

50+

ONLINE
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Happy
Women's
Day



Gesondheid met lourierblare!

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50+

MAGAZINE / TYDSKRIF

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1.

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2.

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3.

IT'S TIME TO STOP DRIVING:

Do you need to know when it's time to stop driving.

4.

DADDY MAY I ASK YOU A QUESTION:

We all need to think about this.

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

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Back page next issue we cover our Women's Day Celebrations.



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

Redakteur
aan die woord

Liewe leser,

Augustus maand is hier en ons is baie opgewonde oor ons vrouedag funksie die 9de Aug. Ek hoop jy is een van die gelukkiges wat saam kom kuier.

Dit gaan baie pret wees en daar is baie pryse om te WEN.

Ons is so reg om vrouedag te vier. Wat jy ook al doen op vrouedag, geniet dit om vrou te wees.

Ons hoop julle geniet ons artikels en kan darm iets leer, hulle sê mos mens is nooit te oud om te leer nie.

Stuur vir ons fotos van jou vrouedag na WhatsApp 072 768 8582

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,

Potholes. Ek is so keelvol vir die s#it dan praat ek nie eers van die winkel pryse wat die hoogte inskiet nie.

Hoe bly 'n mens in so land en wees positief. Als gaan op, jy stap vandag in die winkel dan koop jy iets oor 'n week koop jy die selfde ding maar net duurder.

Vandag kan jy 'n eier gaar maak jy weet waar!!!! ek wil slange vang so kwaad is ek.

En die ergste is mens kan niks daaraan doen nie. Ek hoop my gemoed is volgende maand beter. Hou net kop bo water dit is al wat ek kan sê

Ons praat volgende maand weer, 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**

Gesondheid met lourierblare!

Baie mense voeg lourierblare by hul kos, veral in die gaarmaak van rooivleis en pluimvee. Baie weet nie hoekom lourierblare by kos gevoeg word nie.

Toe 'n vrou gevra is hoekom, het sy gesê, "om die kos te geur". As jy die lourierblare in 'n glas water kook en daaraan proe, sal dit geen geur hê nie.

So hoekom sit jy lourierblare in die vleis of ander kos?

Die byvoeging van lourierblare by vleis verander trigliseriede in mono-ondersadigde vette en, vir eksperimentering en bevestiging:

Sny 'n hoender in twee helftes, kook elke helfte in 'n aparte pan en plaas op die een 'n lourierblaar, en kook die ander sonder 'n lourierblaar. Let op die hoeveelheid vet in albei panne nadat dit gekook is.

As jy lourierblare het, is daar geen behoefte aan 'n apteek nie, aangesien onlangse wetenskaplike studies getoon het dat lourierblare baie voordele inhou:

Hulle help om ontslae te raak van baie ernstige gesondheidsprobleme en siektes.

Die voordele van lourierblaar:
Hulle
-Behandel spysverteringsteurings en help vir Sooi-brand
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• Hardlywigheid

Warm blaar-tee reguleer stoelgang verlaag bloedsuiker is 'n antioksidant,

-Deur dit te eet, of deur blaar-tee vir 'n maand te drink, is die liggaam in staat om insulien te produseer.

- elimineer slegte cholesterol en verlig die liggaam van trigliseriede.

-nuttig in die behandeling van verkoue, griep en erge hoes, aangesien dit 'n ryk bron van vitamien "C" is.

-jy kan die blare kook en stoom inasem om van slym ontslae te raak en die erns van hoes te verminder.

-beskerm die hart teen aanvalle en beroertes, aangesien dit kardiiovaskulêre beskermende verbindings bevat.

-ryk aan sure soos kafeïensuur, quercetin, eigonol en bartolinied, stowwe wat die vorming van kankerselle in die liggaam voorkom.

-skakel slapeloosheid en angs uit. As dit voor slaapyd geneem word, help dit jou om te ontspan en rustig te slaap.

-Om twee keer per dag 'n koppie gekookte lourierblare te drink, breek nierstene af en genees infeksies.



