

50+

ONLINE
Issue 19
December 2022

Sun Safety for seniors

Werk saggies met jou MA

50+

MAGAZINE / TYDSKRIF

COMMENTS:

Please send us an e-mail to
admin@topvibe.co.za
to share your opinion, ideas and comments.

COPYRIGHT:

Content of 50+ Magazine / Tydskrif is
protected by copyright. NO part of this
publication may be reproduced or used in any
form whatsoever without prior settlement
with the Editor.

DISCLAIMER:

The Editor or the publisher cannot be held
responsible for damages or consequences of
any errors or omissions neither do they stand
warranty for the performance of any article,
letter and / or advertisement.
The view of other writers or articles in this
Magazine is not necessarily the view of the
Editor.

EDITOR:

Charmaine Britz

CONTACT DETAIL:

Cell: 072 768 8582

WEBSITE:

www.topvibe.co.za

1.

50+ AMBASSADOR:

The last message from our lovely
Ambassador, she will be leaving us.
Thank you Lorraine.

2.

ADVERTISING:

Advertise your business, products and
more with us at affordable prices.
For more info call 072 768 8582

3.

SUN SAFETY FOR SENIORS:

How long should I be in the sun?
How to protect yourself from the sun.

4.

HEALTHY DRINKS FOR SENIORS:

Learn more about healthy drinks,
what you should drink

Geseënde Kersfees



REGULARS

1. COVER PAGE 01

Cover page model is the lovely Rika
Leask from Walkerville.

2. 50+ AMBASSADOR 04

Our 50+ Ambassador Lorriane Smit say goodbye
thank you for the time that you have spent with
us.

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,

Ons staan aan die einde van nog 'n jaar miskien
was jou jaar gevul met donker wolke of dalk het
jy geluk en voorspoed geken, ons almal bid vir 'n
nuwe jaar 'n jaar vol hoop.

Wees veilig en peraat oor die feestyd, daar is so
baie geweld, huisrooftogte en diefstal.

Wanneer jy weg gaan met vakansie onthou die
boewe gaan nie met vakansie nie. Maak seker
jou tuiste is veilig.

Ons groet ons Ambassadeur Lorriane Smit sy
gaan haar vlerke spreid en nuwe dinge aanpak.

Voor julle nou bekommerd raak ons het twee
nuwe Ambassadeurs julle sal in ons Januarie
uitgawe hulle ontmoet.

Ons is bitter opgewonde oor 2023 en ons wens
vir julle is om 'n mooi 2023 te hê, mag al julle
drome waar word.

Daar is lekker projekte vir die nuwe jaar en ons
is opgewonde daarvoor.

Moet nie jou 50+ tydskrif mis nie, gaan na
www.topvibe.co.za om hom af te laai.

As jy nie weet hoe nie stuur vir my 'n WhatsApp
en ek stuur die tydskrif vir jou.

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

Geseënde Kersfees geniet die tyd saam met
familie en vriende. Lekker eet en kuier en
onthou maak asof dit jou laaste dag is, geniet
elke oomblik.

Liefde

Charms xox

50+

Ambassadeur



**LORRAINE
SMITH**

Lorraine Smith:

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

Hallo julle,

Dit is sowaar Desember en nou is die jaar op sy rug.

Ek wil dankie sê vir my tyd as ambassadeur, ek het dit so baie geniet ek moet ongelukkig groet.

Nuwe dinge het op my pad gekom en hoe sê hulle, jy moet maar 'n kans vat as dit jou kant toe kom.

Ek weet somer julle gaan nog baie pret hê vir die jare voorentoe.

Geseënde Kersfees vir elkeen by Media House vir elke adverteerder en vir elke leser.

Geniet die spesiale dag wat net een keer op 'n jaar kom, kuier saam met familie en vriende. Mag 2023 vir julle net die mooiste inhou.

Liefe Groete (totsiens)

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

Werk saggies met jou MA

Soms kom my vinnige antwoord, skeef en vol skerp hoeke uit my mond.. Sny sover dit gaan, maar ek draai te vinnig weg om nie te sien die bloedspeer wat dit laat nie.. Werk saggies met jou ma.

Die helfte van wat sy doen verstaan jy nie, wat sy alles toelaat, laat jou koud. In een oomblik wil jy haar skud en dan weer beersag in jou arms toevou. Eers later maak dinge vir jou meer sin.. Werk saggies met jou ma.

Die goed wat sy jou nooit vertel het nie, is die goed wat haar binneste uitgehol en gevorm het, om meer te dra waar niemand dit sien nie.. Daardie goed wat haar soms laat breek waar jy dit wel kan sien al wil jy nie.. Werk saggies met jou ma.

Haar oë sien alles raak, maar sy hou so baie vir haarself. Sy treë terug en offer haar hoop vir haar kind se geluk. Die dankbaarheidsopbrengs is gereeld maar min, maar die vlam strek steeds hoër soos die brandhout van haar gebede opgestapel hemelwaarts neig.. Werk saggies met jou ma.

As sy vandag nog aarde-aseem teug, bly vir n oomblik net stil en loop krap in jou dankbaarheidsargief vir die warmte in jou hart, die vergifnis in jou stem, die verwondering van jou kleuterdae oor haar..

haar.. Werk om hemelsnaam, vandag en elke dag, net saggies met jou ma.

