



50+

ONLINE  
Issue 14  
JULY 2022

SAUSAGE STEW

*Gesondheid!*

*Understanding Your  
Aging Parents.*

MAGAZINE / TYDSSKRIF

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50+

MAGAZINE / TYDSKRIF

COMMENTS:

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1.

50+ AMBASSADOR:

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

2.

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3.

UNDERSTANDING YOUR AGING PARENTS:

How to understand your parents better with aging.

4.

WINTER KOS:

Ons deel graag met julle twee verskillende briedies vir die winter.



REGULARS

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Our cover page - Growing old together

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

3. ADVERTS 08

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4. ASK DR. Q FOURIE 05

Dr Q Fourie
38 Fitzsimmons Street, Vanderbijlpark
Tel: 016 982 6911

5. BACK PAGE 20

Back page Next Issue we celebrate women on Women's Day 9 Aug 2022



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

Redakteur aan die woord

Liewe leser,

Julie maand is nou maar nie die beste maand van die jaar nie, ons almal kry koud, ons word siek. Bid maar net dat winter gou verby sal gaan.

9 Aug vier ons vrouedag en ons is besig met 'n funksie waar ons hulde bring aan vroue.

Koop vir jou 'n kaartjie en kom kuier saam met ons asb.

Stuur vir ons julle stories van toeka tot nou, deel dit met ons stuur dit vir ons na admin@topvibe.co.za OF na ons WhatsApp nommer 072 768 8582 en ons deel dit met die lesers

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

Pas julleself mooi op!

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,

**Loadshedding. Ek is so keelvol vir die s#it dan praat ek nie eers van die potholes nie die afrikaanse woord se dit beter slaggate.**

**Hoe bly 'n mens in so land en wees positief. Als gaan op, jy stap vandag in die winkel dan koop jy iets oor 'n week koop jy die selfde ding maar net duurder.**

**Vandag kan jy 'n eier gaar maak jy weet waar ek wil slange vang.**

**En die ergste is mens kan niks daaraan doen nie. Ek hoop my gemoed is volgende maand beter. Hou net kop bo water dit is al wat ek kan sê**

**Ons praat volgende maand weer, 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](mailto:admin@topvibe.co.za)  
OF  
per WhatsApp na 072 768 8582**

# Gesondheid!

**KLINK 'n glasie op die nuwe JY! En gee terselfde tydjou lyf 'n hupstoot met broodnodige vitamieene en antioksidante**

## **SJOKOLADE-MENGELDRANKIE**

1 K kokosneut of amandelmelk  
1/2 Grieksestyl volroomjogurt  
3E kakao  
1 T Xylitol  
1/2 K sneeu ys  
30ml Sjokoladelikeur  
Fyngemaakte neute van jou keuse.

Meng alles behawe die neute met 'n staafmenger, gooi in 'n glas en sprinkel neute oor.  
Kakao 'n goeie bron van minerale soos magnesium, kalsium, koper en yster.

## **WAATLEMOEN - MOJITO**

1/2 K waatlemoen blokkies  
1 E heuning  
1/3 K vars lemmetjiesap  
Paar kruisement blare  
30ml tequila

Meng alles in menger tot die kruisement gekneus en geurig is.

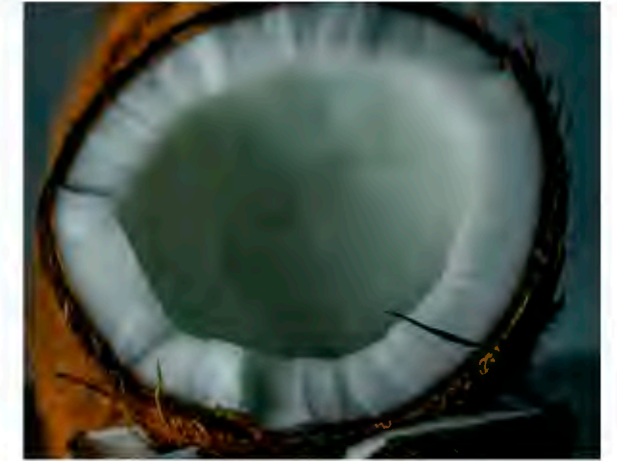
Sit voor met fyngemaalde ysblokkies of sneeu ys. Dit bevat min kilojoules en is verfrissend.