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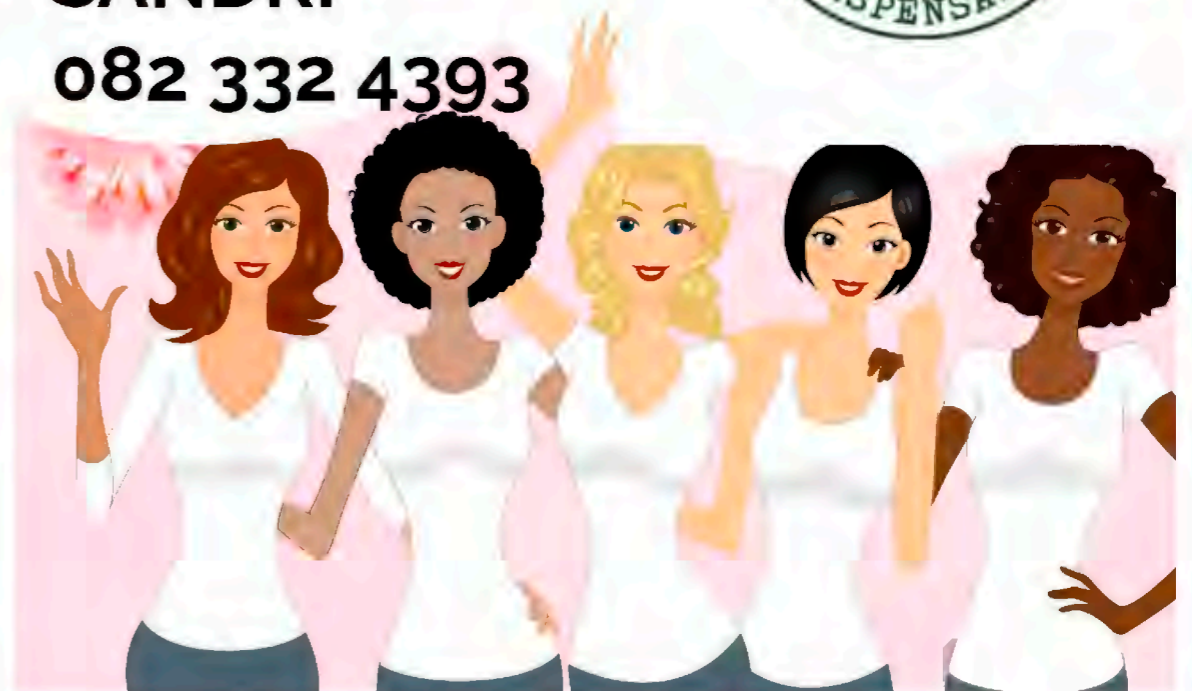
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It's Time to Stop Driving

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.

Related: Do You Have Inactivity Disease? Here's How to Treat It

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.

There are some other clear indicators that it's no longer safe to drive, Kennedy says. They include:

Stopping at green lights or when there is no stop sign

Getting confused by traffic signals

Running stop signs or red lights

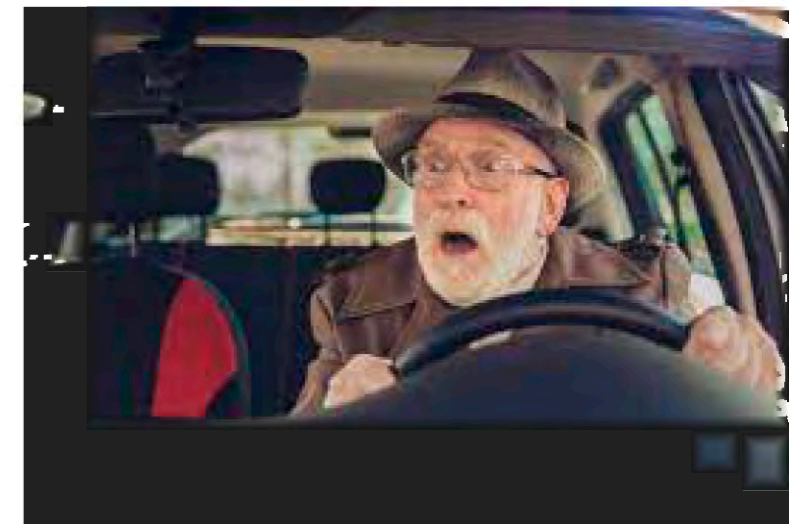
Having accidents or side-swiping other cars when parking

Getting lost and calling a family member for directions

Hearing from friends and acquaintances who are concerned about a senior's driving.

