

50+

ONLINE

Issue 8 JANUARY 2022



Avoid hazards
in the bedroom

Happy New year

Insomnia

INDEX

CONTENT

50+

MAGAZINE / TYDSKRIF

COMMENTS:

Please send us an e-mail to admin@topvibe.co.za to share your opinion, ideas and comments.

COPYRIGHT:

Content of 50 + Magazine / Tydskrif is protected by copyright. NO part of this publication may be reproduced or used in any form whatsoever without prior settlement with the Editor.

DISCLAIMER:

The Editor or the publisher cannot be held responsible for damages or consequences of any errors or omissions neither do they stand warranty for the performance of any article, letter and / or advertisement.

The view of other writers or articles in this Magazine is not necessarily the view of the Editor.

EDITOR:

Charmaine Britz

CONTACT DETAIL:

Cell: 072 768 8582

WEBSITE:

www.topvibe.co.za

1.

50+ AMBASSADOR:

A message from our lovely Ambassador, Lorriane she will bring you something new every month.

2.

INSOMNIA:

What to do when you have Insomnia, how to get sleep.

3.

START A BOOK CLUB:

How to start a book club, make new friends and relax.

4.

AVOID HAZARDS IN THE BEDROOM:

How to decorate your bedroom hazard free.



REGULARS

1. COVER PAGE 01

Our cover page model - anonymous

2. 50+ AMBASSADOR 04

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

3. ADVERTS 09

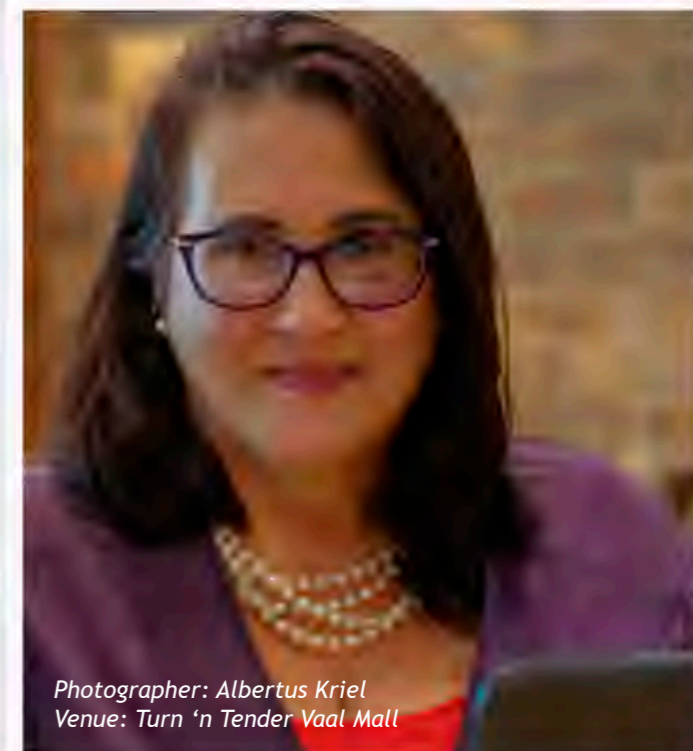
Find our adverts here and please support them.

4. DR. Q FOURIE 19

*Dr Q Fourie writer for our health articles
38 Fitzsimmons Street, Vanderbijlpark
Tel: 016 982 6911*

5. BACK PAGE 20

Back page model anonymous.



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

Redakteur
aan die woord

NUWEJAARS BOODSKAP

Die nuwe jaar is hier en niemand weet wat die jaar vir ons gaan inhou nie. Ons kan maar net hande vat hard werk en glo op 'n goeie jaar.

Solank jy jou persoonlike beste doen elke dag en voluit lewe is dit op die ou einde al wat saak maak.