## **KOKOSNEUT - EN - WORTEL- LEKKERTE**

1/4 K Kokosneutwater  
1/3K Wortel sap

Meng is 'n martini -glas. Garneer met vars tiemie, koljander of wortelrepies

Die betakaroteen in wortels help jou beskerm teen kanker en is goed vir jou vel



## **VERFRISSENDE AARBEI-DRANKIE**

1K bevrore aarbeie  
1 T Xylitol  
2 E lemmetjie sap  
1K sneeu ys  
30ml rum (optoneel)

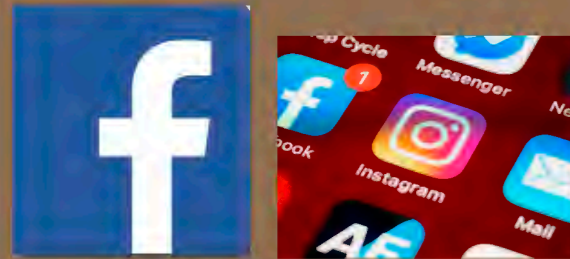
Meng met 'n staafmenger en sit voor in 'n verkoelde glas.

Aarbeie is ryk aan vitamien C, wat help om jou vel gesond te hou



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**PRINT SPOT**

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# Understanding Your Aging Parents.

**Change in general is intimidating and induces fear, but changes to your own body and personal circumstances can be even scarier. This is why aging can be so scary. As we get older, there are a lot of changes and unknowns that come up that we have to try to sort out. It's even worse if we have to do it alone. For this reason, it's important to try to understand your aging parents so that you can offer them the support they need. One of the keys to doing so is understanding what scares them about aging. Because your parents may not be open to talking about their fears with you, here is a list of some of the top fears of aging to help you understand your aging parents and start a discussion with them about their fears.**

## **Aging Fear #1: Losing Independence**

**Independence is something we strive for our whole lives. When we are children, we are taught to do things for ourselves so that we can become independent adults. In adulthood, we pride ourselves on being able to take care of and provide for ourselves and others.**

**Because we have worked so hard to gain independence over the years, losing that independence is one of the biggest fears of aging. As parents age, they start to see their independence slowly decrease as their physical and mental abilities change.**

**It is important to try to let your parents maintain as much of their independence as possible for as long as possible. One way of letting your aging parents keep more control over their lives is by asking if you can help and offering options instead of just making decisions for them. Instead of telling your aging loved one not to change a light bulb because they might fall, ask if they would like you to check or change any light bulbs. You can also offer help in the form of a gift by printing coupons that they can redeem for work around the house or yard. This allows your aging parent to better maintain a sense of independence for a longer time.**

## **Aging Fear #2: Deteriorating Health**

**Unfortunately, one of the biggest associations with age is a decline in health.**

**As your parents age, they may see their physical health start to deteriorate. The possibility of worsening health problems is scary in and of itself, but aging parents also associate declining health with an inability to do the things they love and the loss of their independence. Because of mobility issues and other physical health issues, your aging loved one may no longer be able to safely perform daily personal care tasks or maintain their home. They may be afraid to tell you about changes in their abilities out of fear of losing their independence or their home.**

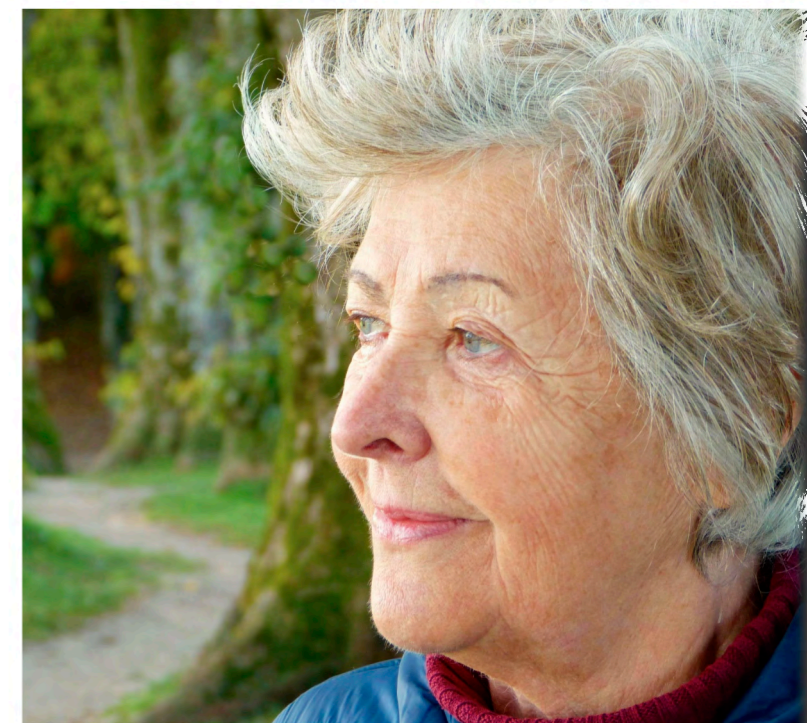
**To help your aging parents cope with aging and declining health, it is important that you have an open discussion with them about it. Let them know that they are not alone in their health conditions, as 91 percent of elders have at least one chronic condition, according to the Institute on Aging. It is natural that physical limitations will increase as they age. 65 percent of aging adults rely on long-term help from family and friends, and 30 percent use paid assistance**

