

50+

ONLINE
Issue 06 NOVEMBER
2021

Jan - my vriend

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to Stop
Driving**

Forgetfulness



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MAGAZINE / TYDSKRIF

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EDITOR:
Charmaine Britz

CONTACT DETAIL:
Cell: 072 768 8582

WEBSITE:
www.topvibe.co.za

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

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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.



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

Redakteur
aan die woord

Stadig maar seker nader ons die einde van die jaar, voor ons weer sien is Kersfees hier.

Nog 'n jaar is amper verby en ek kan nie help om te wonder hoeveel van ons kan 'n regmerktjie maak en iets op ons "bucket list" aftiek.

Dit is nou die tyd waar ons nog so baie wil doen en tyd is ons vyhand.

Het jy iets gedoen wat jy nog altyd wou doen? Deel gerus met ons.

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

Middag mensies,

**Hier by my gaan dit goed,
ek is lekker besig met baie
goed gelyktydig.**

**Ons almal weet mos dat
ledigheid die duiwel se
oorkussing is.**

**Ek het so pas my aanlyn
winkel "up-and-running"
sjoë dit het ure en ure se
werk gevat. Maar dit is nou
gedoen.**

**Ek wil julle graag nooi om
te gaan loer by [https://
buyitatthewishshop.com](https://buyitatthewishshop.com)**

**Ek hoop julle gaan lekker
shop!**

**Soms is daar te min ure in
'n dag om te doen wat ek
graag wil doen.**

**Dankie dat julle so getrou
ons tydskrif lees, dit is
lekker om te weet dat daar
mense is wat dit geniet.**

**Dit is alweer tyd vir my om
te groet.**

**Mooi bly tot volgende
maand.**

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**

How Seniors Can Use Facebook

Facebook is an ever-growing platform that is perfect from every angle. Keeping up with your in-laws has never been easier. Delicious recipes are floating around, just waiting to meet your kitchen. Photos of grandkids don't have to just rest on your mantle anymore. The world, and your beloved family, could rest right at your fingertips. And it only takes a few steps. Here's how seniors can take advantage of Facebook.

Facebook is becoming more popular with seniors. If you don't have an account yet, now is the time to make one! Here are some simple steps to walk you through creating your own account.

Create a free profile with Facebook by typing in the information requested. Just a few necessities like your name, email, a secure password, and your birthday.

Add a photo of yourself or a family photo. You can even add a photo of your dog if you'd like.

Add some detail about yourself, and then request to add friends to your page.

Once you have friends, family, neighbors, or community pages added to your profile, you can begin to engage with others.

Privacy Settings

One of the reasons people hesitate to open a Facebook account is because they worry about people gaining access to their information. However, the website offers layers of security. At the top of your main page, there is a question mark that offers a drop-down menu when you click on it. Choose Privacy Checkup, and follow the instructions.

You can choose to show your profile and posts to only friends. By making your posts and your profile private, you can feel safer and more secure on the platform.

It is simple to post on your own page by typing your sentiments into the "update status" box right next to your photo. You can add links, pictures, or videos to your posts. Your loved ones can comment, like, and share your post.

Engaging with Others

To post on your loved ones page or see what they are up to, you can click their name or photo, and begin browsing. At the top of their page you will see a "Post to ___" option. Anything you post there can be viewed by them, and all of their added friends.



Don't believe everything you read:

While on Facebook, you may see information that other users post that might not be quite right. As with anything you read, be cautious. Because users can post what they'd like, you can't accept everything as truth.

Despite these safety concerns, Facebook is a wonderful way to stay updated, keep in touch, and have endless hours of story and entertainment. To learn more about how seniors can use social media, review our Social Media Guide for Seniors!

Safety Tips

Many seniors are wary of social media platforms. And some of this concern is warranted. However, social media can be a safe place. Follow these safety tips on Facebook to ensure your security and privacy.

Watch out for scammers: Scammers who gain access to someone's Facebook may send messages to their family members claiming they're stranded, have a huge fine to pay, and need help. Seniors should always call other family members to check out the legitimacy of such claims.

Beware of fake friend requests: If you don't recognize the person's name or photo, be suspicious. Review their profile, and see how recently they've updated. Look at the number of friends they have. Send them a message and see if they respond. If not, or if the response makes no sense, don't accept the friend request.