Geseënde nuwe jaar vir jou en jou gesin, mag julle 'n wonderlik jaar hê met als wat mooi is in 2022

Deel met ons jou verhaal - stuur dit na admin@topvibe.co.za OF na ons WhatsApp nommer 072 768 8582

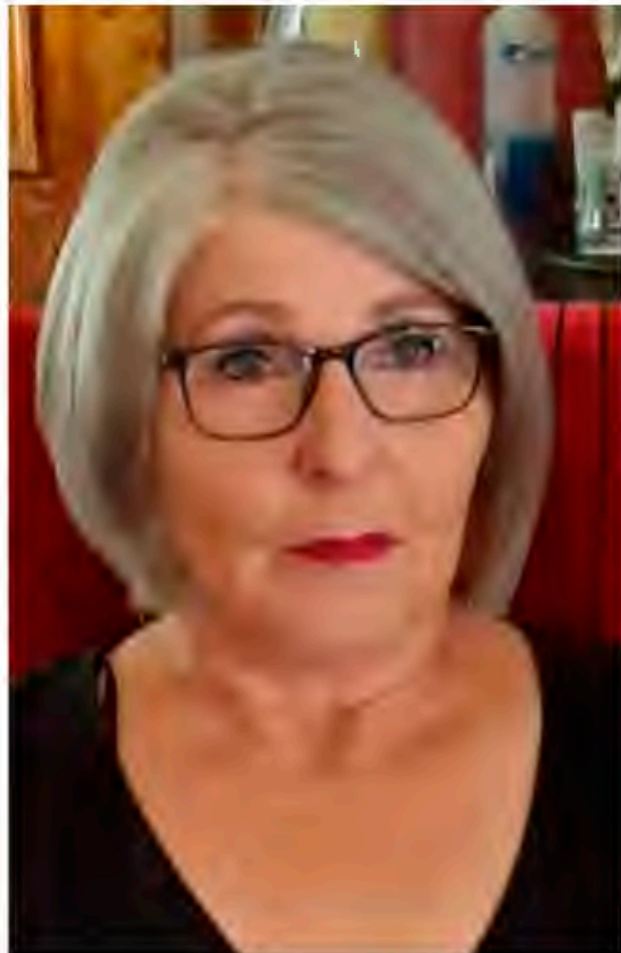
Ons wil graag met ons lesers praat. Geniet hierdie 50+ tydskrif, mooi bly en bly gesond.

Ek groet eers tot volgende maand.

Liefde

Charms xox

50+ Ambassadeur



**LORRAINE
SMITH**

Lorraine Smit:

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

2022 'n nuwe
jaar, met nuwe hoop.

My wens aan elke
persoon is om die beste
te maak van 2022, vat
elke dag met alby hande
en lewe asof dit jou
laaste is.

Vanjaar het ek so baie
baie dinge op my "to do"
lys die jaar gaan te kort
wees.

Ek glo dat met die
genade van Bo sal ek by
als uitkom.

Daar is so 'n paar nuwe
dinge waarmee ek besig
is, ek sal julle op hoogte
hou op my Facebook
blad.

Nou ja geniet hierdie
uitgawe daar is nog elf
oppad!

Liefde 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**

Insomnia

Waking up in the middle of the night is called insomnia, and it's a common problem. Mid-sleep awakenings often occur during periods of stress. Over-the-counter sleep aids rarely offer significant or sustained help for this problem. To help stay asleep through the night, try some of these strategies to relieve insomnia:

Establish a quiet, relaxing bedtime routine. For example, drink a cup of caffeine-free tea, take a warm shower or listen to soft music. Avoid prolonged use of electronic devices with a screen, such as laptops, smartphones and ebooks before bed.

Relax your body. Gentle yoga or progressive muscle relaxation can ease tension and help tight muscles to relax. Make your bedroom conducive to sleep. Keep light, noise and the temperature at levels that are comfortable and won't disturb your rest. Don't engage in activities other than sleeping or sex in your bedroom. This will help your body know

this room is for sleeping.

