

50+

ONLINE
Issue 13
JUNE 2022

MAGAZINE / TYDSKRIF



60 Gouejare

Happy Father's Day

*Interesting Facts
about Older Adults*

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50+

MAGAZINE / TYDSKRIF

COMMENTS:

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3.

60 GOUE JARE:

Piet en Vlekkie Kriel vier hulle 60 st huwelikshedenking.

(Albertus ons fotograaf se ouers)

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GRANDFATHER'S AND THEIR GRAND CHILDREN:

What a grandfather could do.

I LOVE YOU DAD

REGULARS

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Our cover page - Happy Father's Day

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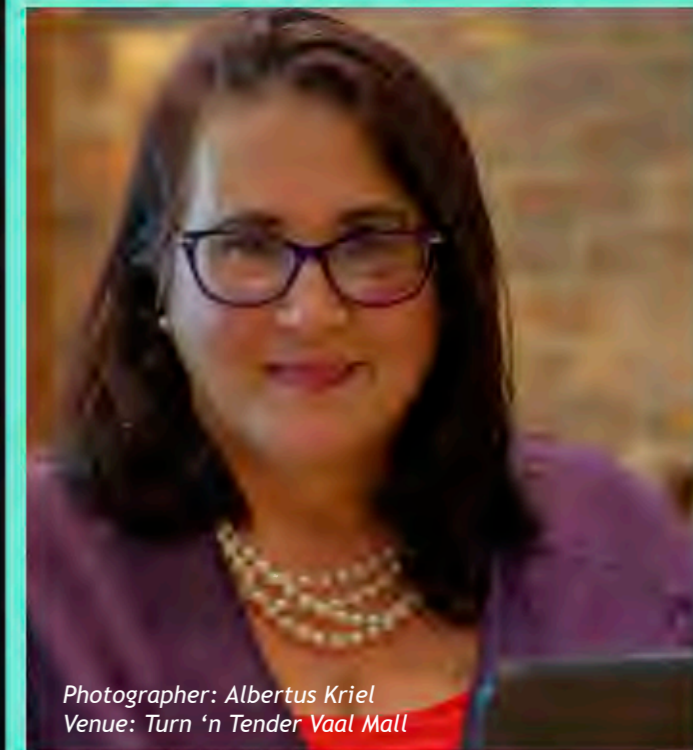
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4. ASK DR. Q FOURIE 05

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

5. BACK PAGE 20

Back page Next Issue is our winter Issue.



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

Redakteur
aan die woord

Liewe Leser,

Pa's, dit is nou julle beurt ek hoop vroulief en die kinders gaan jou lekker bederf.

Gelukkige Vadersdag aan al die pappas daar buite, mag julle elke oomblik van die dag geniet..

Dankie dat julle 'providers' is vir julle gesinne.

Ons wag vir daai 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.

Geseënde Vadersdag!

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,

Moedersdag het gekom en gegaan, myne was lekker rustig dit was koud en dit het gereën en ek het net lekker snoesig warm voor die TV gesit.

Julle pappa's moet nou nader skuif dit is nou julle beurt. Julle vrouens bederf julle elke dag so steek nou aan daai vuurtjie en braai vir die gesin..geniet jou Vadersdag.

Ek kan nie glo dat die winter nou "full blown" hier is nie, dit is koud en mens het net mooi lus vir niks.

Behalwe om te eet, sop, brood en potjiekos, teen die winter verby is stoel ons almal en moet sukkel om die klere te laat pas..

Bly warm 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

Interesting Facts about Older Adults

4 in 5 older adults will battle at least one chronic condition or illness such as heart disorders, arthritis, or osteoporosis. 50% will battle at least two. 15 million older persons volunteer – nearly half of all adults 65 and older volunteer in some form.

Here are some interesting facts about older adults: Only 3.6% of people over 65 years old are in nursing homes. Elderly men are likely to live with a spouse while elderly women are more likely to live alone.

4 in 5 older adults will battle at least one chronic condition or illness such as heart disorders, arthritis, or osteoporosis. 50% will battle at least two.

Elderly people occupy over 1/3 of all federally subsidized housing.

Social isolation makes seniors more vulnerable to elder abuse.

Minorities make up almost half of the older population: 42% of people 65 and older in the US are part of minority groups.

The elderly are the fastest growing age group: The US Census Bureau indicates that individuals 85 and up are the fastest growing age group by percentage.

Senior citizens are the fastest growing demographic on Facebook. Research studies done by the Pew Internet & American Life Project found that 53% of Americans who are the ages of 65 or older are online and 34% of those numbers are on Facebook and similar social sites.

Your brain never stops growing: We grow new neurons with time, and the brain is constantly reshaping itself in response to learning.

15 million older persons volunteer – nearly half of all adults 65 and older volunteer in some form.

The average age of senior center participants is 75. multi-ethnic group of seniors on the beach, older adults

Compared with their peers, senior center participants have higher levels of health, social interaction, and life satisfaction and lower levels of income.

