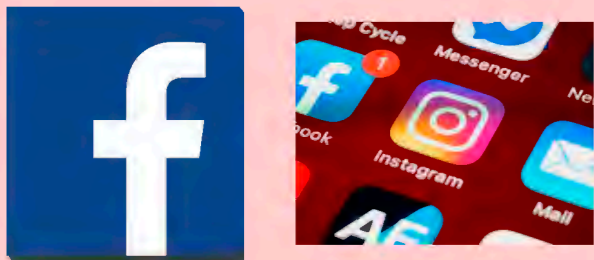
Mostert

• Meng 1 eetl wasgoedpoeier met kwart kop warm water, week kol oornag daarin, en was soos normaalweg.

• Gooi bietjie Sunlight liquid oor kol, vryf liggies, en week oornag in koue water, was dan soos gewoonlik.

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The keys of healthy aging.

The keys to healthy aging

As we grow older, we experience an increasing number of major life changes, including career transitions and retirement, children leaving home, the loss of loved ones, physical and health challenges—and even a loss of independence. How we handle and grow from these changes is often the key to healthy aging.

Coping with change is difficult at any age and it's natural to feel the losses you experience. However, by balancing your sense of loss with positive factors, you can stay healthy and continue to reinvent yourself as you pass through landmark ages of 60, 70, 80, and beyond.

As well as learning to adapt to change, healthy aging also means finding new things you enjoy, staying physically and socially active, and feeling connected to your community and loved ones. Unfortunately, for many of us aging also brings anxiety and fear. How will I take care of myself late in life? What if I lose my spouse? What is going to happen to my mind?

Many of these fears stem from popular misconceptions about aging. But the truth is that you are stronger and more resilient than you may realize.

These tips can help you maintain your physical and emotional health and continue to thrive, whatever your age or circumstances.

Myth: Aging means declining health and/or disability.

Fact: There are some diseases that become more common as we age. However, getting older does not automatically mean poor health or that you will be confined to a walker or wheelchair. Plenty of older adults enjoy vigorous health, often better than many younger people. Preventive measures like healthy eating, exercising, and managing stress can help reduce the risk of chronic disease or injuries later in life.

Myth: Memory loss is an inevitable part of aging.

Fact: As you age, you may eventually notice you don't remember things as easily as in the past, or memories may start to take a little longer to retrieve. However, significant memory loss is not an inevitable result of aging. Brain training and learning new skills can be done at any age and there are many things you can do to keep your memory sharp. The sooner you start, the sooner you'll reap the benefits.

Myth: You can't teach an old dog new tricks.

Fact: One of the more damaging myths of aging is that after a certain age, you just won't be able to try anything new or contribute to things anymore. The opposite is true. Middle-aged and older adults are just as capable of learning new things and thriving in new environments, plus they have the wisdom that comes with life experience. If you believe in and have confidence in yourself, you are setting up a positive environment for change no matter what your age.

Learn to cope with change

As you age, there will be periods of both joy and stress. It's important to build your resilience and find healthy ways to cope with challenges. This ability will help you make the most of the good times and keep your perspective when times are tough.

Focus on the things you're grateful for. The longer you live, the more you lose. But as you lose people and things, life becomes even more precious. When you stop taking things for granted, you appreciate and enjoy what you have even more.

Acknowledge and express your feelings. You may have a hard time showing emotions, perhaps feeling that such a display is inappropriate and weak. But burying your feelings can lead to anger, resentment, and depression. Don't deny what you're going through. Find healthy ways to process your feelings, perhaps by talking with a close friend or writing in a journal.

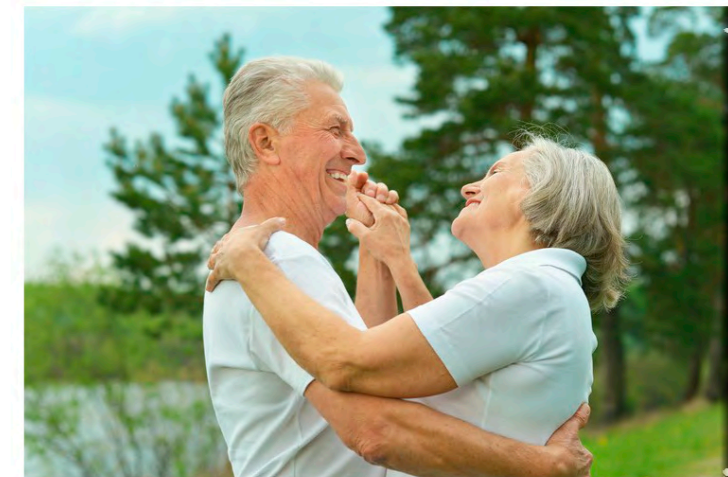
Accept the things you can't change. Many things in life are beyond our control. Rather than stressing out over them, focus on the things you can control such as the way you choose to react to problems. Face your limitations with dignity and a healthy dose of humor.

Find meaning and joy

Stay connected

Get active and boost vitality

Keep your mind sharp



Winter maintenance around your home

Winter is an opportune time to ensure that vital maintenance and repairs around your home are done.

“Your insurance company will not cover you for gradual deterioration as a result of a lack of maintenance, often referred to as ‘wear and tear’. Once all the ‘wear and tear’ checks and balances are complete, you can rest easy knowing that if things do go wrong, your insurance will take care of it,” explains Barrett.

