

50+

ONLINE
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'n Ouer met NIKS

TERUG IN TYD

Cover page model- Rika Leask

INDEX

CONTENT

50+

MAGAZINE / TYDSKRIF

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Be safe in your home by making use of our safety hints.

REGULARS

1. COVER PAGE 01

Cover page model is the lovely Rika Leask from Walkerville.

2. 50+ AMBASSADOR 04

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

3. ADVERTS 08

Find our adverts here and please support them.

4. ASK DR. Q FOURIE 05

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

5. BACK PAGE 20

Back page the next issue is December month



Photographer: Charmaine Janse van Rensburg
Venue: Photo Dairy & Venue

Redakteur

aan die woord

Liewe leser,

Kyk nou net ons pragtige voorblad gesig wat uit die publiek kom vir ons November uitgawe die pragtige Rika Leask.

Kom ons kyk wie is ons Desember voorblad gesig? Ek bly opgewonde oor die 50+ tydskrif.

Tyd loop uit en mense maar reg vir Kersfees, kan jy glo. Ons is reed besig om 2023 se projekte te beplan.

Maar met die jaar wat einde se kant toe en daar is nog baie wat gedoen moet word.

My boek 63 Charms boek bekendstelling was 'n groot sukses. Jy kan die boek by my bestel.

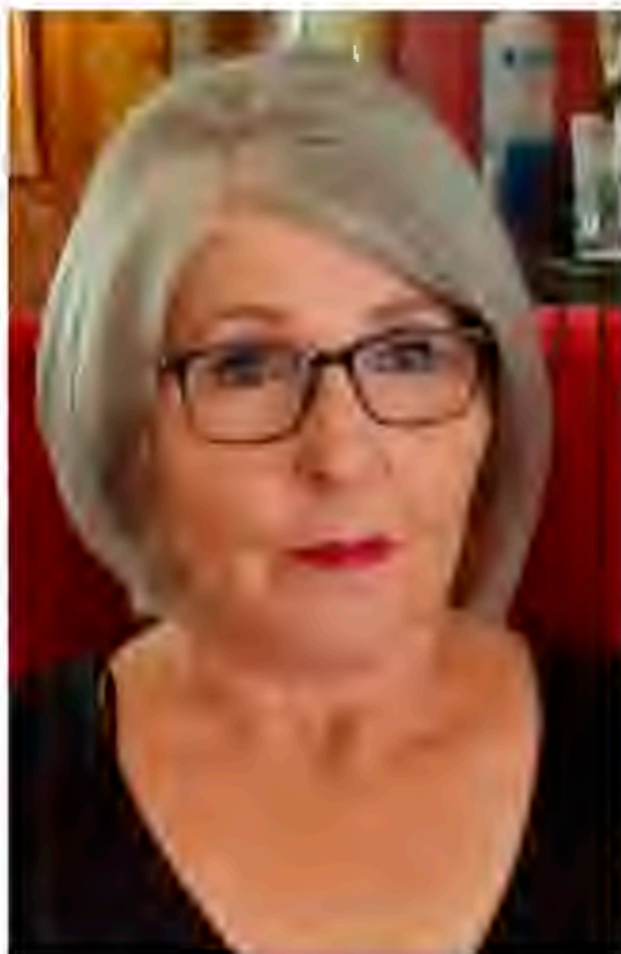
Ons sluit natuurlik ook oor Desember maand.

Ons WhatsApp nommer is 072 768 8582
"Chat" gerus met my.

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,

Dit is net weer ek wat gou inloer om die met julle te deel.

Elke dag is dit 'n gejaag van bakpoort na stuurpoort. Die dae en ure raak te min vir als wat 'n mens moet doen.

So ons staan al weer amper aan die einde van die jaar. Kersfees is 'n gejaag op sy eie.

Wees veilig en posop vir daai mensies wat jou wil beroof.

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**

TERUG IN TYD

Wanneer jou twee eerste enkelsnitte die musiekbedryf laat gons, is dit voorwaar 'n goeie idee om dit op te volg met iets wat nog meer aandag gaan trek.

Dit is presies wat Suid-Afrika se gunsteling nuwe duo, Legkaart, regkry met die uitreiking van hulle nuutste enkelsnit, TERUG IN TYD.

Dié snit, wat hulle beskryf as hulle "mees alternatiewe liedjie sover" kom uit die pen van hoofsanger, Anrich Gericke. Dit gaan oor die gevoel van tyd wat stilstaan wanneer jy 'n spesifieke persoon sien.

