

50+



ONLINE
Issue 10 - MARCH 2022

Het jy mediese
vrae wat pla?

Never too
old to learn

Safely storing medication



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MAGAZINE / TYDSKRIF

COMMENTS:

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EDITOR:

Charmaine Britz

CONTACT DETAIL:

Cell: 072 768 8582

WEBSITE:

www.topvibe.co.za

1.

50+ AMBASSADOR:

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

2.

BOERERAAD VIR VLEKKE:

Hier is 'n paar boererate om vlekke uit jou klere te haal.

Deel gerus jou raad met ons.

3.

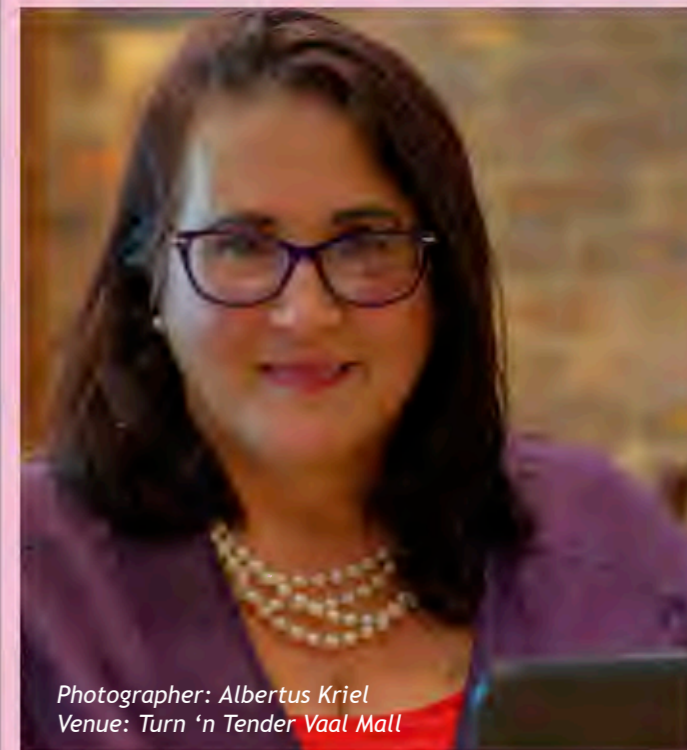
HET JY MEDIESE VRAE?

Indien jy mediese vrae het wat pla? Kom ons vra vir Dr Q Fourie

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SAFELY STORING MEDICATION

How to safely store your Medication.



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

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

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Back page model anonymous.

Redakteur
aan die woord

Liewe lesers,

Terwyl ek besig is met die tydskrif beplan ons so kort weg breek, ons moet net so bietjie weg gaan om kop skoon te maak.

Dit is elke dag net 'n gejaag na wind en is dae is so besig en vol dat mens nie besef hoe moeg jy is nie.

Ek kan nie glo dat die tyd so gou verby gaan nie. Dit is nou regtig nodig vir daai wegbreek.

Ons is opsoek na daai skatkis vol herhinderinge van julle om te deel met ons lesers, het jy dalk 'n brei patroon, resep of wil jy dalk net 'n foto met ons deel - stuur dit vir ons na admin@topvibe.co.za OF na ons WhatsApp nommer 072 768 8582

