

50+

ONLINE
Issue 04 SEPTEMBER
2021

As you get older you need
to drink more water

*Quick and Easy Meals
for Older Adults*

INDEX

CONTENT

50+

MAGAZINE / TYDSKRIF

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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.

REASON WHY PEOPLE FORGET:

Read about why people Forget and what to do about it.



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

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 - WILL BE BACK NEXT ISSUE*

5. BACK PAGE 22

Anonymous

Redakteur
aan die woord

Dankie tog die winter is amper verby, dit was maar koud, ai dan wil die bene nie altyd lekker saam werk nie.

Gelukkig word ons dae stadig maak seker warm en een van die dae sal ons weer lus wees om soe bietjie buite te wees. Jou plantjies natgooi en net so bietjie rond krap in die grond.

Ons is ook opsoek na daai skatkie vol herhinderinge om met ons lesers te deel, het jy '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.

Gelukkige vrouedag!

Charms_{rox}

50+ Ambassadeur



**LORRAINE
SMITH**

Lorraine Smith:

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

Ek moet nou baie eerlike wees met julle, ek het die laaste tyd net laag gelê.

Ek was net mooi lus vir niks. Ek is net dankbaar dat die ou winter nou verby is nou kan die somer son mens so bietjie ontdooi.

Winter mens die is ek nou glad nie. Die ouderdom maak dinge ook nie veel beter nie, dan pyn 'n hand of 'n knieg. Laat ek tog nou nie kla nie.

Ek is nou weer volstoom besig met ons evening @ breakfast event.

Post als sodra als vas gemaak is.

Ek groet nou eers praat weer met julle.

Mooi bly

Lorraine



Sandri 082 3324393



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.

• Smit 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 melieblom 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 bruin papier 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 suurlimoensap.

• 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.

Modder/Grond

• Was in water waarin aartappels gekook is.

• Vryf met sunlightseep, laat rukkies in die son lê, was dan gewoonweg.

• Prepsol Engin Cleaner werk baie goed.

• Wit Lux seep haal moddervlekke uit.

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As you get older you need to drink more water



Here's Why. Researchers say that as people age, they need to drink more water to compensate for changes in their body temperature regulation. They say dehydration can cause a number of ailments, including muscle pain, fatigue, and heat exhaustion

Again, the recommendation for older adults is to consume at least 1.7 liters/ day, which corresponds to at least 8 cups/ day.

Reduces Wrinkles. Water keeps your body hydrated and refreshed and helps maintain your skin's elasticity. People who drink large amounts of water are less likely to suffer from scars, wrinkles, and soft lines and they won't show as many signs of aging as

scars, wrinkles, and soft lines and they won't show as many signs of aging as those who drink little amounts of water.

As you get older, you need to drink more water. That's the advice from a new study published in The Journal of Physiology.

The researchers from the University of South Africa point out that hydration is key in regulating body temperature and helping fight off a host of other health problems.

Drink water is the best way to keep you healthier.

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Quick and Easy Meals for Older Adults



Many of us worry about whether our parents or grandparents are eating enough and getting the right balanced diet for their age group. These are valid concerns: appetites tend to decrease for older adults as they become less physically active, but they still need a lot of nutrition.

There could be a number of reasons why the older adult in your life isn't getting enough of the right nutrition; it could be because shopping and cooking are much more demanding tasks than they used to be.

With that in mind, we have put together 18 recipes for breakfast, lunch and dinner. They are all quick and easy to make, and contain all the important nutrition, making them perfect meals for older adults. Before you get cooking, however, make sure you keep their GP in the loop, checking with them about food restrictions before planning menus.

Breakfast

Warm porridge and berries. Place frozen or fresh berries in a slow cooker at a low heat setting. Add a small knob of butter and one serving of porridge oats and water.

Cover and cook on low, for several hours (or overnight). This will give it the consistency of bread and butter pudding. (Alternatively, simply stir in some berries to warm porridge.)

A hard-boiled egg. Accompany with a side of fresh fruit and a slice of whole-grain toast.