"TERUG IN TYD volg 'n hoofkarakter deur verskeie tydperke in sy lewe waar iemand die wêreld rondom hom tot stilstand bring," verduidelik hulle oor die lied wat deur Johnny de Rider van Die Heuwels Fantasties en Fokofpolisiekar vervaardig is. "Die styl is heelwat anders as enigiets wat op die oomblik op Afrikaanse radio speel. Ons glo die luisteraars sal dit as 'n 'vars briesie' ervaar."

"n Puik musiekvideo van die snit is op verskeie plekke in die Kaap deur Gerduan Kemp van Gerduan Kemp Photo & Film verfilm en hy was ook verantwoordelik vir die konsep en vervaardiging daarvan.

"Die video volg 'n hoofkarakter wat deur sy herinneringe 'terug in tyd' gaan om te besin oor wat skeefgeloop het tussen hom en die persoon wat sy wêreld gereeld laat voel asof dit stilstaan," verklap die paar. "Die video speel meestal agteruit om by die tema van 'terug in tyd' te pas. Die optrede gedeelte is verfilm op 'n verlate tennisbaan in Durbanville."

Kyk die video hier: https://youtu.be/nTjPIBRba_M

TERUG IN TYD volg in die voetspore van Wentelbaan en Ek Is Daar wat beide goed gevaar het op plaaslike treffersparades en ook speelyd gekry het op drie televisieprogramme.

Legkaart, wat bestaan uit Anrich Gericke en Werner van der Merwe, is 'n musiekgroep van Durbanville in die Kaap. Omdat hulle glo dat elke groeplid, liriek en melodie bydra tot wie hulle in geheel is, het hulle gedink dat dié naam baie gepas sou wees toe hulle in 2020 saam begin musiek maak het.

Dié duo het ontmoet toe hulle deel was van die Hippokrates-serenadegroep in die koshuis. Aanvanklik was albei deel van ander groepe, maar het later begin saam musiek maak toe dit nie uitgewerk het nie.

Anrich het vanjaar aan Die Kontrak deelgeneem as Demi Lee se keuse en is 'n vyfde-jaar-mediese-student.

Werner is die groep se hoof kitaarspeler en het aanvanklik fisioterapie studeer. Deesdae is hy egter betrokke by sy familie se parfumbesigheid en is hy besig om as vlieënier te kwalifiseer.



Die groep het nog baie drome en doelwitte en werk tans aan nog nuwe musiek en 'n video wat vroeg volgende jaar vrygestel word.

TERUG IN TYD val lekker op die oor en laat jou opgewonde uitsien na wat dié twee begaafde manne vir die toekoms beplan.

Dit is nou beskikbaar op alle digitale platforms. Kry dit hier: <https://Legkaart.Ink.to/TerugInTydMB>

SOSIALEMEDIASKAKELS:

Facebook: <https://www.facebook.com/LegkaartOfficial>

Instagram: @legkaart_anrich

YouTube: <https://www.youtube.com/channel/UC633rj35SV6Li6gXGlmdAgg>

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Smooth Recovery After Surgery

When your doctor recommends surgery, you'll have a lot of questions. You'll want to learn everything you can about the procedure—and you'll also be curious about how fast you can get back to work and activities. Your recovery time depends on several different factors, including the type of operation you're having and the severity of your condition or injury.

Take time to understand the entire process, including what you can do to heal at home. Pay attention to your physician's pre-operative and post-operative instructions. You can also try some of these speedy recovery tips at home. With patience and a positive attitude, you'll get stronger every day. Before you know it, you'll be back to your normal schedule!

Before having any kind of surgery, you should be prepared to ask your doctor and medical team lots of questions: Are there any risks? What pain medication will you need? Will you need home healthcare while you recover? How fast can you get back to work and other activities?

Your recovery time will depend on the type of operation you're having and the severity of your condition or injury. Take time to understand the entire process, including what you can do to heal at home. Pay close attention to your physician's pre-operative and post-operative instructions.

With patience and a positive attitude, you'll get stronger every day. Before you know it, you'll be back to your normal schedule.

How to Feel Your Best After Surgery

While you can't always control your health, you can take steps to make recovery from surgery easier. Prepare for your procedure as much as you can ahead of time, which may include understanding your operation better and finding someone to drive you home.

When the surgery is over, relax and let your body heal naturally. With proper rest, good nutrition and a little bit of regular exercise, you'll be feeling better and pain free quickly.

