

MAGAZINE / TYDSKRIF

50+

ONLINE
Issue 9 FEBRUARY 2022

♥ HAPPY
Valentine's
DAY ♥



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50+

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1.

50+ AMBASSADOR:

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

2.

INSOMNIA:

What to do when you have Insomnia, how to get sleep.

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START A BOOK CLUB:

How to start a book club, make new friends and relax.

4.

AVOID HAZARDS IN THE BEDROOM:

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Our cover page model - anonymous

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

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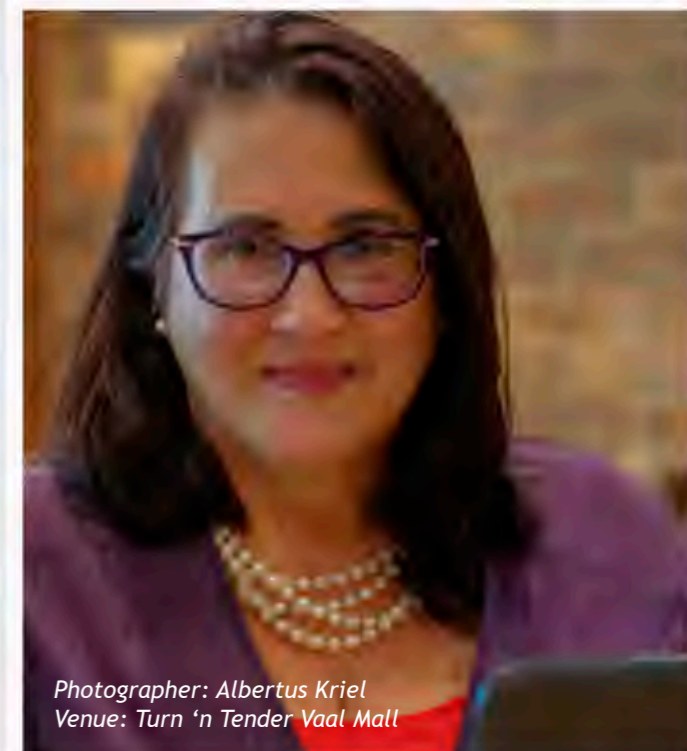
Find our adverts here and please support them.

4. DR. Q FOURIE 19

*Dr Q Fourie writer for our health articles
38 Fitzsimmons Street, Vanderbijlpark
Tel: 016 982 6911*

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Back page hearts for the month of love.



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

Redakteur
aan die woord

Ons maand van liefde is hier....

Mens is nooit te oud om liefde te vind nie, soos hulle sê saam met die grysheid kom die wysheid.

Als van oud word is nie sleg nie daar is ook baie goed wat goed is van oudword.

Dit is veral 'n blessing om te weet dat elke dag 'n dag van genade is en dat dit net genade is van ons Vader wat ons staande laat bly.

Die liefde is onvoorwaardelik, God se liefde is GROOT.

Deel met ons jou verhaal - stuur dit na admin@topvibe.co.za OF na ons WhatsApp nommer 072 768 8582

Ons wil graag met ons lesers praat. Geniet hierdie 50+ tydskrif, mooi bly en bly gesond.

Geniet die maand van liefde glimlag meer, en kompliment meer...

Gelukkige Valentyns dag!!

Ek groet eers tot volgende maand.

Liefde

Charms xox

50+ Ambassadeur



**LORRAINE
SMITH**

Lorraine Smit:

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

Liewe mensies

Soms wens ek dat mens die wyser van die horlosie kan vashou dat tyd net bietjie kan stil staan veral op 'n besige dag.

Soms dink ek die wêreld raak mal want al wat ons doen is rond harloop soos afkop hoenders, ons dae is so gejaag.

Die jaar het skaars begin en ek voel stokflou.

Maar nie te min ons gaan aan.

Hulle sê Februarie is die maand van liefde, maar waarom wil ons dit een dag in 'n jaar herdenk?

Ons moet elke dag, wys dat ons lief is vir mekaar. Of wat sê ek tog?

Ek groet eers tot volgende maand

Liefde 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

SAY **NO** To BULLYING

Bullying is very difficult for children, or anyone, to deal with. It makes you feel afraid and degraded and often it makes a person feel like they are worthless. Unfortunately, bullying also makes you stop wanting to go out because you are scared you might see the person bullying you. Many children who are bullied even start asking themselves if they can do anything right?