Put clocks in your bedroom out of sight. Clock-watching causes stress and makes it harder to go back to sleep if you wake up during the night.

Avoid caffeine after noon, and limit alcohol to 1 drink several hours before bedtime. Both caffeine and alcohol can interfere with sleep.

Avoid smoking. In addition to smoking being a major health risk, nicotine use can interfere with sleep.

Get regular exercise. But keep in mind, exercising too close to bedtime may interfere with sleep.

Go to bed only when you're sleepy. If you aren't sleepy at bedtime, do something relaxing that will help you wind down.

Wake up at the same time every day. If you experience increased awake time during the night, resist the urge to sleep in. Avoid daytime napping. Napping can throw off your sleep cycle.



Napping can throw off your sleep cycle. If you wake up and can't fall back to sleep within 20 minutes or so, get out of bed. Go to another room and read or do other quiet activities until you feel sleepy. In some cases, insomnia is caused by a medical condition such as sleep apnea, restless legs syndrome or chronic pain, or by a mental health disorder such as depression. Treatment for one of these underlying conditions may be necessary for insomnia to get better. Also, treating insomnia may help depression symptoms improve faster.

If you keep having sleep problems, talk to your doctor. To determine the cause and best treatment for insomnia, you may need to see a sleep specialist. Your doctor may prescribe medication and have you try other strategies to get your sleep pattern back on track. Depending on the cause of insomnia, a referral to a mental health professional may help some people.

"Advertising your business"

Focus on Your Business



While we manage our business Facebook & Instagram pages

Ask us how on 072 768 8582



Sandri's Showroom

Kontak Sandri by 082 332 4393
vir Vellies, Babydol skoene en Handsakke



The Vaal Triangle's Preferred Choice!

STAY HEALTHY,
STAY SAFE,
STAY TUNED IN!

IFM RADIO
102.2

SMS 43022 (R1.50 per sms)
Studio: 016 687 4000
Office: 016 689 2314
Marketing: 016 687 4394 / 4404 / 5488

WhatsApp: 082 651 8810 | www.ifmradio.co.za



It's family time the last Sunday of every month at Emerald Resort & Casino!

Bring the entire family to Emerald Hotel and enjoy a mouth-watering carvery.

LUNCH IS SERVED 12:30 TO 15:30 and COSTS R190pp AND R85 FOR KIDS UNDER 12.

It is a popular buffet; therefore, bookings are essential! Call on 016 982 8381

PRINT SPOT

Charmaine 072 768 8582
E-mail: charmaine@topvibe.co.za

Dr Quinten Fourie

MB BCh (WITS) General, Aesthetic, Integrative Practitioner

Tel: 016 982 6971 / 1637
Email: info@drmbester.co.za
Address: 38 Fitzsimmons street, Se6 VOBP

CompMed Medical Aid Services

Jan Bekker 082 881 8307

Tel: 016 932 2061
Tel: 016 932 2917
Fax: 016 932 2597
Email: bekker@compmed.co.za

148 Louis Trichardt Boulevard, SE 2, Vanderbijlpark

Dr. D. Dennewill
DENTAL SURGEON / TANDARTS
Goud (Pret) / Beu (Pret)
General Dental Surgeon
Practised for 18 years in the Netherlands

38 Fitzsimmons Street, Vanderbijlpark
Tel: (010) 023 2206



*Sparkling Nails
by Michelle*

Cell: 074 958 6402

NAILS:

Full Set Tips with Acrylic Overlay - R250.00

Acrylic Overlay on Own Nails - R220.00

Clear Acrylic Base Tips & Gel Overlay - R200.00

Gel Overlay on Own Nails - R180.00

EXTRAS:

2 Week Fill (Same Colour) - R150.00

Soak Off - R80.00

Basic Nail Art - R10.00 per Nail

TOES:

Gel Toes - R150.00

EVERY GIRL DESERVES A LITTLE SPARKLE

It's No Secret...