Here's what to expect after a surgical procedure.

Go to the Post Anesthesia Care Unit

Immediately after your procedure, you will be brought to a post anesthesia care unit (PACU). This is a specific patient recovery room in the hospital, where you'll be brought back to consciousness from anesthesia before being discharged.

Your anesthesia care team will monitor your vital signs, make sure you're feeling comfortable, and give you the appropriate fluids and pain medication. They are knowledgeable about your condition and trained to spot any problems related to the anesthesia so they can take action quickly if issues arise.

You'll be continually evaluated during your PACU stay until your physician decides you are ready to be discharged.

Follow Your Patient Discharge Instructions

After undergoing major surgery or a minor elective procedure, you'll get discharge instructions to review with your surgical team. Usually, they include information about wound care, recommended activity level, suggested physical therapy, diet, and mental wellbeing (as well as

information about when to call your doctor and the signs of a medical emergency).

They should also contain guidance specific to your condition. For example, a patient recovering from heart surgery may need to keep a closer eye on their respiratory health to prevent pneumonia and bronchitis.

Once you're home, it's a good idea to re-read these guidelines and follow them carefully. Call your surgeon's office if you're unsure about anything, especially if it involves unusual symptoms or reactions to medication. By taking care of complications as soon as they arise, you'll prevent setbacks in your recovery.

3. Get Plenty of Rest

With any major surgery, it's important to stay in bed as much as possible for at least 24–48 hours after the procedure. Some surgeries may require even more patient bed rest. Sleep if you feel tired and be sure to move slower than your usual pace. A gradual approach will allow your body to tell you when it's ready to go back to normal.

A patient with a long recovery ahead of them may be tempted to catch up on work or run a few errands. But before you get back to your busy schedule, remember your surgeon's instructions. Don't drive, exercise, or engage in strenuous activities until your physician gives you the all clear.

Take Pain Medication as Advised

Before surgery, tell your doctor about any prescribed pharmaceuticals, over-the-counter medications, or other supplements you use. This will help them prescribe pain relief that won't negatively interact with medication you're currently taking.

And while there's no such thing as an entirely pain free surgery experience, the right medication in the right dose can go a long way towards easing soreness and discomfort. As a patient, it's really important to follow all medication instructions from your healthcare professionals carefully. Not only will this speed up your healing time, it can help you avoid long-term health problems.

Avoid Infection

Every wound, no matter how small, has the potential to become infected. Today's minimally invasive surgical procedures help minimize the risk of infection, but you still have to maintain proper wound care to stay healthy. Your surgeon's discharge instructions should provide you with everything you need to care for the affected area. Follow all guidelines step-by-step and ask a loved one if you need help with cleaning or dressing the wound.

Eat a Healthy Diet

A patient recovering from surgery may experience nausea and loss of appetite. But once those feelings pass and you're ready to get back to your normal diet, it's important to focus on incorporating nutritious meals into your patient plan.



Things I can buy my grandkids on Christmas

What can I buy for my grandkids on Christmas?

17 Best Gifts for Grand daughters and Grandsons

Purchase a Zoo Pass.

Instead of more stuff, give them experiences. ...

Buy Tickets to a Live Show.

Play the Day Away.

Purchase a Museum Membership.

Take a cooking class together.

How Much Should grandparents spend on grandchildren for Christmas?

According to this survey, the average amount spent on Christmas gifts by grandparents is R200 per child.

However, grandmothers actually spend more on holiday gifts than grandfathers spend. Furthermore, grandparent holiday spending varies depending on where a family lives.

Most grandparents feel their gifts are appreciated.

Seventy-six percent of respondents said they never plan on stopping giving gifts to grandchildren, but the ones who did said an average age of 20 as their planned stopping point.

Grandchildren love toys and may long for the coolest new sneakers, but this year grandparents may want to buy them something more meaningful.

Gifts for older kids

Letter-writing kit.

Treasured Passages Grandparent and Grandchild Book. ...

Charity gift cards. ...

Online cooking classes

How can grandparents save for their grandchildren?

A grandparent can open a savings account for their grandchild in the child's name as long as they have documentation, such as the child's birth certificate. There are lots of accounts specifically for children but the most important point is the rate paid, rather than any gimmicks.



Home safety for seniors

What are the safety measures for elderly?

Home safety tips for seniors

Focus on balance.

Medicate safely.

Store medications safely.

Have easy access to emergency numbers.

Wear an alarm device.