Don't believe everything you read: While on Facebook, you may see information that other users post that might not be quite right. As with anything you read, be cautious. Because users can post what they'd like, you can't accept everything as truth.

Despite these safety concerns, Facebook is a wonderful way to stay updated, keep in touch, and have endless hours of story and entertainment. To learn more about how seniors can use social media, review our Social Media Guide for Seniors!

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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 6911 / 1637
Email: info@drmbester.co.za
Address: 38 Firzsimmons street, Se6 VDBP

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
BchD (Pret) / Bco (Pret)
General Dental Surgeon
Practised for 18 years in the Netherlands

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

Jan - my vriend

Ek het alles wat ek as tiener wou hê, eers 60 jaar later.

Ek hoef nie skool toe te gaan of te werk nie. Ek kry elke maand 'n toelaag. Ek het my eie pad. Ek het nie 'n aandklokkeel nie. Ek het 'n rybewys en my eie motor.

Die mense met wie ek rondhang, is nie bang om swanger te raak nie en ek het nie aknee nie. Die lewe is wonderlik. Ek het my motor se toeter verander na geweeskote. Mense kom nou baie vinniger uit die pad.

Die dae dat meisies soos hul moeders gekook het, is verby. Nou drink hulle soos hulle vaders.

Ek was nie vandag by die gimnasium nie. Dit maak vyf jaar in 'n ry. Ek het besluit om op te hou om die badkamer "John" te noem en dit die "Jim" genoem.

Ek voel soveel beter as ek vanoggend na die Jim gegaan het. Ouderdom kom op 'n baie slegte tyd.



Toe ek 'n kind was, het ek gedink dat 'n slaapyd 'n straf is.

Nou voel dit soos 'n klein vakansie.

Die grootste leuen wat ek vir myself sê, is ... "Ek hoef dit nie neer te skryf nie, ek sal dit onthou".

Ek het nie grys hare nie ... ek het "wisdom highlights"!

Ek is net baie wys.

As God wou hê ek moet aan my tone raak, sou Hy dit op my knieë gesit het.

Verlede jaar het ek by 'n ondersteuningsgroep vir uitstellers aangesluit. Ons het nog nie ontmoet nie. Waarom moet ek een druk vir Engels as u my net wil oordra na iemand wat ek in elk geval nie kan verstaan nie?

Ek praat natuurlik met myself. Soms het ek kundige advies nodig. Op my ouderdom beteken 'om gelukkig te word' in 'n kamer in te loop en te onthou waarvoor ek daar ingekom het.

Ek het meer vriende na wie ek dit moet stuur, maar ek kan nie hul name onthou nie.

Nou wonder ek ... het ek dit vir jou gestuur, of het jy dit vir my gestuur?

My vriend Jan (van nuut begin)



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EVERY GIRL DESERVES A LITTLE SPARKLE

10 Eating Changes You Should Make When You Turn 50



Once you reach your 50s, it can be important to make changes to your diet and lifestyle that help you get the nutrients you need for later in life. As our bodies change with time, so should what's on your plate. And while you may have been able to scarf down a donut or two in your 20s without second thought, it can have a larger impact on your blood sugar levels and risk for diabetes and heart disease when you're older. Plus, if you are diagnosed with any health conditions that call for a change in eating habits, you'll need to adapt in order to manage and improve symptoms.

Even if you aren't told by your physician to change your diet, it's smart to make some changes on your own once you've reached your 50s. Here are 10 healthy eating habits to follow at this age point.

Swap refined breads and pastas for complex carbohydrates and grains like brown rice, quinoa, amaranth, buckwheat, and oats. These hearty grains are great for your heart and provide sustainable energy (thanks to fiber) to power the brain and body. Grains like these will keep you full, and the fiber also helps to keep you regular.

As you get older, you might be more susceptible to chronic diseases like heart disease, stroke, diabetes, Alzheimer's and dementia and more. However, you can help lower inflammation in the body by getting omega-3 fatty acids, good fats that are found in fish. Aim to eat fish 2-3 times a week to get the benefits (try these 20-minute fish and seafood dinners). You can also find omega-3 fatty acids in walnuts, hemp seeds, chia seeds and a few other plant-based sources.