11,400 senior centers serve more than 1 million older adults every day.

While older adults may sometimes face concerns like health issues, isolation and poverty, the ill effects of these things can be eased through utilization of technology and available resources.

There are already 55,000 Americans over age 100, and by 2050 the number of centenarians will reach 600,000—roughly the population of the entire state of Vermont!

The baby boom generation is more racially and ethnically diverse than any previous generation. By 2050, 20 percent of seniors will be Hispanic, 12 percent black, and 9 percent Asian.

Women are a majority of seniors, accounting for 57 percent of the U.S. population today and a projected 55 percent of Americans over age 65 by 2050.

Currently people over 65 years number 483 million in the world and by 2030 the number will reach 974 million. By the year 2025 approximately 18 percent of the world population will be seniors.

There are 72 men for every 100 women in the age group 'above 65 years' and there are 45 men per 100 women in the age group 'above 85 years.'

Reducing the death rate from heart disease or cancer by 20 percent would be worth around \$10 trillion to Americans. This would be more than one year's U.S. Gross Domestic Product.

As per the Guinness Book of World Records - Jeanne Louise Calment was the oldest human who lived for 122 years and 164 days. She was born in France on February 21, 1875, and died at a nursing home in Arles, southern France, on August 4, 1997.

Why do old people fart so much? Some experts believe that as you get older, you fart more because your metabolism slows down. The food sits longer in your digestive system, creating more gas. Also, your stomach makes less of the acid needed to digest food well. What's more, your digestive system is made up of muscles.



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60 Goue jare



Piet en Vlekkie Kriel (foto verskaf)

Piet en Vlekkie Kriel het vanjaar op 12 Mei 2022 hulle 60st huweliks herdenking gevier. Daar is al baie spreekwoordelike sakke sout opgeeët, die sout is nou al suiker.

Piet en Vlekkie (noemnaam) het drie kinders, twee dogters en een seun daar is vyf kleinkinders en twee agter kleinkinders.

Hulle het ses dekades gelede 'n double troue gehad saam met Vlekkie se sussie, dit was om geld te spaar.

Hulle is in Betlehem Vrystaat getroud in die kerk saal en daar mag nie drank gewees het nie. "Piet vertel dit was maar 'n droeë troue gewees".

Vandag kyk hulle terug en kan baie stories vertel oor die jare heen. Baie lag en ook huil.

Vandag kan hulle, die kinders, kleinkinders en agter kleinkinders geniet wat 'n wonderlike voorreg.

Baie geluk Piet en Vlekkie julle is 'n pragtige voorbeeld vir vandag se jongmense. Mag daar vir julle nog baie mooi jare voorlê, met gesondheid en guns.

Die liefde bedek alles, glo alles, hoop alles. Die liefde is die boustene en sement wat die huwelik aanmekaar hou.

Die liefde wen altyd!



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Send your e-mail to admin@topvibe.co.za
with short description about yourself -
with a photo, your name and surname.
(must reside in the Vaal)

Mooiste verhaal, 'n verhaal van liefde

LEES EN GEE MY JOU
ANTWOORD:

'n Weduwee-ma verlaat haar huis en gaan haal water, en laat haar enigste kind aan die slaap. Met haar terugkeer het sy 'n groot skare rondom haar brandende huis gevind.

Aan die binnekant is haar seun op die punt om in die brand te sterf. Sy gooi haar bak water op die vloer, en huil, wil sy in die brandende huis ingaan om na haar seun te soek.

Almal bly sê: "Jy gaan ook dood, vuur is baie groot." Sy ontsnap uit hul hande, gaan die vuur binne en draai haar seun in 'n kombers toe. Die kind, styf teen haar bors, word nie deur die vuur aangeraak nie.

Mamma kom erg verbrand uit en word net-net gered; danksy die versorging van die hospitaal, maar sy leef met letsels en onherkenbaar. Baie jare het verbygegaan. Die kind het onder leiding van sy ma sy studies voltooi en is as predikant aangestel.

Hy het op sy afspraak 'n partytjie by sy villa gereël en al die hooggeplaastes van die stad en sy vriende genooi. Terwyl hulle in volle geselskap was, is geluide by die deur van die ingang na die villa gehoor. Die seun is gedwing om die situasie te gaan oplos. Hy het gevind dat die veiligheidsbeamptes sy ma verhinder om by die partytjie aan te sluit. Hy het haar nie genooi nie, maar sy wou ook by die partytjie aansluit.

Gekonfronteer met hierdie situasie voor sy gaste, het hy sag aan sy ma gesê: "Asseblief, Ma, ek sal skaam wees om jou voor my vriende te laat verskyn. Ons kan later bespreek." En in die geheim het hy die veiligheidsdienste beveel om gooi sy ma uit as gevolg van haar letsels ... Wat inspireer jou in hierdie storie?

Hierdie vrou verteenwoordig Jesus Christus wat homself opgeoffer het

vir jou en my.