Get annual eye exams.

Handle driving with respect and honesty.

Top 10 Home Safety Tips For You And Your Friends

Get Safety Certificates For Your Home.

Make Sure Alarms Are In Working Condition.

Design An Emergency Exit Plan.

Keep Your Doors Closed and Locked.

Keep Medicines In A Safe Cabinet.

Keep The Floor Dry.

Turn On Security Lights At Night.

Keep The Laundry Room Locked

How can I make my home elderly more accessible?

Improving accessibility involves things like widening doorways and lowering countertop and light switch heights for someone who uses a wheelchair. Changes that do not require home redesign, such as installing grab bars in bathrooms, are adaptability features

What are the 5 personal safety rules?

Be responsible for your personal safety:

Be alert to potential danger.

Trust your instincts.

Be aware of all your surroundings.

Avoid anything that does not feel safe.

Anticipate possible problems.

Be vigilant and prepared for anything.

Report suspicious activity.

How can you reduce the risk of falls in the elderly?

The risk of falling — and fall-related problems — rises with age. However, many falls can be prevented. For example, exercising, managing your medications, having your vision checked, and making your home safer are all steps you can take to prevent a fall.

What are 3 common causes of falls?

Some of the most common causes include:

postural hypotension (orthostatic hypotension) – a drop in blood pressure when getting up from lying or sitting. ...

inner ear problems – such as labyrinthitis or benign paroxysmal positional vertigo (BPPV)

problems with your heart rate or rhythm.

dehydration.

Where do most falls occur in the home?

In homes with no stairs, the following rooms and living saw the most falls:

Living rooms (31 percent of falls)

Bedrooms (30 percent)

Kitchens (19 percent)

Bathrooms (13 percent)

Hallways (10 percent)

What are two good ways to prevent falls in the home?

Floors, stairways, and hallways

Ensure there are handrails on both sides of any stairs, and make sure they are secure. ...

Ensure there is good lighting with light switches at the top and bottom of stairs and on each end of a long hall.

Keep areas where you walk tidy.

What percentage of seniors fall in their own homes?

About 35 percent of people over age 65 fall in their homes at least once each year. That figure increases to 50 percent for those ages 75 and over.



'n Ouer met NIKS



'n OUER MET NIKS.

Jare lank het ek my kinders, my alles gegee ...
Vandag is ek oud en sit in my kamer ...
Eensaam en alleen, wonder ek ...
Waar is my kinders dan heen ...

Nagedagtenis is teen die mure sigbaar ...
Geplaas in foto rame met my kinders daarin ...
As ek verlang, wend ek my tot my kamer muur ...
Waar die foto's van my kinders en kleinkinders,
Vir my met glimlaggende gesigte aanloer ...

Die tyd het aan gestap, so het ek oud geword ...
Ek wonder soms of ek 'n las vir die kinders geword het ...
Hier waar ek sit vandag, is my hart seer, ek verlang ...
My kinders is te besig en gaan hul eie gang ...

Vakansies kom nader, geen van my kinders in sig ...
Dan vra ek myself onder meer wat het dan gebeur ...
Dis naweek en die kinders is by hulle huise ...
Het hul dan net aanvaar ek is oud en vergete

Het die liefde vir ouers dan 'n las geword ...
Is die liefde weg gebêre in klere kas ...
Of het dit agter gebly in die vakansie tas ...
Is dit nou net sigbaar in 'n foto album ...
Of in die foto raam op die kas, bedek met stof...

Is dit die dank wat 'n ouer moet ontvang ...
Na jare se liefde gee en oordra ...
Het ek nou 'n onbekende vreemdeling geword ...
'n Las vir die kinders en kleinkinders ...
Of is ek net nog 'n statistiek van ouer wees ...

Die tye het gekom en het gegaan ...
As jy oud word is jy nie meer deel van hul bestaan ...
My naam kom nie meer voor in hul woordeskat ...
Ek is maar net nog 'n eensame ouer ...
In die kamer, van my eie huis ...
Sit ek met hartseer en wag vir my laaste dag. 😞😞

Moet nie van julle ouers vergeet nie.
Eendag is jy ook oud dan gaan jou kinders jou ook weggooi.

Skrywer onbekend van Facebook geleen.



Laat ons dan nie moeg word om goed te doen nie, want as ons nie verslap nie, sal ons op die bestemde tyd ook die oes insamel



MEDIA HOUSE MAGAZINE

NEXT ISSUE DECEMBER 2022

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