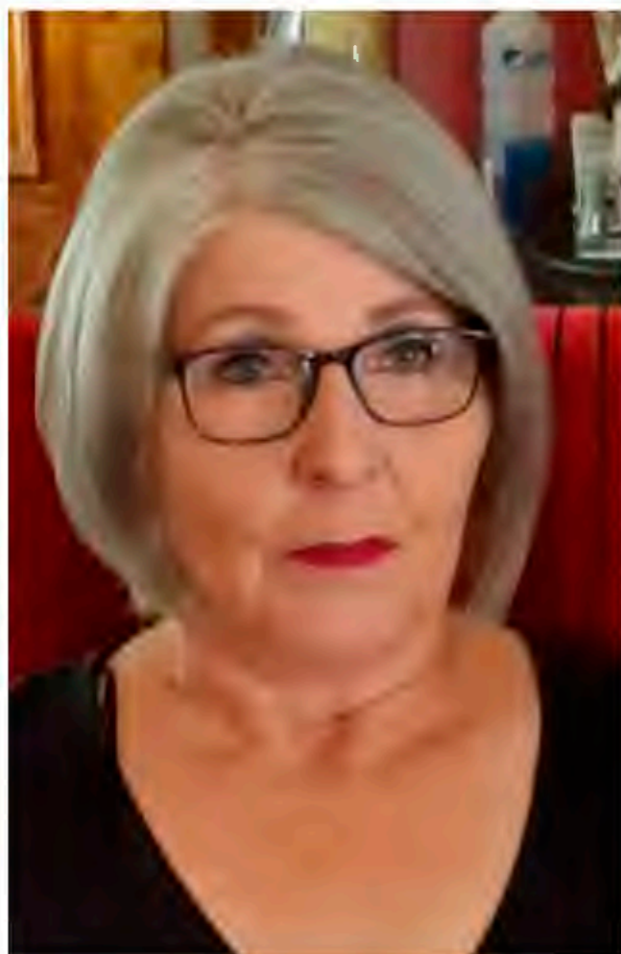
Ons wil graag met ons lesers spog!!

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

Liefde

Charms xox

50+ Ambassadeur



**LORRAINE
SMITH**

Lorraine Smith:

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

Ek moet nou vir julle vertel ek is nog steeds in daai slowmode kom nie aan die gang nie.

Dank die Vander die koue is nou verby om nie eers van die wind te praat nie. Kyk ek haat dit met 'n passie as die wind so waai.

Ek belowe ek sal nou my lyf in rat kry en doen wat ek moet doen.

By my gaan dinge mos altyd woes, soms kyk ek net vir die woes.

Ek het lekker planne vir ons wat voorlê so ek is daarmee besig. Doen darm nie altyd niks nie.

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 mielieblom 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 suurlemoenesap.

• 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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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) / Beo (Pret)
General Dental Surgeon
Practised for 18 years in the Netherlands

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

Wanneer U gees deur my mensweeslemme waai,
dan drink ek uit 'n dam vol dankbaarheid.



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EVERY GIRL DESERVES A LITTLE SPARKLE



Elderley people need to declutter..

Why should seniors declutter?

Image result for elderly people need to declutter

Mobility - Reducing clutter can create more space and reduce the probability of dangerous falls, or tripping incidents that lead to a loss of mobility. In other cases, decluttering can be helpful to you if you are experiencing limited mobility allowing for easier movement throughout the home.

How Can We Help Seniors Get Organized?

Look at potential problems they can encounter at home. ...

Remove hazards and repair items in areas seniors frequently visit. ...

Keep the home open and bright for movement. ...

Make essential items visible and easy to access. ...

We should store relevant documents and bills in secure spaces.

What is an example of decluttering?

Whether tossing out tchotchkes from your living room or clearing your mind of pointless thoughts, to declutter is to remove messes—or clutter—from a space. Physically, decluttering involves getting rid of unnecessary things, such as unused clothes crowding a closet, to tidy up a room or area.

Why is decluttering so hard?

Image result

The biggest reason why decluttering is so hard is because you don't feel like you have time. Time is hard to come by. This life is busy and society puts pressure on us to be busy. It's like if you aren't on the go all of the time, then you are doing something wrong

How do I get rid of everything full of my house?

Clearing out the rest:

Clean out and toss broken items. Go through the house room by room and clean out the clutter.

Host an estate sale. One of the most profitable ways to clear out your parent's house is to hold an estate sale. ...

Donate items that are left.

Why is decluttering so stressful?