Vandag, watter plek gee jy hom in jou lewe? Dit is Hy wat die letsels ontvang het as gevolg van jou en my. As jy jou vir Hom skaam, hou hierdie boodskap en moet dit vir niemand stuur nie. As jy nie skaam is oor die letsels van Jesus Christus nie, as jy Hom as jou Here en Verlosser in jou hart ontvang het, dra hierdie boodskap aan twaalf persone oor.

Jesus Christus sê vir ons in Markus 8, 38: "... Want elkeen wat hom vir My en my woorde skaam in hierdie owerspelige en sondige geslag, hom sal die Seun van die mens hom ook skaam wanneer Hy kom in die heerlijkheid van sy Vader met die Heilige engele." 🌟🍎

Jy het nog tyd om vir ten minste 12 mense te vertel dat Jesus vir hulle lief is. Wat my betref, ek het hierdie sending saam met jou begin.

Psalm 126. God het my gevra om vir jou te sê: Dat alles van nou af reg sal wees... Jy gaan oorwin en al jou doelwitte bereik. Vandag het Jesus Christus jou huis besoek. Op pad uit het hy al jou probleme saam met hom geneem. Doen my 'n guns. Vertrou God en deel hierdie boodskap met twaalf vriende van jou, moenie ignoreer nie en kyk binne 4 minute, jy sal 'n baie goeie nuus ontvang. Dit het niks gekos om te deel nie.

Ek deel graag hierdie brief met julle.

Groete Red



Men are less likely to seek medical treatment

○
Way men don't go to visit their GP, common reasons included embarrassment or discomfort with discussing certain issues and not wanting to be told that they should change their diets or lifestyle. Some said they didn't mention a health concern because they weren't ready to face a troubling diagnosis, or because they didn't want to be judged.

Some men just don't like talking about their health, the survey found — even when they do see a doctor. One in 5 admitted they haven't been completely honest with their physicians. Common reasons included embarrassment or discomfort with discussing certain issues and not wanting to be told that they should change their diets or lifestyle. Some said they didn't mention a health concern because they weren't ready to face a troubling diagnosis, or because they didn't want to be judged. One-quarter of men say they've "felt judged" by their doctors.

For older men, there is a particular reluctance to discuss erectile dysfunction and urinary problems. These are important symptoms to address, however, since erectile dysfunction can be a sign of other health conditions, including heart disease and poorly controlled diabetes. And while difficulty urinating can be normal as the prostate grows with age, Gill notes, it can also be caused by a tumor; catching it early can be crucial for treatment.

"That's why we really encourage guys to get in and be seen before they have symptoms," who likes to make an analogy to cars when talking to men about their health care: "You rotate your tires, you change your oil ... What you don't want to do is wait until there's smoke coming out from under the hood and the car stops running. The same thing goes for men's health."

Are men less likely to seek medical treatment?

Studies show, women are more likely than men to seek out health care. The result of forgoing routine health care is just what you might suspect; limited care is one factor contributing to serious diagnoses and shorter life spans for men.

A new survey highlights the negative attitude many men have about seeking medical care.

Nearly two-thirds of respondents said they avoid going to the doctor as long as possible, and 37 percent said they withhold information from their doctors.

Experts say this is an ongoing issue that keeps doctors from detecting life-threatening issues early, resulting in bigger health dangers and sometimes death.

As part of this year's campaign, their survey asked men how they approach their medical treatment.

The results found:

72 percent of respondents said they would rather be doing household chores, like cleaning toilets, than going to the doctor.

65 percent of respondents said they avoid going to the doctor as long as possible.

20 percent admitted they aren't always honest with their doctors about their health.

37 percent said they had withheld information from their because they weren't ready to deal with the potential diagnosis that might result if they told the truth. in the past, specifically



Grandfather's and their grandchildren

Actually, the role of both grandparents is to love and nurture their grandchild.

But the activities through which they provide that love and nurture can be quite different.

Grandpas have freedom, maybe even a license, to do wild and crazy things with their grandkids (within reason). The grandpa get to do boy stuff if your grandchild is a boy. If she is a girl treat her like a princess. Have tea parties with her.

Help him with his motorcars, build him a race track, for his toy cars - teach him how to braai - do boy stuff.

Make every moment count to make memories.

Where grandmother get to spoil by baking and read a story ect.

What is the relationship between grandparents and grandchildren?

A close relationship between grandparents and grandchildren is mutually beneficial when it comes to the health and well-being of both. Grandparents provide acceptance, patience, love, stability, wisdom, fun and support to their grandchildren. This, in turn, has positive effects on a child's well-being.

What grandparents mean to grandchildren?

Grandparents provide a safe harbor for their grandkids, helping them feel loved and secure, which can be especially beneficial in times of difficulty or stress. Your total acceptance and loving support will be gifts that your grandchildren will cherish always.



A black metal teapot with a large handle is placed on a metal grate over a fire. The fire is burning brightly, with orange and yellow flames visible. The background is a blurred wooden structure.

***MEDIA HOUSE
MAGAZINE***

NEXT ISSUE JULY 2022

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