When you do have concerns about your own or a loved one's driving, one option is to request a driving evaluation, which can be performed at a rehabilitation center, driving school, or state licensing agency.

There are also physical therapy centers that can run tests to measure a person's reaction time and vision, along with testing the ability to safely drive through an obstacle course, Kennedy says.



Live for today, plan for tomorrow with a last will and testament

What is a last will and testament?

A will is a legal document that must comply with the Wills Act No. 7 of 1953. It must be in writing and properly dated, witnessed and signed, and state how and to whom you would like your assets distributed after your death. Having a will allows you to name your chosen beneficiaries and appoint an executor to make sure that your last wishes are carried out according to your stipulations. A will can also act as a form of closure for your family and loved ones, giving them some comfort and support during a challenging time.

While many people make the mistake of thinking that only those of a certain age need to draw up a will, the fact is that any person over the age of 16 can and should have a will in place, it doesn't matter how small their assets. In fact, drawing up a will can be a valuable resource with regards to your financial portfolio, giving you the opportunity to assess your level of cover in terms of life insurance or funeral insurance, and to make any adjustments as you see fit. In this way, planning for your family's future can be a vital tool in managing your own finances in the present.

Why is having a will important?

More than simply giving you an idea of your current level of funeral cover, or distributing your assets between your family and friends, a last will and testament will make sure any other responsibilities you have are taken care of. These could include naming a guardian for minor children, choosing a caretaker for your pets, or appointing an executor or trustee to oversee the division of your assets to ensure the process runs as smoothly as possible.

If you choose not to put a will in place, or if you die before drawing up a will, your family could be left with the burden of severe administrative problems and may suffer significant financial losses as a result. Additionally, if you die without naming your heirs, or detailing how you want your assets to be distributed, your possessions and estate will be divided for you according to the Intestate Succession Act, No 81 of 1987. While your assets will still be distributed amongst your family members, and will not go to the state (as is often mistakenly thought), your loved ones could be left at a significant disadvantage, particularly in terms of estate duty, income

tax, VAT and capital gains tax. That is why having a will in place can help to relieve any potential financial burdens and see your family and loved ones inherit your assets according to your personal wishes and not just a formula prescribed by the law.

How do I draft a will?

It is possible to draft a will yourself according to widely-sold templates, as long as it meets certain legal requirements. However, if your will involves factors like the complicated distribution of assets, extended family or beneficiaries, the naming of guardianship, or dependents or spouses from multiple marriages, it is recommended to get help from a financial advisor, legal advisor or trusted company.

If you already have funeral insurance with Sanlam and you're considering having a last will and testament drawn up, Sanlam is uniquely qualified to help. Should you choose to distribute your assets and put your final plans in place with the help of our Wills, Trusts and Estates department, our specialists will help you to set

up and store your will and act as your executors to ensure your wishes are carried out in accordance with your stipulations. You can also use the opportunity to assess your current level of funeral cover and adjust your Family Funeral Plan accordingly.

While the need for a last will and testament may seem a long way into the future, the fact is that none of us can know what tomorrow may bring - and having appropriate plans in place will help you take care of your family and loved ones when they need it most.

You've already begun the process with an Sanlam online Family Funeral Plan - now let Sanlam help you continue planning for the future with a comprehensive last will and testament. Because in challenging circumstances, funeral policies and wills are more than just documents - they're a vital source of financial support and comfort and your family will be eternally grateful.

REASONS WHY SENIORS LOSE THEIR APPETITE

Many older adults struggle during mealtimes or simply refuse to eat because they've lost their appetite.

This is an important issue to address because seniors need to eat well to stay as healthy and active as possible.

But how can you convince someone with no appetite to eat? And why do seniors lose their appetites in the first place?