BULLYING IS UNACCEPTABLE and these are the ways you can be bullied:

People calling you names.
Making things up to get you into trouble Hitting, pinching, biting, pushing and shoving.
Taking things away from you
Damaging your belongings
Stealing your money Taking your friends away from you
Spreading rumours.

Threats and intimidation What to do if you are being bullied

You have to tell someone. You may not want to do this because it means showing that you are vulnerable, that you are letting someone get the better of you. But really, it is very important to tell someone otherwise, it may not stop. Speak to a friend, parent, brother or sister, uncle or aunt and most importantly, if it happens at school, speak to your teacher.

In the meantime..

Try to stay in safe areas of the school at break and lunchtime where there are plenty of other people. Bullies don't like anyone seeing what they are doing. If you are hurt at school, tell a teacher immediately and ask for it to be written down. Make sure you tell your parents.

On the school bus, try to sit near the driver, or if it's an ordinary bus, by other adults. If you have to walk part of the way, and you're afraid of the bully finding you, then change your route, try to leave home and school a bit later or a bit earlier, or see if you can walk with other people who live near you, even if they're older or younger.

If you have a cell phone, be careful who you give your number to. If you receive threatening phone calls or emails then tell your parents. It is against the law for anyone to send offensive or threatening phone messages and if it continues, it can also amount to harassment. The police can, and do, take action.

If you see anyone else being bullied at your school, please tell someone about it. But don't get into trouble with the bullies, don't without anyone noticing. Tell a teacher when you get a chance and there isn't and there isn't anyone else around. People who are being bullied need friends so if you can help someone who is so unhappy please do so.

If you are a bully

You could be a bully because someone is bullying you. Are you bullying because it makes you feel powerful? Are you the kingpin because you are liked or because people are scared of you? If you are bullying, think about how it would make you feel if people were making fun of you, harassing you or stealing your lunch money? I am sure that it would make you feel awful – afraid and alone. You are probably already aware that what you are doing is wrong. If that is true, then take the first step to stopping your behaviour.

Ask yourself: What made me start bullying? Why do I pick on people? How does it make me feel when I am bullying somebody? If I want to, how do I stop? If you are uncertain about what happens after you stop bullying, then speak to someone a parent, a friend, a teacher someone you trust not to judge you.

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5 Reasons Why Seniors Should Downsize

When you have a young family, a large house may be essential to peaceful living. It's rare that siblings have any interest in sharing a room, and most families have stories about cramming into a small bathroom in the morning. But, once the kids have moved out, you may not need three bedrooms and two and half bathrooms. While many people love their homes and age in place, there may come a time when downsizing is a good idea.

Downsizing generally means moving from one's current home to a smaller one. This can include owning or renting. And there are plenty of reasons why you'd want to downsize. We'll look at a few of the big ones, but just know that they're not the only ones. If you feel that downsizing is a good idea for you, it may very well be!

Unused Space

If you're only ever entering a room to clean it, you probably don't need it.

Having lots of unused space in your home is a common reason people often consider downsizing. So, what would you consider unused space? If your home has entire rooms that haven't been used in quite some time, that fits this descriptor. It doesn't necessarily mean a guest room or extra bathroom. A good rule of thumb is, if you're only ever entering a room to clean it, you probably don't need it. If you have multiple rooms in your house that are this way, downsizing may be a good option for you. This is probably one of the most important criteria to fit, because if you're using all the space in your house, downsizing to something smaller may not be a good idea.

The Upkeep is Too Much

If you're unable to maintain your home in a safe way, it may be time to find a home that's easier to keep up with.

Another significant reason to consider downsizing has to do with how you're handling the upkeep of the home. If it's becoming a strain on you, either physically or financially, you should probably consider moving into a smaller home. Think about it this way. Is keeping the house [clean](#) and [safe](#) becoming difficult? Is [winterizing your home](#) getting to be too tough or expensive? If you're unable to maintain your home in a safe way, it may be time to find a home that's either easier to maintain (like a smaller home) or one with fewer upkeep duties (renting versus owning).

You're Looking to Save Money

Controlling costs is an essential way to plan for your retirement.