Sandri 082 332 4393

**END OF RANGE
R350**



Made with Poser 7.0

START A BOOK CLUB

So you want to start a book club?

Maybe you're a book lover looking to meet fellow book lovers. Maybe you're not reading as much as you'd like and want to encourage yourself to pick up a book more often. Maybe you already have a group of friends interested in getting together to talk books and don't know what to do next. Or maybe you've never even thought about starting a book club, but now you're thinking it's an awesome idea.

Whatever your reason for starting a book club, you've come to the right place! Running a book club is not only a fun way to enjoy books and meet new people, it's also a great way to learn new perspectives and participate in some healthy debate.

Lucky for you, we've put together the book club tips and resources you'll need to get your book club up and running.

Determine What Type of Book Club You Want to Host.

Figure Out Who You Want to Invite.

Decide Where Your Book Club Will Meet.

Decide How You'll Choose Books.

Think About How Members Will Access the Books.

Set Up the Discussion.

Don't Forget the Logistics.

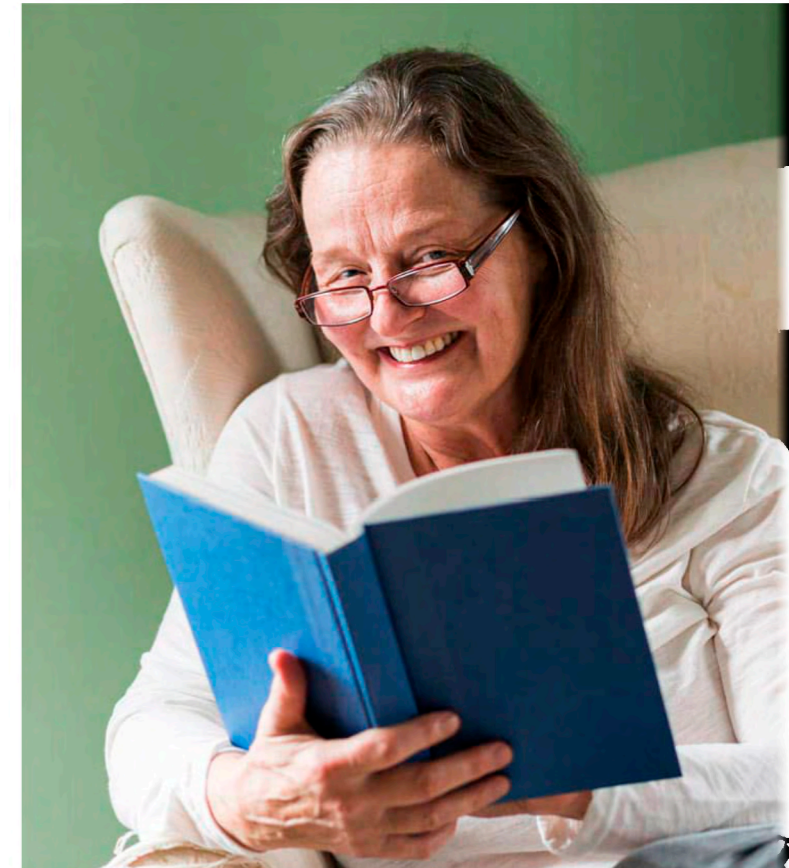
Whether you want to host a book club for just you and a friend or bring together a large group of people, it's important to figure out who will come to your book club. Big groups can offer a wide variety of ideas and viewpoints, but smaller gatherings can be more intimate and allow you to really get to know your fellow book club members.

There's no right or wrong answer to this question and it may change over time, but it's important to consider before you get started because the size of your book club will affect when and where you can meet, and may even impact what books you'll read.

You should also consider how you'll find members. Will you invite close friends only? Do you want to expand your social circle and welcome anyone who's interested?

It can be daunting to find people to join your book club, but books really do have a way of connecting people. Try starting with three friends and asking each of them to invite one, two or even three friends of their own.