Clutter bombards our minds with excessive stimuli (visual, olfactory, tactile), causing our senses to work overtime on stimuli that aren't necessary or important. Clutter distracts us by drawing our attention away from what our focus should be on. Clutter makes it more difficult to relax, both physically and mentally.



Bonding Benefits



Bonding Benefits

Establishing a bond with grandparents is great for kids in many ways. Grandparents can be positive role models and influences, and they can provide a sense of cultural heritage and family history. Grandparents provide their grandkids with love, have their best interests at heart, and can make them feel safe.

Grandparents also encourage a child's healthy development. Overnight trips to Grandma's house, for example, may be less traumatic than sleepovers with peers and can help kids develop independence. Another benefit — grandparents may have lots of time to spend playing with and reading to kids. Such dedicated attention only improves a child's developmental and learning skills

Tips for Staying in Touch

In today's world, though, families may be scattered across the country, and jam-packed school and work schedules may interfere with regular time with grandparents. Despite physical distance or busy schedules, you can encourage your kids to develop a closer bond with their grandparents.

If you've ever turned to your parents or your partner's parents for help and support with child-rearing, you know how wonderful grandparents can be. Although physical distance and parenting differences can come between grandparents, their kids, and their grandchildren, encouraging a close relationship can benefit everyone involved.

Try these tips:

Visit often. If your child's grandparents live nearby, make an effort to save time in your busy schedule for regular visits. Encourage grandparents to visit your home, too. Plan regular trips to see out-of-town grandmas and grandpas. Even if visits are infrequent, anticipating and planning the next trip can help your child regard that time as special.

Stay in touch with technology. Use the telephone, email, Skype, etc., to talk, write, and send pictures and sound files of your kids to grandparents. If they don't own a computer, send videos of the kids in action. Or have a grandparent record a reading of a favorite story and play it for your child at bedtime.

Say cheese. Post snapshots of grandparents in your home and point them out to your kids often. Or keep family pictures in a special photo album and page through it while naming the family members.

Mail call. Kids love receiving mail, be it an e-mail or a letter in the mailbox. Encourage communication by having your child send e-mail — both kids and grandparents will anticipate the regular communication. Or, if you prefer the old-fashioned way, send grandparents a box of stationery and postcards and some stamps and ask them to write regularly.

Pass it on. Many grandparents have hobbies or special skills — such as knitting, woodworking, or cooking — that they'd love to pass on to their grandkids. Give your kids the time and tools needed to learn these skills from their grandparents.

Chart a family tree. Both younger and older kids enjoy learning about their ancestors and relatives. Encourage grandparents to share stories of their families. You can even provide paper and drawing supplies (or genealogy software) so they can chart the family tree.

Safety Away From Home

Whether grandparents live nearby or you're planning to visit, don't forget to make safety a priority. Grandparents may not be used to having young kids in the house, and household dangers could mean trips to the emergency room.

Use a household safety checklist and work with the grandparents to childproof the home, making that dangerous items — such as cleaning products, medicines, razors, and knives — are out of reach or locked in a cabinet. Consider walking through the home with the grandparents to look for any potential safety hazards. They may not realize that small or breakable items are a choking or safety risk.

Taking these precautions ahead of time can free kids and grandparents to make the most of their special time together.

Safely storing medication



Where you store your medicine can affect how well it works. Learn about storing your medicine properly to keep it from getting damaged.

Take care of your medicine.

Know that heat, air, light, and moisture may damage your medicine. Store your medicines in a cool, dry place. For example, store it in your dresser drawer or a kitchen cabinet away from the stove, sink, and any hot appliances. You can also store medicine in a storage box, on a shelf, in a closet.

If you are like most people, you probably store your medicine in a bathroom cabinet. But the heat and moisture from your shower, bath, and sink may damage your medicine.

Your medicines can become less potent, or they may go bad before the expiration date.

Pills and capsules are easily damaged by heat and moisture. Aspirin pills break down into vinegar and salicylic acid. This irritates the stomach.