One of the most common reasons people downsize is financial. One general rule is to spend no more than [30 percent of your income](#) on housing. If you're on a fixed income, downsizing can be an [effective way to cut costs](#) and shift funds to other things. In fact, controlling costs is an essential way to [plan for your retirement](#). So, if you find that you don't need the space and its expenditures (whether that's the mortgage, rent, or general home costs) are becoming a major burden on your finances, downsizing could be wise.

You're a Snowbird or Like Traveling

In practical terms, by downsizing, you could save money on paying for or renting a home you're not living in all the time.

You may also be interested in downsizing at your main home if you're a [snowbird](#) — meaning you live somewhere warm in the winter and somewhere else the rest of the year. This could also be true if you [travel](#) a lot or spend very little time in your main home. In practical terms, by downsizing, you could save money paying for or renting a home you're not living in all the time. This isn't the only thing you need to consider when you are [deciding whether to snowbird](#) or not, but you should definitely weigh the finances and needs regarding your main home heavily in your decision.

You Have Too Much "Stuff"

Moving to a smaller home can be a great catalyst for decreasing the clutter.

Having too much stuff is sort of like the opposite of having unused space, but yes, it could mean it's time to downsize. If you notice that there's a lot of stuff in your home, things that you don't use or really even think about often, downsizing may be a good plan. Why? Moving to a smaller home can be a great catalyst for [decreasing the clutter](#) since you'll need to get rid of that stuff prior to the move, like at a [yard sale](#), for example. [Decluttering](#) is especially important if you or a loved one are showing [signs of hoarding](#).

...

Downsizing is a big decision. Before you decide to downsize, be sure to look at all the ways that it can affect your life. For example, if you have guests stay over often, you'll want to ensure there's still space for them. Look at your home, try to take the emotion out of it, and ask yourself:

- "Is the house bigger than my needs require?"
- "Is the house becoming a financial burden?"
- "Is upkeep on the house becoming dangerous or difficult?"
- "Am I using less of the space for important things and just filling it with stuff?"

These aren't the only questions you'll want to ask yourself, since downsizing is a deeply personal decision; however, if you find yourself answering these questions with a yes, you may be a good fit for downsizing.

Just like you, your health is one of a kind. What works for one person may not for another, so the information in these articles should not take the place of an expert opinion. Before making significant lifestyle or diet changes, please consult your primary care physician or nutritionist. Your doctor will know your own health best.



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Yoga for over 50 – 10 health benefits of yoga

In today's busy society, yoga provides an escape from the chaos and allows you to reconnect with yourself. Yoga is a great way to exercise and stay healthy and is available for anyone whatever your capability and mobility. Yoga is especially important as our bodies age, helping maintain flexibility and muscle strength, as well as keeping our minds focused and sharp. If you're interested in yoga for those aged over 50, and are wondering about the health benefits of yoga, we've put together a guide to the 10 health benefits of yoga for the over 50s.

Yoga is an excellent way to keep flexible, as it stretches and loosens your muscles. This can help you feel less stiff and tired – especially yoga for over 50 – and is very popular with people with arthritis. Inflexibility in muscles and connective tissue may cause poor posture and tension. Tight hips can strain knee joints and tight hamstrings can cause back pain. Regular yoga works all your muscles and may ease pain from tight muscles, as it takes your joints through their full range of motion. Keep at it and you'll notice a gradual increase in your flexibility, with difficult poses soon becoming easy.

While not as strenuous as heavy weightlifting, yoga builds muscle strength and targets all the muscles, without placing too much stress on specific muscles. Yoga combines both cardio and strength training, but at a slower pace and in a calmer setting than working out at a gym. Yoga poses like downward and upward dog will strengthen your upper body and nearly all yoga poses build core strength, particularly the plank. Standing poses will strengthen your upper leg, back and hamstrings, especially if you hold them for several long breaths. Yoga can also improve balance by strengthening your lower legs and improve chronic pain.

Yoga has been linked to reducing many types of chronic pain, including age-related complaints such as arthritis through to sports injuries. Yoga may help improve the function of many aspects of the body involving joints, which can suffer from wear-and-tear as we age, for example, those with osteoarthritis of the knees. Strengthened muscles may help protect you from arthritis, muscle pains, and reduce the impact of future falls and other injuries.

Read the rest of this article on the next page.