Neighbourhood and community boards on social media channels like Facebook are also great places to connect with fellow bibliophiles.



Easy Recipe for Seniors

Many seniors lose interest in cooking as they get older, but proper nutrition and staying hydrated are vital for healthy aging. Medication side effects, changing taste buds, physical difficulty, and eating alone are all reasons older adults may not cook foods they used to enjoy. Another common reason seniors avoid the kitchen is burnout from decades of the same family recipes.

For something new, try adding these heart-healthy, nutrient-dense recipes for seniors to your routine. All 20 combine fresh produce with pantry staples for simple, filling dinners, side dishes, and drinks that prioritize senior nutrition. The best part? Each easy recipe requires minimal prep, has seven or fewer steps, and is on the table in under an hour.

Many grocery stores now make cooking more accessible to seniors by offering fresh, pre-cut fresh fruits and vegetables. This reduces prep time as well as physical strain for older adults with arthritis or another health condition that makes chopping difficult. But frozen fruits and veggies are also great to keep on hand — you don't have to worry about upcoming expiration dates, and they can help pull a nutritious meal together quickly.

A rainbow of fresh, in-season fruits and vegetables add vitamins and minerals to your diet. If you have a farmers market near you, stock up on locally grown favorites. If you don't, your grocery store should offer delicious produce all year.

This recipe is so easy, it's almost not even a recipe. It showcases flaky and richly pink salmon, a low-calorie protein source full of heart-healthy omega-3 fatty acids and energy-boosting B vitamins.

This non-recipe is versatile! Replace salmon with another flaky fish like tilapia or trout. Swap out the veggies for whatever's in your fridge, or add potatoes for a heartier meal.

One-Pan Salmon and Vegetables

Ingredients

- 1 squash or zucchini, sliced into rounds
- ½ onion, cut into wedges
- 1 cup cherry or grape tomatoes
- 1 bell pepper, sliced
- 3 tablespoons olive oil, divided
- 1 teaspoon Cajun seasoning or your favorite fish-seasoning blend
- 2-3 salmon fillets, about 4 ounces each
- 1 lemon, optional

Instructions

Preheat oven to 450 F and line a baking sheet with parchment paper or aluminum foil (not wax paper). If you don't have these, you can thoroughly grease the pan with vegetable oil.

In a large bowl, toss all veggies with 2 tablespoons of oil and seasoning, then spread them into a single layer on the baking sheet.

Nestle your salmon fillets, skin side down, between the vegetables. Brush with remaining olive oil, and top with 2 thin lemon slices each.

Roast for 12-15 minutes, until salmon is flaky and mostly opaque.

Add 1 salmon fillet and a heaping serving of roasted veggies to each plate for a healthy and satisfying meal. Enjoy!



Avoid hazards in the Bedroom

Aging in place successfully means looking at your home environment as it is today and reshaping it so that it remains safe, comfortable, and accessible through every stage of the aging process. And while it's easy to look at some rooms—kitchens and bathrooms, for example—and see the challenges they'll present in later years, it's also easy to overlook one of the most important rooms in the house.

Because it's associated with rest and comfort, planning ahead to avoid hazards in the bedroom may come in low on your list of priorities. But you do a lot of living in the bedroom: you spend your sleeping hours there, and you will very likely spend much of your waking time there getting ready for the day and the day's end.

You'll have to navigate your bedroom in the dark, and you may have to navigate it when you're ill or injured.

If you have the misfortune to become bedridden, you may spend entire days in the bedroom. To age in place successfully, you need to plan ahead for a safe, comfortable bedroom as you would for any room in your house.

Once you've planned for a ground-floor bedroom or mastered the accessibility challenges of a bedroom elsewhere, it's time to focus on the bedroom itself. Because you spend so much time in the bedroom, it's essential to plan with safety as a number one priority.