Whole grain pancakes or waffles. For extra fibre, choose a brand that contains flax. Then top with fresh berries. For protein, also eat a handful of walnuts or almonds.

Yoghurt parfait. Mix together yogurt, nuts and fruit. It's a good combo of healthy fat, Vitamin C and carbohydrates:

Power toast. For healthy fat and some protein, spread peanut butter or almond butter on whole-wheat toast; enjoy fresh fruit on the side.

Poached egg. Place egg on top of whole-wheat toast and steamed asparagus. Top with a small amount of butter.

Lunch

Quinoa salad. Sauté chopped stir-fry vegetables (onion, red pepper, mushrooms). Combine with pine nuts or pecans and cooked quinoa. Toss with Italian salad dressing. Eat fresh, warm or cold; keeps well refrigerated. It is recommended to steam or sauté vegetables in olive oil instead of boiling, which drains the nutrients.

Eggs and red potatoes. Melt a knob of butter in a frying pan; chop up potatoes and add to the pan over a medium heat. Cover for 2 minutes. Then, pour scrambled eggs over potatoes, add pepper and toss until eggs are hot. Rather than season with salt, which can lead to water retention and high blood pressure, use fresh herbs and spices.

Cottage fries. Slice parboiled red potatoes. Heat extra virgin olive oil in a frying pan and cook the potatoes at a medium heat. Top with leftover vegetables and grated mature cheddar cheese. Cover, let steam and serve.

Southwest omelette. Beat 2 eggs. Put 1 Tbs. olive oil in a frying pan. Pour in the egg mixture; add chunks of pepper jack cheese and salsa or chilli sauce. When eggs are firm, fold and serve with sliced avocado. Tip: Chilli and spices help boost diminished taste buds.

Salmon wrap. Place tinned boneless skinless salmon on a whole grain wrap. Add chopped avocado, tomatoes, greens and plain yoghurt. Wrap tightly, cut in half and serve.

Dinner

Baked or grilled salmon steak. Top each steak with tomatoes, sweet onion, dried or fresh basil, chopped garlic and 1 Tbs. extra virgin olive oil. Wrap each piece of fish tightly in aluminium foil and place in the oven on a low heat (300 degrees). If the fish is thawed, cook for about 15 minutes. Dinner is ready when the fish is flaky, but still moist.

Lamb and potatoes. (If you can keep some parboiled red potatoes on hand, you can prepare fast and easy meals.) Form minced lamb into small meatballs. Tear fresh basil into slivers, or use a pinch of dried basil. Slice pre-cooked red potatoes into small pieces. Slice a clove of garlic. Warm extra virgin olive oil in a frying pan. Sauté the garlic and basil on a medium heat for 5 minutes. Add lamb; brown. Add potatoes; cover for 10 min. Toss ingredients; add a dash of ground pepper. Cook for an additional 5 min.

Shrimp and pasta. Heat a knob of butter and 1 Tbs. olive oil in a saucepan. Add chopped fresh herbs, garlic and a handful of shrimp. Toss and cook until shrimp is done. Place on a bed of pasta and top with chopped fresh tomatoes.

Shrimp and fresh greens. Sauté fresh vegetables in a saucepan (again, you can buy pre-cut veggies), with olive oil. Add cocktail shrimp, which can be bought peeled, cooked and chilled. Serve with a berry vinaigrette salad dressing and lime slices.

Southwest chicken salad. Cook boneless, skinless chicken breast on a medium heat in a frying pan with extra virgin olive oil. Add salsa. Shred chicken and reserve in refrigerator to use for wraps, salad or soup.

Tips to save money on your water and electricity bill



Water is a precious commodity in South Africa and, along with electricity, is a big expense for many homeowners. Being powerwise and waterwise means thinking about every millilitre you use – every leak, every running tap, every bowl or bucket of water that you throw away – as well as every time you switch on a light or appliance.

Consider these 15 easy but effective tips to save on your water and electricity bill:

Lower the thermostat on your geyser to 60 °C and cover it with a geyser blanket and insulate the water pipes. The most energy-hungry appliance, the geyser is responsible for up to 39% of monthly electricity bills. Consider replacing your old geyser with an energy-efficient alternative.