Always keep medicine in its original container.

Take the cotton ball out of the medicine bottle. The cotton ball pulls moisture into the bottle.

Ask your pharmacist about any specific storage instructions.

Keep children safe.

Always store your medicine out of reach and out of sight of children.

Store your medicine in a cabinet with a child latch or lock.

Damaged medicine may make you sick. Do not take:

Medicine that has changed color, texture, or smell, even if it has not expired

Pills that stick together, are harder or softer than normal, or are cracked or chipped

Get rid of unused medicine safely and promptly.

Check the expiration date on your medicine. Throw out medicines that are out of date.

Do not keep old or unused medicine around. It goes bad and you should not use it.

Do not flush your medicine down the toilet. This is bad for the water supply.

To throw away medicine in the trash, first mix your medicine with something that ruins it, such as coffee grounds or kitty litter. Put the entire mixture in a sealed plastic bag.

You can also bring unused medicines to your pharmacist.

Use community "drug give back" programs if they are available.

Visit the US Food and Drug Administration website for more information: How to dispose of unused medicines.

Do not keep medicine in the glove compartment of your car. Medicine can get too hot, cold, or wet there.

If you are taking an airplane, keep your medicine in your carry-on luggage. To help with security at the airport:

Keep medicine in the original bottles.

Ask your health care provider for a copy of all your prescriptions. You may need this in case you lose, run out, or damage your medicine.

If you have diabetes, ask your provider for a letter explaining that you have diabetes and providing a list of all your supplies. You are allowed to carry your medicine, blood glucose meter, and lancet device on a plane.

Take care of your medicine

Never too old to learn



You will get older.

This seems obvious, but it never feels like it will happen. Learn this before it's too late.

You will realize you used to be an idiot. That may be a harsh way of putting it, but if you don't think you were wrong x years ago, you're missing out on growth. So, your priorities and concerns will change.

Long-term planning is hard, because you don't expect the future to happen, and you want something different now than what you'll want in the future. Look back on what you used to think (journals are good for this), to help yourself imagine how you might change in the future.

Plan accordingly. People you love will die. This is hard to grasp until it happens. Hopefully this happens with your pet turtle before your grandmother, and your grandmother before your father. It gives you a chance for this idea to really sink in so you can do something about it.

Everyone will die. Look at a picture of a WWI platoon. Every single person in that picture is dead. So, you'll die.

Age is a number that's a pretty good predictor of when you'll die.

Others will expect you to want certain things because of the age you are.

But, if you're at least trying to understand what you might want in the future, you'll know whether they're wrong or right.

So, age really is just a number. (A number that's a pretty good predictor of when you'll die.) There is no reason to live the life others expect you to live. And expect, they will.

Though sometimes they have a point. If they're older, they might see better than you what it is you're not thinking about.

The more new experiences you fill your life with, the longer your life will seem. But people are afraid of new experiences.

It scares others if you live outside of the template. They're scared you'll live their dreams before they do and that would feel awful for them. The longer you live, the deeper the ruts get.

It scares others if you live outside of the template. They're scared you'll live their dreams before they do and that would feel awful for them. The longer you live, the deeper the ruts get.

Ruts prevent new experiences, so they make your life seem shorter. So, you have to shake things up and go off-road once in awhile.

You won't feel older than people around you, until they say they've never seen an episode of Seinfeld. They weren't even born. Seinfeld to them is like how you felt when an episode of M*A*S*H came on. I always changed the channel.

While you don't feel older than the young people around you, you seem really old to them. To the people older than you, you seem young and naive. Especially when you act like you're old by making a list of advice at age 22 or 31 or 38.

Except if you're way smarter and wiser than they were when they were your age. That kind of makes them sad. People older than you are often handling your naiveté diplomatically. You won't realize it until years after the fact.



MAGAZINE



NEXT ISSUE MARCH 2022

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