Follow these handy tips for managing the challenges that come with winter and colder temperatures:

Geyser

Insulate your geyser and water pipes with a geyser blanket and lagging – this helps water stay hotter for longer and helps prevent burst geysers and pipes during cold spells.

Service and check that all the seals, valves, stop-cock, thermostat and element are in good working order.

Ensure the drip tray is correctly installed and placed.

Make sure your insurance cover is adequate to replace or repair your geyser and any resultant damage.

Fill the gaps

Fill any cracks in your walls, especially exterior walls.

Check and replace broken roof tiles and ensure flashings are in a good working condition, especially if you experience rainy winter months.

Gas stove, heaters, fireplace and generators

Exercise extra precaution when using gas and open flames.

If you suspect a gas leak, immediately turn off the source and open all windows and clear the room.

Make sure flammable objects are kept well away from a fireplace and always use a screen to prevent any sparks.

Ensure your generator is safely installed by a qualified electrician with a transfer switch so you can safely switch between electricity from the grid and from the generator.

Maintaining the exterior of your building

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Maintaining the exterior of your building

Remove leaves from gutters and clear away debris as clogged gutters pose a maintenance risk.

Trim dead branches and clear away all garden debris as these pose a fire risk in dry areas.

Make sure the water pump on your water collection tank or borehole is in good working order and has ‘run-dry’ protection so it will automatically shut off if it detects there is no water to pump.



6 Things you need in your medicine cabinet



6 things you need in your medicine cabinet

Which essentials should you have in your medicine cabinet at home?

Charmille Hare, D.O., a family medicine physician at Piedmont, shares the key products everyone should keep on hand in case of a minor illness or injury.

For all of these medications, take as directed by the package labels and see your physician if you are dealing with a chronic condition (like migraines or heartburn) or if you don't find relief after several days of home treatment.

1. Pain reliever

Whether you have a headache, menstrual cramps or a pulled muscle, non-prescription pain relievers can come in handy. There are three main categories of pain medication, all of which reduce fever and relieve pain, explains Dr. Hare. You may find one particular variety works best for your needs. The most common over-the-counter pain relievers include:

Aspirin. Aspirin can cause stomach irritation in some people.

Anti-inflammatories, like ibuprofen and naproxen (Aleve).

Acetaminophen, like Tylenol. Too much can affect the liver.

Again, following package directions is crucial, because taking too much of these medications long-term can lead to complications such as stomach irritation and even liver failure.

2. Cough medicine

"For coughs, you can use anything over-the-counter and it will work pretty well," says Dr. Hare.

If you have a productive cough (i.e., you have mucus in your chest), look for a product with the expectorant guaifenesin, which will help loosen the secretions.

"Then you can actually cough up the mucus you have," she explains.

3. Cold medicine

"For colds, over-the-counter medications work very well," says Dr. Hare.

Decongestants help with congestion associated with the common cold or a virus, while other ingredients help relieve pain and even promote a better night's sleep.

4. Antihistamines

For allergies, antihistamines can be your best friend. While there are many varieties from which to choose, Dr. Hare recommends paying close attention to the words "non-drowsy." For daytime use, non-drowsy medication (such as Benadryl) can be beneficial.

your best bet, but if your allergies are keeping you from a good night's rest, a sleep-promoting medication (such as Benadryl) can be beneficial.

5. Digestive aids

For digestive issues, there are three types of at-home medications you can use:

Tums or Rolaids for mild, food-related heartburn. While they do not provide long-term relief, these quick-release formulas tame symptoms quickly.

Mylanta or Maalox are helpful for those who have heartburn on a regular basis and are longer-lasting than fast-release chewables like Tums.

Zantac or Prevacid for long-acting relief. These are recommended for those who suffer from daily heartburn.

If you suffer from chronic heartburn, see your physician. He or she may recommend a regimen of the medications listed above and/or other therapies, particularly if you have an underlying condition causing your symptoms.

6. Ointments and creams

"For itching, burning or irritation of the skin.

About your metabolism

How much does Your Metabolism Slow Down as You Age?

Why Does Metabolism Slow Down as You Age? When Does Your Metabolism Slow Down? Can Lifestyle Changes Help? When to See Your Doctor

Metabolism is the process that turns food into energy, so your body can work right. As you get older, your metabolism slows.

Why Does Metabolism Slow Down as You Age? Loss of muscle mass. As you age, you naturally lose muscle mass. As a result, you burn calories at a lower rate.

Less active. As you get older, you may get less physical activity than you used to. Not getting enough exercise can lead to weight gain and cardiovascular disease. These conditions also contribute to the slowing of your metabolism.

Gender and genes. These also play a role in your metabolism rate. Men typically have a faster metabolism because they have more muscle mass, heavier bones, and less body fat.

Genes determine your muscle size and ability to grow muscles. These affect your metabolism, too. The less amount of muscle mass you have, the slower your metabolism becomes.

When Does Your Metabolism Slow Down?

At 30. By this age, you may notice that losing weight isn't as easy as it used to be. This happens because as you get older, you move less. If you aren't physically active, you could lose 3% to 5% of muscle mass each decade.

At 40. Your body starts to lose muscle mass naturally. This process is called sarcopenia. Even if you're active, your body will still lose some muscle. During this time, fat will start to form instead of muscle. This also slows down your metabolism, depending on how much muscle mass you've lost.

Other factors. Hormones and genetics will also impact how quickly your metabolism slows down as you get older. Every person has a different mix of these, so it can be hard to predict the rate of your metabolism slowing.

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