When washing up, fill the sink with warm soapy water instead of letting the hot water run while washing items individually.

Save up to 16% on your bill by insulating your home properly.

Install a timer that switches the geyser on and off according to the times you specify, which prevents heating water when not necessary. It is not true that regularly switching a geyser on and off damages the thermostat, nor that more electricity is used if a geyser is switched on and off.

A microwave oven is cheaper to operate than a stove. Also, defrost food in the fridge instead of defrosting in a microwave oven.

It is cheaper, and more energy-efficient, to use an electric blanket on your bed instead of heating the room by means of a heater.

Only do washing when you have a full load. If you are shopping for a new washing machine, choose a water-efficient model – front loaders for instance, are more waterwise than top loaders.

Choose waterwise indigenous plants where possible. Ask a plant expert at your local garden centre for advice.

Attach a water tank to your drainpipe to collect rainwater. Many versions are available these days, starting from R1 999: horizontal, vertical, slimline and even submerged, so there really is no excuse not to!

If a tap is dripping at a rate of one drop per second, you could be wasting up to 10 220 litres per year! Repair dripping taps by replacing the washer.

Switch off your computer if you're not going to use it for the next two hours.

Replace your old bulbs by LED equivalents. They use 90% less electricity and last up to 20 years.

Don't set your fridge temperature colder than necessary: set your refrigerator to between 2 °C and 5 °C and your freezer to between -20 °C and -22 °C.

Install an energy-saving showerhead: they are designed to use up to 40% less hot water.

Replace ageing appliances with new ones after 10-15 years. Replacing them with modern, energy-efficient ones will pay off as much as 60% in energy savings.



Reasons Why People Forget

While you might find yourself wondering why is my memory so bad, forgetting is part of life and people forget surprisingly fast. Research has found that approximately 56% of information is forgotten within an hour, 66% after a day, and 75% after six days.¹

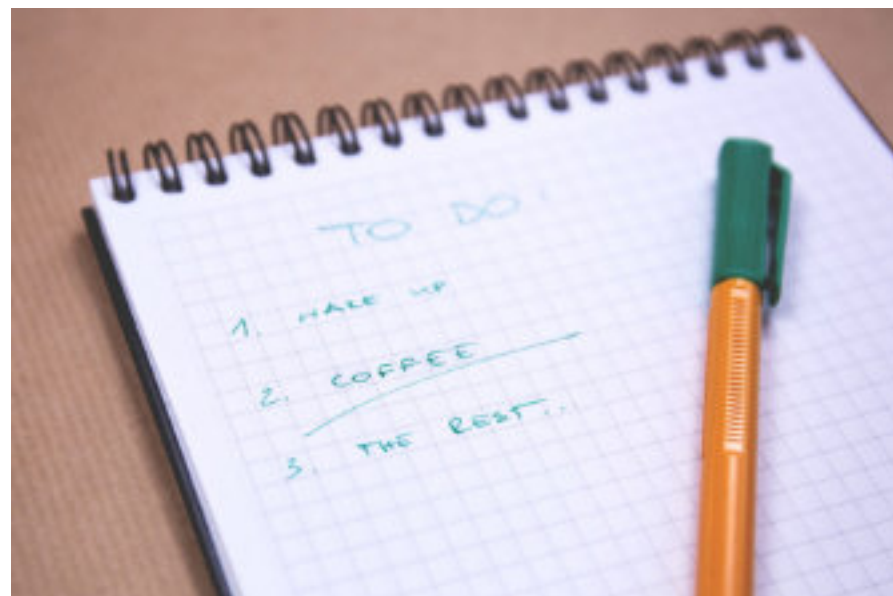
The reality is that while the brain is capable of impressive feats, its capacity to store and recall details is limited. There are a few different ways and reasons that we forget things.

Forgetting is the loss or change in information that was previously stored in short-term or long-term memory. It can occur suddenly or it can occur gradually as old memories are lost. While it is usually normal, excessive or unusual forgetting might be a sign of a more serious problem.