High sodium intake can raise risk of heart disease and hypertension, so you'll want to keep levels low in the day. Sodium limits go down at 50, from 2,300 mg to 1,500 mg per day. A good trick?

Don't use that salt shaker when cooking and go for fresh herbs instead, which add flavor without the bloating effect or risk. Rinsing canned foods also helps lower sodium.

While getting protein is important at age any, the requirements are higher for adults in their 60s and up, as their muscles need that extra boost for strength and repair after activity and can't use protein to build muscle as efficiently as they could earlier in life. Even if you're not quite 60, protein-rich foods can help you stay full, so it's not a bad idea to be in the habit of eating a little more. Go for lean choices, like steak, fish, chicken breast, and turkey and fill up on plant-based options like tofu, lentils, and quinoa.

Make eating out a fun occasional treat and stay in to cook at home for most days of the week. By having control over your cooking technique and recipe ingredients, you can ensure the meals are healthy and nutrient-dense, and you can avoid any excessive sugars, salt and oils that often go into restaurant meals.

As you age, bone density lowers, so you need calcium-rich foods to build bone density to lower risk of osteoporosis, prevent fractures and injury, and keep bones strong and stable. For women, calcium needs jump at 51 from 1,000 mg/day to 1,200. You can also look to the Mediterranean diet, which might lower risk of osteoporosis, as well.

It's packed with fish, veggies, some cheese, and grains, and it is lower in processed, high-sugar foods. Great calcium sources are milk, cheese, Greek yogurt, fortified non-dairy milks and eggs and leafy greens.

Say goodbye to soda and sugary drinks and hello to water and unsweetened tea, both of which are hydrating without the sugar crash. If you need to start slow, swap one sugary drink for a water each day, working your way up to cutting sweet beverages out completely. And keep a water bottle on hand to refill every hour or so. While you don't want to eat mindlessly every hour or take in large portions for each meal, you should pay attention to hunger cues and eat when you're hungry. This not only nourishes your body but it can help keep your metabolism up (try these foods, which also help boost the metabolism). The metabolic burn slows naturally in time, so once you're in your 50s you burn fewer calories at rest than you did when younger. Keep your metabolism running all day long by fueling it every three or so hours and noshing on a snack when you need it.

Vacation Tips for Travel with Elderly Parents



Family vacations are the highlight of any year; we have no doubt that you too have many great memories of spending time with parents and grandparents. It's only natural, therefore, to want to continue this tradition as you yourself get older. The downside, of course, is that travelling can become quite a chore for elderly people. Well, never fear! We have some tips and advice as to how you can make the journey less arduous for your elderly family members and make sure that they have the best vacation possible!

Research

Once you know where you want to go and what the ideal dates are you can begin to plan and make reservations. Obviously it would be best to first research your travel and accommodation options. Research the most comfortable travel and accommodation options as well as the shortest journeys and best accommodations; somewhere in-between you'll find the one that is right for you.

Request Special Services

If there are special services and requirements that you need met be sure to book them / ask for them in advance as travel companies are not required to offer them at check-in. So if you need extra legroom, or assistance starting at the check-in counter be sure to let the appropriate people know when you make your reservations. Most airlines offer wheelchair services and extra assistance.

Prepare Documents

One thing that never changes, no matter who you travel with, is the need to make sure that your documentation is in order when you travel.

We'd recommend three copies of anything really important. This means photocopies of passports, medical and insurance cards, driver's licences, travel tickets and boarding passes. You should have at least one copy of each in your carry-on and checked-in luggage. We'd also recommend that you make sure that everyone has a valid passport well before your departure date.

Pack Smarter

If it is at all possible pack all the necessities in carry-on luggage; medications, both over the counter and prescription, in secure containers as well as copies of any prescriptions and/or statements from doctors regarding medical conditions. You want to make sure that you keep all medication with you in your hand luggage in case cases are delayed or lost upon arrival. If at all possible, find out what the translation is for any conditions that your elderly travel companions may have, in case you need to consult a doctor while you are on vacation.

Plan for Safety and Comfort

There are some thieves who specifically target older people, and so it is really important that you ensure your elderly relatives have all they need to keep them and their money safe.