Yoga for over 50 – 10 health benefits of yoga

According to a study published in the Journal of Physical Activity and Health, 20 minutes of yoga improves the brain's ability to process information quickly. Yoga encourages you to pay attention to the present, and this awareness has been linked to memory and attention improvements, which is important as we age. By lowering stress and tension, yoga can help you have more organised thoughts and may improve cognitive function. Meditating as part of yoga – for even just a few minutes in the morning – can result in improved concentration for the rest of the day. When you are mentally relaxed, studies show that the brain works more efficiently.

Keeping your brain in tip-top condition can help stave off a range of later life brain illnesses. Learn more with our guide [Brain health: 12 ways to boost your brain](#).

Many people over 50 use yoga to help manage stress and as an aid to keeping calm. The practice promotes relaxation and yoga can lower anxiety and fatigue. Focusing your mind on breathing and meditation relaxes you and allows your mind to rid all unnecessary and unwanted thoughts. Breathing techniques can also boost oxygen levels in the body and to the brain. The result is the stimulated production of oxytocin, the hormone linked to bonding, which can make you feel happier. Yoga and mindfulness have also been linked to higher serotonin levels – linked to happiness

– encouraging contentment. Yoga has also been found to improve social functioning and daily energy levels, useful for the over 50s. The relaxation of the muscles during yoga and stress relief will also help you sleep better and can improve insomnia.

Yoga has been found to both slow and regulate the heart rate, which can help reduce high blood pressure and maybe especially beneficial for those who have had a stroke. A slower pace of breathing has been linked to a longer lifespan. Yoga has been linked to reducing high blood pressure and bad cholesterol – both risk factors of heart disease. While yoga does not

While yoga does not increase your heart rate in the same way of running or cycling, it can still improve your cardiovascular function and leads to a lower resting heart rate while improving oxygen intake during exercise.

Linked to heart health is the fact that yoga can help your circulation by increasing blood flow, improving the amount of oxygen that gets to your cells, particularly to your hands and feet. This, in turn, helps your body function better. Yoga boosts the levels of haemoglobin and red blood cells, and thins the blood, reducing the risk of blood clots. Poses that involves twists wring out venous blood from organs, allowing oxygenated blood to flow in.

Treat Yourself to the Benefits of a Healthy Foot Soak

Most women don't really think about their feet until the first signs of summer begin. Only then do they take a close look at their feet, toes and toenails and realize that some serious TLC is in order. The truth is, feet need care all year-round in order to be healthy as well as soft and attractive.

Along with being unattractive, callused feet can also be extremely painful. When the skin of the foot and heel becomes very dry, it can crack open, leading to pain and the risk of infection. Knowing how to soften feet fast will not only make them look better, but it is also important to overall foot health.

There are several ways to improve the look and feel of your feet, including using a foot mask to remove dead skin. Not only will you love the way they feel when they are touched, but you will also be so comfortable and proud when you show them off in a pair of strappy sandals or you're strolling barefoot on the beach.

Glowing, silky skin is the perfect complement to a gorgeous pedicure and flirty accessories. Let glittery-gold ankle bracelets and a couple of pretty toe rings call attention to your terrific tootsies! Learn how to soften feet fast and be ready to show them off to the world.

Rather than waiting until a special occasion arises, get into the habit of doing something good for your feet on a regular basis. For example, treat your feet to a relaxing and rejuvenating soak a couple of times a week. Using the right ingredients for a decadent foot soak will help keep them healthy and soft, as well as looking and feeling their best. Here are some excellent foot soak suggestions.

- Add six drops of pure lavender oil to a gallon of warm water. Lavender is a natural pain reliever, so your sore foot muscles and joints will thank you. Lavender is also known for its relaxation properties, so sit back and enjoy the pleasant plus of aromatherapy benefits while you soak away the soreness.

- Add six drops of pure wintergreen oil to a gallon of warm water. Wintergreen oil is the natural equivalent of aspirin. When added to a warm water foot bath, it helps relieve swollen, painful feet and deliver a soothing, cooling experience for your tuckered-out tootsies.

- Add six drops of pure wintergreen oil to a gallon of warm water. Wintergreen oil is the natural equivalent of aspirin. When added to a warm water foot bath, it helps relieve swollen, painful feet and deliver a soothing, cooling experience for your tuckered-out tootsies.