Is there a clear and easy path to the doorway and/or the adjoining bathroom?

Do all windows have secure screens and locks? This is especially important for main floor bedrooms.

Are window fittings easily used by people with arthritis, and those with visual impairments?

If you have the misfortune to become bedridden, you may spend entire days in the bedroom. To age in place successfully, you need to plan ahead for a safe, comfortable bedroom as you would for any

Is all the furniture sturdy, without any chance of tip-overs?

Are items used daily within easy reach?

Are electronics and medical equipment properly secured and placed with cords and cables out of the way?

If you keep medical equipment in your room, make sure to follow all home care instructions for storage, and especially follow all safety protocols for medical oxygen, like keeping the cylinder at least five feet away from all heat sources.

At the heart of the bedroom is one essential piece of furniture, the bed. Again, aging in place requires planning ahead, so as you think about your bed, keep in mind that sleep patterns often change with aging and many older people find it more difficult to fall asleep and stay asleep.

What is the Biggest Challenges for Elderly People in Our Society?

What are the problems that elderly face?
What are the Biggest Challenges for Elderly People in Our Society?

Ageism and a lost sense of purpose. ...
Financial insecurity. ...
Difficulty with everyday tasks and mobility. ...
Finding the right care provision. ...
Access to healthcare services. ...
End of life preparations.

It is well known that as a society we are living much longer thanks to improved living conditions and health care. While being able to reach old age is something to be thankful for, in many ways, there are several challenges facing the elderly, which we all need to pay more attention to. Often it is not until we start to age ourselves or we see a loved one struggling that we sit up and take notice, but as a society, we can do more to make life easier for our aging population. This article outlines the biggest challenges that elderly people face today and how we can support them and enable them to age with dignity.

.There are lots of outdated stereotypes about elderly people, which can lead to isolation and marginalization in a lot of communities. By coming up with innovative ways to involve older people in the community through social events, we can not only help them to maintain a sense of identity and self-esteem but also tap into the wealth of knowledge and experience they have, which is so vital for the development of society.

Financial insecurity

While we are living longer, unfortunately, the world of employment and retirement has not evolved at the same pace. Many elderly people are able and more than willing to work past the standard retirement age, but the opportunities are not there. In addition, managing day to day finances and planning for later life can be challenging for older generations as much is now done online or remotely. This can also leave them more vulnerable to fraud and scams.

.Difficulty with everyday tasks and mobility

A person's mobility and dexterity will naturally decline as they age, which makes completing everyday tasks more difficult. This can gradually cause people to care for themselves and prevents them from being social, pursuing interests, or taking part in activities they enjoy. More support is needed to enable elderly people not only to live independently through products and programs which focus on safety, balance, fitness, and mobility but also to ensure they can continue to thrive as an individual.

Finding the right care provision

When complete independence is no longer practical, many elderly people require additional care. Sometimes this care can be provided by family members, but this can place a lot of strain on the caregiver in terms of balancing this with work and other family responsibilities. These caregivers need to be given the training, resources, and emotional support necessary to help them deliver the best care for their loved ones and themselves.

In some cases, it is more appropriate for a professional caregiver to be employed on a regular basis, e.g., when there are complex medical conditions and/or physical disabilities. With a comprehensive elder care service, the elderly person is able to remain in their own home.

Access to healthcare services

Healthcare can be complicated and disjointed for elderly people, especially for those struggling with long term conditions. The care requires lots of different medical professionals and clinics to coordinate delivery of medication and other types of care.

End of life preparations

We all need to prepare for the inevitable, but death is often a difficult topic for people to discuss or make plans for. Elderly individuals and their families need support when considering the end of life options available, financial implications, and how to ensure that the individual's wishes are respected.

Sharing is caring!



MAGAZINE

MEDIA HOUSE

NEXT ISSUE FEBRUARY 2022

TO DOWNLOAD GO TO WWW.TOPVIBE.CO.ZA