**You should examine your aging loved one's physical health so that you can figure out what they need now and**

**will need in the future, then plan accordingly. Discuss their health care needs and possible future needs with them so that they will not have to worry about any "what-ifs."**

## **Aging Fear #3: Not Having Enough Money**

**A common fear for aging parents is running out of money, no matter how much they have saved and put aside. Your parents don't want to end up becoming a burden for you and their other loved ones, and they often worry what will happen to them if they run short on funds. It can be difficult for parents to talk about money with their children, but it's a topic that should be broached so that their fears can be assuaged.**



# Geurige Lamsbredie Kerrie

1.5 kg loin lamstjops  
125 ml kookolie  
1 lourier blaar  
1 kaneelstokkies  
1 eetlepel asyn  
2 groot uie, gekap  
3 knoffeltoontjies, gekneus  
1/2 teelepels vas fyn gemmer  
1/4 teelepel borrie  
4 eetlepel sterk kerrie poeier  
4 aartappels, geskil en helfte gesny  
3 wortels, geskraap en apgesny  
2 kop gevriesde ertjies  
2 tamaties, fyngekap  
1 eetlepel appelkoos konfyt  
sout na smaak  
2 x 750 ml kookwater

2 kop gevriesde ertjies

2 tamaties, fyngekap

1 eetlepel appelkoos konfyt

sout na smaak

2 x 750 ml kookwater

Verhit olie in kastrol, voeg uie en knoffel by, braai vir 'n paar minute tot uie sag is. Voeg kerrie en gemmer, kaneelstokkie, lourierblaar, asyn en laaste borrie by, roer vinnig deur

Verlaag die hitte en voeg vleis by roerbraai als lekker saam.

Gooi 750ml kookwater by, sit die deksel op. Laat prut oor matige hitte tot water verdamp het

Voeg nou nog 750 ml kookwater by, sit aartappels en wortels en konfyt, sout na smaak

As aartappels amper gaar is en voeg tamatie en ertjies by

Bring tot kookpunt, en verlaag dan hitte. en kook stadig tot vleis en aartappels sag is

Bedien met witrys, roti's, salsa en blatjang



# SAUSAGE STEW

## INGREDIENTS

### Ingredients

1 kg Lamb or beef sausage cut into pieces

4 tablespoons of oil

3 onions, peeled and finely chopped

6-8 potatoes peeled and quartered

Salt and black pepper to taste

3 whole chillies

1 clove of garlic, peeled and finely chopped

## DIRECTIONS

**STEP 1** In a large pot, on medium to high heat, heat the oil and add the onions, brown well.

**STEP 2** Add the chillies, garlic and half a cup of water and cook the onions for 10 minutes.

**STEP 3** Next add the sausage, salt and pepper and potatoes and cook for about 8 minutes stirring occasionally.

**STEP 4** Next, add a cup of water and cook until potatoes are soft.

**STEP 5** Serve with white rice and atchar. Delicious !!!





# REASONS WHY SENIORS WALK WITH A SHUFFLE

*You might notice that your older adult shuffles or drags their feet when they walk.*

*And even if you constantly remind them, they're still not picking up their feet when walking. In fact, they may not even notice that they're doing it.*

*So why do seniors shuffle when they walk? The short answer is that they're not doing it on purpose.*

*When someone starts shuffling when they walk, something is causing that to happen. To help your older adult walk more safely, the first step is to find the cause.*

*We share the 10 top reasons why seniors shuffle when they walk, explain why shuffling significantly increases fall risk, and suggest what to do if your older adult has a shuffling walk.*

*10 top reasons why seniors shuffle when they walk*

*Weak hips and leg muscles*

*Arthritis pain in joints*

*Loss of flexibility in feet making it hard to flex them normally*

*Decreased ability to maintain balance*

*Decreased vision making it hard to see*

*Fear because of a recent stumble or fall*

*Slow reaction time when unbalanced which increases fear of falling*

*Medication side effects*

*Worn or poorly-fitting shoes or slippers*

*Slippery floors*

*It might seem like not picking up feet when walking isn't that important.*

*But if someone is shuffling, dragging, or generally not lifting their feet off the ground when walking, they're at a much greater risk of falling.*

*Shuffling is a common cause of falls because sliding feet can more easily trip on rugs, door thresholds, or even slightly uneven surfaces.*

*And seniors who shuffle when they walk are more likely to stumble because their shoes can catch on the ground.*

*Plus, the narrow stance of shuffling feet makes someone more unbalanced than if they had a regular walking stance.*

*An unsteady gait or shuffling walk could be caused by something as simple as slippery floors or as serious as dementia or Parkinson's disease.*