- Add four drops of pure cypress oil to a gallon of warm water for a natural deodorizing and antiseptic soak. This is a perfect treatment if you're worried about foot odour or you have blisters or ingrown toenails. Cypress oil also has excellent moisturizing properties.

Read the rest of this article in our next Issue.



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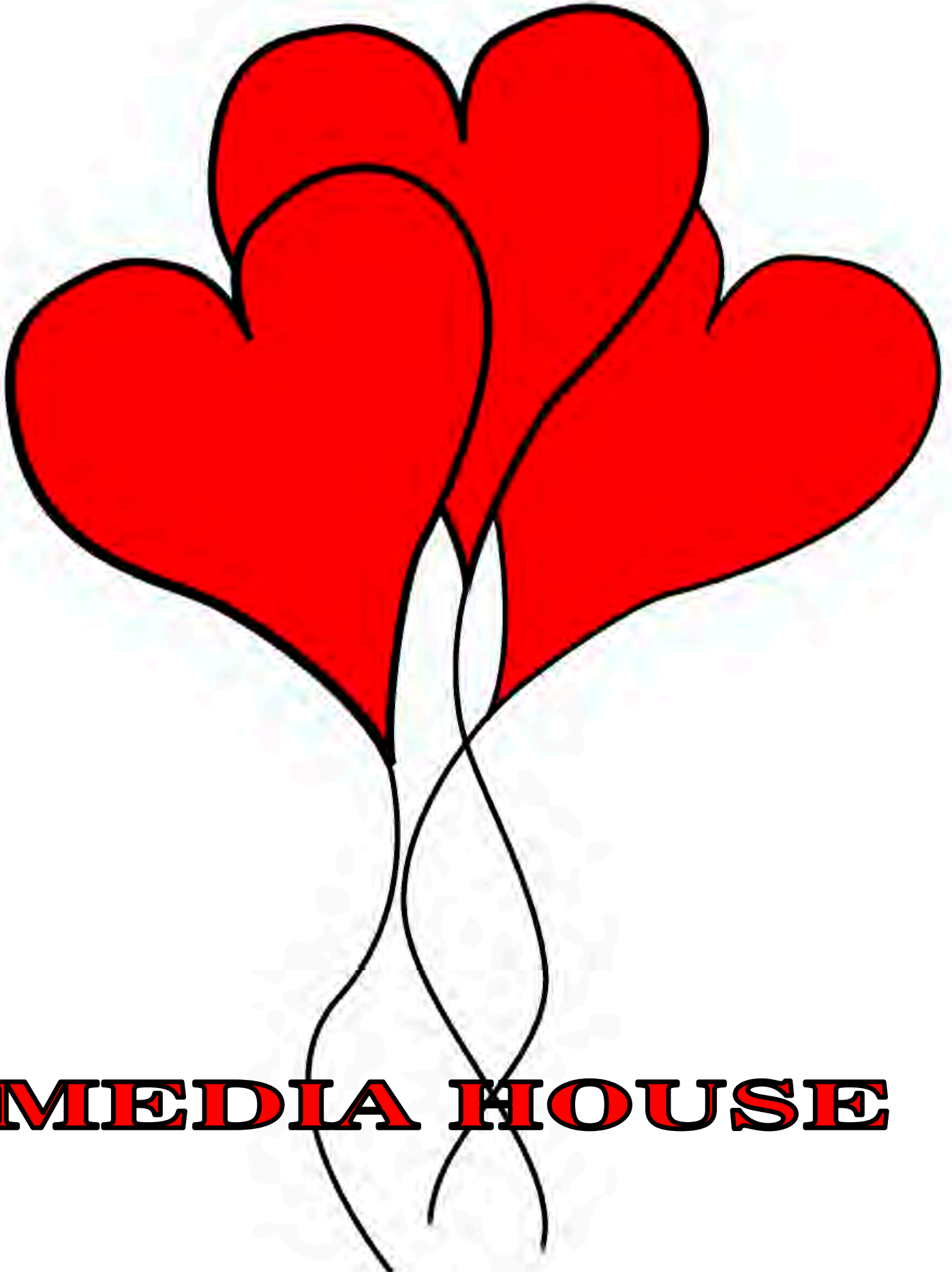
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