Have you ever felt like a piece of information has just vanished from your memory? Or maybe you know that it's there, but you just can't seem to find it. The inability to retrieve a memory is one of the most common causes of forgetting.

So why are we often unable to retrieve information from memory? One possible explanation of retrieval failure is known as decay theory.

According to this theory, a memory trace is created every time a new theory is formed. Decay theory suggests that over time, these memory traces begin to fade and disappear. If the information is not retrieved and rehearsed, it will eventually be lost.



One problem with this theory, however, is that research has demonstrated that even memories which have not been rehearsed or remembered are remarkably stable in long-term memory.

Research also suggests that the brain actively prunes memories that become unused, a process that is known as active forgetting.

How to minimize forgetting:

While some forgetting is inevitable, there are some things you can do to help cement important information in your memory. Some practices that may help reduce forgetfulness include:

Exercise: Research suggests that exercise can lead to rapid improvements in memory function. There's no need to spend hours on the treadmill or at the gym to get this benefit. Results suggest that brief, very light exercise leads to quick enhancements in memory function.

Get plenty of sleep: Adequate sleep is essential for both physical and mental health. While sleep needs can vary, the typical recommendation for adults is seven to nine hours per night.⁷

Rehearse the information: Sometimes the best way to commit something to memory and reduce the chances it will be forgotten is to use the old standby: rehearsal. Go over the information repeatedly until you've committed it to memory.

Write it down: When all else fails, write down important information so that you can refer to it later. In some cases, the act of writing it down may actually help you remember it more later.

While forgetting is often viewed negatively, it can actually help improve memory. Being able to let go of irrelevant memories and only hold on to the important information helps keep those saved memories stronger, a phenomenon known as adaptive forgetting.

IT'S NEVER TOO LATE TO GET IN SHAPE



Can you regain fitness after 50?

Both groups typically lose muscle mass because levels of testosterone or estrogen go down as you age. Get advice.

Building muscle mass when you're over 50 can be difficult. It's a good idea to check with your doctor and a fitness trainer before you start any endurance training.

Is it too late to get in shape at 50?

Hear this out loud
Bean's point: it's never too late. That said, there are some limits to how much you can progress.

"Workouts aren't going to turn someone in their 80s, 90s or 100s into someone who is 40 or 50 years old, but most people can get stronger and improve their endurance," says Dr. Bean.

Rethink your idea of exercise.

Go to group fitness classes.

Eat more plant-based meals.

Chat with your doctor about your fitness.

Track your steps.

Cut back on salt.

Don't forget to warm up.

Don't limit yourself to cardio.

As you age, your metabolism slows down. It becomes increasingly important to eat the right foods so that you don't gain weight and can decrease your risk of having health issues. Try to eat a balanced diet that includes mostly foods that are not processed and do not have a lot of preservatives. Whole foods include more nutrients than packaged foods.

Eat plenty of berries and leafy greens. These foods contain essential nutrients and also aid in healthy digestion.

Emphasize fruits, vegetables, and low-fat or fat-free dairy products in your diet.

Use supplements. As you age, your body's needs change. In order to maintain your health, it becomes increasingly important to make sure that you are getting the required amounts of key nutrients. If you're not already, consider adding supplements to your daily routine.

Before taking any supplements or vitamins, it is essential that you speak with your doctor, especially if you are taking other medications. Vitamins and supplements can react with certain medications, and it is possible to take too much of a vitamin, leading to toxicity and adverse health effects.

Try a multivitamin that is specially formulated for people over 50. Ask your doctor for suggestions.

B-12 is one of the most important vitamins as you get older. It supports healthy blood cells, and also affects your energy levels. Many older adults suffer from a B-12 deficiency, so make sure you're getting enough. This nutrient is found in fish, but you can also buy supplements at your drugstore..

Some vitamins, such as vitamins A, D, E, and K, are fat-soluble, meaning you don't eliminate excess through your urine; they stay in your body, stored in your fat, which can lead to toxicity. Excess levels of vitamin E can increase risk of hemorrhaging, and too much vitamin K can reduce or reverse the effect of blood thinners.



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MAGAZINE



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