*So if your older adult has started shuffling their feet when walking, it's important to schedule an appointment with their doctor to find out what's causing it.*

*To prepare for the doctor's appointment, check to see if any of these top 10 reasons could be causing them to shuffle their feet.*

*Unless the reason is obvious and easily corrected, like replacing a too-old pair of shoes that are loose, it's best to have the doctor do a thorough check-up.*

*That will help them identify the cause of the shuffling behavior. Once the reason is known, the doctor can make recommendations for how to improve the situation.*



# What Do We Know About Healthy Aging?

**Many factors influence healthy aging. Some of these, such as genetics, are not in our control. Others — like exercise, a healthy diet, going to the doctor regularly, and taking care of our mental health — are within our reach. Research supported by NIA and others has identified actions you can take to help manage your health, live as independently as possible, and maintain your quality of life as you age. Read on to learn more about the research and the steps you can take to promote healthy aging.**

**Get moving: Exercise and physical activity**

**Healthy eating: Make smart food choices**

**Getting a good night's sleep**

**Quit smoking**

**Alcohol and other substances**

**Go to the doctor regularly**

**Social isolation and loneliness**

**Social isolation and loneliness**

**Stress**

**Depression and overall mood**

**Leisure activities and hobbies**

**How different factors affect cognitive health**

**How cognitive training affects health outcomes**

**Taking care of your physical health**

**While scientists continue to actively research how to slow or prevent age-related declines in physical health, they've already discovered multiple ways to improve the chances of maintaining optimal health later in life. Taking care of your physical health involves staying active, making healthy food choices, getting enough sleep, limiting your alcohol intake, and proactively managing your health care. Small changes in each of these areas can go a long way to support healthy aging.**

**Get moving: Exercise and physical activity**

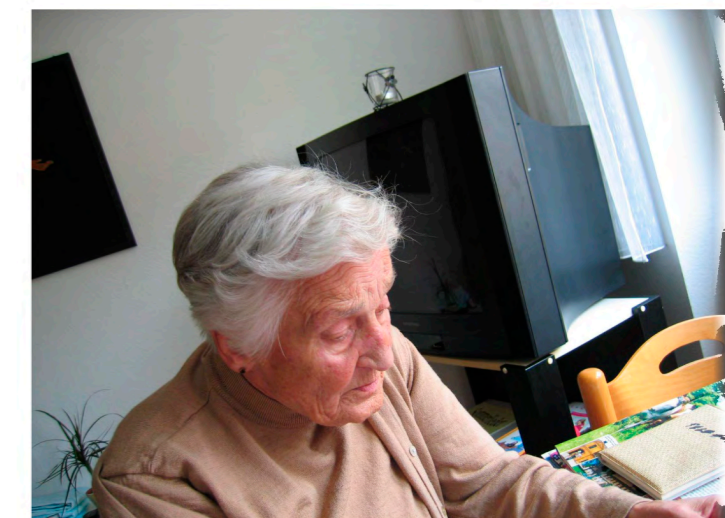
**Whether you love it or hate it, physical activity is a cornerstone of healthy aging. Scientific evidence suggests that people who exercise regularly not only live longer, but also may live better — meaning they enjoy more years of life without pain or disability.**

**A study of adults 40 and older found that taking 8,000 steps or more per day, compared to only taking 4,000 steps, was associated with a 51% lower risk of death from all causes. You can increase the number of steps you get each day by doing activities that keep your body moving, such as gardening, walking the dog, and taking the stairs instead of the elevator.**

**Although it has many other benefits, exercise is an essential tool for maintaining a healthy weight. Adults with obesity have an increased risk of death, disability, and many diseases such as type 2 diabetes and high blood pressure. However, thinner is not always healthier either. Being or becoming too thin as an older adult can weaken your immune system, increase the risk of bone fracture, and in some cases may be a symptom of disease. Both obesity and underweight conditions can lead to loss of muscle mass, which may cause a person to feel weak and easily worn out.**

**Making smart food choices can help protect you from certain health problems as you age and may even help improve brain function. As with exercise, eating well is not just about your weight. With so many different diets out there, choosing what to eat can be confusing. The 2020-2025 Dietary Guidelines for Americans provide healthy eating recommendations for each stage of life. The Dietary Guidelines suggest an eating pattern with lots of fresh fruits and vegetables, whole grains, healthy fats, and lean proteins.**

**Getting enough sleep helps you stay healthy and alert. Even though older adults need the same seven to nine hours of sleep as all adults, they often don't get enough. Feeling sick or being in pain can make it harder to sleep, and some medicines can keep you awake. Not getting enough quality sleep can make a person irritable, depressed, forgetful, and more likely to have falls or other accidents.**



# **MEDIA HOUSE MAGAZINE**



***Celebrate Women's Day 9 Aug 2022***

**NEXT ISSUE AUG 2022**

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