There are many clever products which can help them to do this, these days, but the Passage Wallet and money belts are perhaps the safest way to keep their hard-earned cash safe and sound. A travel pillow and blanket, as well as comfortable clothes, will also help to ensure that they are as comfortable as anyone can be on a long journey.

Be Ready for Security

Security can be a pain for anyone, but it can be particularly bothersome for elderly travellers. If they have knee or hip implants which are made of steel, for example, they can set off the sensors as they pass through. You can take along a physician's statement regarding these implants to smooth the process. If your parents need wheelchairs to get about the airports they can be screened sitting down for their comfort. Elderly travellers may also be taken to the side for a wand screening to avoid discomfort. If you let the TSA know about any special requirements they will be able to make the process of getting through security as quick and easy as possible for you.

When you offer this kind of help to elderly relatives you are ensuring that their travelling experiences will be as quick and easy as possible.

6 Signs It's Time to Stop Driving



People age 70 and older are more likely to crash than any other age group besides drivers age 25 and younger.

Because older drivers are more fragile, they are more likely to get hurt or die from these crashes. There's no set age when everyone should stop driving.

Getting older doesn't automatically mean that you shouldn't be behind the wheel; however, regularly monitoring your driving abilities is an important part of maintaining senior health because there comes a point for nearly everyone when reflexes slow and vision deteriorates, making driving no longer safe for you and others on the road.

This is especially true for people who have age-related health conditions, such as dementia.

Today, one in six American drivers is 65 and older, according to the AAA Foundation for Traffic Safety. It's estimated that the age group will grow to more than 40 million drivers by 2020. The Insurance Institute for Highway Safety says that fatal crashes per mile traveled increase at about age 70 and peak at age 85 and older.

Some of the health conditions that may threaten a person's ability to sit behind the wheel include:

Dementia, including Alzheimer's disease

Problems with hearing or vision

Stroke

Parkinson's disease

Arthritis

Diabetes

Any conditions that require medications that could impair driving ability, such as anti-anxiety drugs, narcotics, and sleeping pills.

But making a decision about driving isn't so much disease-specific as it is about driving performance, Dr. Kennedy says. When Parkinson's or arthritis causes stiffness that's so severe it impairs reaction time, that's a sign you should stop driving.

Another red flag is whether you've reached age 85. Around that time, even healthy people will experience slowed reaction time and trouble with visual acuity, Kennedy says. Hearing may also be an issue for some at that age.

For Kennedy, the deciding factor is whether you are allowed to drive with children in the car. If the answer is no, it's time to give up driving.

Before that point, one or more of the following driving restrictions may be an alternative to completely giving up driving:

Avoid driving at night and in bad weather

Drive only in familiar places

Drive only within a certain radius of home

Stay off of expressways

Limit distractions while driving by turning off the radio and other noises, avoiding conversations with people in the car, and not texting or using a cell phone.

Occupational therapists can help you drive more safely, as well. You can find one through the American Occupational Therapy Association.

Continue next issue.

Forgetfulness



Forgetfulness can be a normal part of aging.

As people get older, changes occur in all parts of the body, including the brain. As a result, some people may notice that it takes longer to learn new things, they don't remember information as well as they did, or they lose things like their glasses.

Forgetfulness can arise from stress, depression, lack of sleep or thyroid problems. Other causes include side effects from certain medicines, an unhealthy diet or not having enough fluids in your body (dehydration). Taking care of these underlying causes may help resolve your memory problems.

When should I be concerned about forgetfulness?

"Talk to your doctor if you or someone you know have noticed changes in your memory, especially if accompanied by other signs such as challenges with planning and problem solving, difficulty with words and visual relationships of things, poor judgment or mood changes," said Dr.

Dissociative amnesia is a condition in which a person cannot remember important information about his or her life. This forgetting may be limited to certain specific areas (thematic), or may include much of the person's life history and/or identity (general).

What are the 5 causes of forgetting?

Image result 7 common causes of forgetfulness.

1. Lack of sleep.
2. Not getting enough sleep is perhaps the greatest unappreciated cause of forgetfulness.
3. Medications.
4. Underactive thyroid.
5. Alcohol.
6. Stress and anxiety.
7. Depression.

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