To help you figure out why this happens, we explain what types of health conditions could cause a loss of appetite and share 10 reasons why someone wouldn't want to eat

If your older adult suddenly loses their appetite, it's important to talk with their doctor. A check-up might be needed to rule out serious health conditions or medication side effects.

Some serious illnesses cause changes to taste and appetite, including:

Alzheimer's and Parkinson's disease

Thyroid disorders

Cancer

Mouth and throat infections or gum disease

Salivary gland problems

Medication side effects like dry mouth or a metallic taste can change how food or water tastes, which can also cause a loss of appetite.

10 reasons for loss of appetite in seniors

If loss of appetite isn't caused by a health or medication issue, here are 10 other reasons why someone might not want to eat.

1. Lack of exercise

Regular exercise and activity helps boost appetite. Sometimes, seniors need to work up an appetite before they can eat.

2. Dehydration

Being dehydrated can cause loss of appetite.

Many older adults don't get enough fluids and become dehydrated more easily because of age-related changes or medications they're taking.

3. Lack of routine

Getting into a daily routine where meals are eaten around the same time every day can help their body feel ready to eat at those times.

4. Inability to prepare meals

Seniors who live independently might not be eating because preparing their own meals has become too difficult.

5. Loss of taste

With age, many people's taste buds become less able to detect flavors. Normal food might be bland and unappetizing to them.

Difficulty chewing, swallowing, or eating independently

If eating has become too difficult or unpleasant, many older adults simply don't want to eat.

These problems can be caused by:

Normal aging (wear and tear on the body)

Dental problems

Medications

Medical treatments like surgery

Stroke, dementia, multiple sclerosis (MS), Parkinson's disease, or other health conditions

Sensitivity to smells

Sometimes people develop a sensitivity to the smell of certain foods that can make them feel nauseated or unable to eat.

8. Depression or loneliness

Depression affects 1 in 10 seniors and often causes loss of appetite.

Many older adults may also dislike mealtime because they have nobody to eat with and their loneliness gets intensified.

9. Loss of control

When older adults are dependent on others for everything, they've lost control over how they want to live their lives.

Sometimes, not being able to choose what to eat makes someone not want to eat at all



Daddy, may I ask you a question?

SON: "Daddy, may I ask you a question?"

DAD: "Yeah sure, what is it?"

SON: "Daddy, how much do you make an hour?"

DAD: "That's none of your business. Why do you ask such a thing?"

SON: "I just want to know. Please tell me, how much do you make an hour?"

DAD: "If you must know, I make \$100 an hour."

SON: "Oh! (With his head down)."

SON: "Daddy, may I please borrow \$50?"
The father was furious.

DAD: "If the only reason you asked that is so you can borrow some money to buy a silly toy or some other nonsense, then you march yourself straight to your room and go to bed. Think about why you are being so selfish. I work hard everyday for such this childish behavior."

The little boy quietly went to his room and shut the door.

The man sat down and started to get even angrier about the little boy's questions. How dare he ask such questions only to get some money?

After about an hour or so, the man had calmed down, and started to think:

Maybe there was something he really needed to buy with that \$50 and he really didn't ask for money very often. The man went to the door of the little boy's room and opened the door.

DAD: "Are you asleep, son?"

SON: "No daddy, I'm awake".

DAD: "I've been thinking, maybe I was too hard on you earlier. It's been a long day and I took out my aggravation on you. Here's the \$50 you asked for."

The little boy sat straight up, smiling.

SON: "Oh, thank you daddy!"

Then, reaching under his pillow he pulled out some crumpled up bills. The man saw that the boy already had money, started to get angry again. The little boy slowly counted out his money, and then looked up at his father.

DAD: "Why do you want more money if you already have some?"

SON: "Because I didn't have enough, but now I do."

"Daddy, I have \$100 now. Can I buy an hour of your time? Please come home early tomorrow. I would like to have dinner with you."

The father was crushed. He put his arms around his little son, and he begged for his forgiveness. It's just a short reminder to all of you working so hard in life.

We should not let time slip through our fingers without having spent some time with those who really matter to us, those close to our hearts.





***MEDIA HOUSE
MAGAZINE***

***Celebrate Women's
Day 9 Aug 2022***

NEXT ISSUE SEPTEMBER 2022

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