Want die dag gaan kom wat haar môre groet elke dag sal stop.. Haar woorde ek is lief vir jou my kind sal jy nie meer hoor nie.. Haar stem sal stil raak.. en al wat sal oorbly is memories.. waardeer jul ma vir die tydperk sy nog hier op aarde asem haal..

GELEEN



"Advertising your business"

ORDER YOUR COPPERBRITE TODAY



THIS PRODUCT IS EASY TO USE AND LEAVES NO RESIDUE

Copperbrite

COPPER & BRASS CLEANER

CLEANS QUICKLY AND EFFECTIVELY

Sole agent in the Vaal
Charmaine 072 768 8582

MEDIA HOUSE

We will be Closed

Merry Christmas

15 Dec to 7 Jan 2023

The Vaal Triangle's Preferred Choice!

STAY HEALTHY,
STAY SAFE,
STAY TUNED IN!



IFM 102.2 RADIO

3485 41023 (01.50 per sms)
Studio: 016 657 5000
Office: 016 667 2014
Mornings: 016 667 4304 / 4404 / 4408

WhatsApp: 082 651 8870 | www.ifmradio.co.za

MEDIA HOUSE

Top Vibe Magazine

Charmaine
072 768 8582
www.topvibe.co.za

Top Vibe Kids Magazine

Glamour Talk Mag

50+
MAGAZINE / TYDSKRIF

PRINT SPOT

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, Seo6 VDBP

CompMed Medical Aid Services

Jan Bekker 082 681 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

IFM 102.2 RADIO

Info-Fun-Music

*Valentine's Day
comes early*

2023



MEDIA HOUSE AMBASSADORS

will spoil "Ons Gryse Jeug"
old age home in Sasolburg.

Date: Saturday 11 February 2023

Venue: Ons Gryse Jeug
28 Van Eck, Street, Sasolburg

Time: 9h30 - 10h30



Sponsors:

Ambassadors
of
MEDIA HOUSE



**Senior Valentine's
Shoebox**

Each box will contain
the following products:

Men Box:

Razors
Shaving Cream
Body lotion
Deodorant
Shampoo
Face Cloth
Soap

Ladies Box:

Tissues
Hand Cream
Body lotion
Deodorant
Shampoo
Face Cloth
Soap

TREATS;

Small juice / Chrisps / Wine gums / Mints
Sweets / any Biscuits / Slab chocolates

SPONSOR A
SENIOR R50

WITH & A
SHOEBBOX

THANK
YOU!

In aid of
Ons Gryse Jeug old
age home - Sasolburg

Contact persons:
Charmaine 072 768 8582
Carin: 082 827 6556

This event will take place on 11 February 2023.

Donations can be paid into the following
account.

BANK DETAILS:

C.T. SMUTS
CAPITEC BANK
ACC: 1355 32 8487
REF: your name / Valentine's Shoebox

Sun Safety for seniors

Mom or dad's new best friend: the shade. The sun's UV rays are usually strongest between 10am to 4pm. This means it's best to limit their sun exposure during those times or make sure they stay in the shade. However, it's important to keep in mind that trees, umbrellas and canopies do not offer complete sun protection.

Should older adults avoid sun exposure?

Even at older ages, sun protection can help prevent sunburn and lower skin cancer risk. Less than half of older adults protect their skin from the sun when outside for an hour or more on a warm, sunny day. This may raise their risk of getting skin cancer.

How long should the elderly be in the sun?

A good guideline to follow is to ensure that seniors receive 5-10 minutes of sunlight 2-3 times a week. This is the amount that is needed to produce healthy levels of vitamin D. It's also low enough that the increased risk of skin cancer is typically minimal.

Why are old people more sensitive to the sun?

As you get older, your skin becomes thinner. That lets the sun's harmful ultraviolet (UV) rays penetrate more deeply, damaging your cells' DNA. To make matters worse, your body's ability to handle those rays goes down with each passing year.

Is sunlight good for elderly? Spending more time in the sunshine could help older people to reduce their risk of developing heart disease and diabetes. Exposure to sunlight stimulates vitamin D in the skin and older people are more likely to have a vitamin D deficiency due to the

older people are more likely to have a vitamin D deficiency due to the natural aging process and changes in lifestyle.

What is too hot for seniors?

When the temperature climbs above 80°F, older adults need to be proactive and take precautions to avoid ailments due to excessive heat.

What happens to your body at Age 70?

Your bones, joints and muscles

With age, bones tend to shrink in size and density, weakening them and making them more susceptible to fracture. You might even become a bit shorter. Muscles generally lose strength, endurance and flexibility — factors that can affect your coordination, stability and balance.

How much sleep do 70 year olds need?

7 to 9 hours

Older adults need about the same amount of sleep as all adults—7 to 9 hours each night. But, older people tend to go to sleep earlier and get up earlier than they did when they were younger. There are many reasons why older people may not get enough sleep at night.

How many times a night should you wake up?

In fact, the average number of awakenings hovers around six times per night. As the body cycles through various stages of sleep, including deep sleep and REM sleep, it dips from shallower to deeper states.

Is it normal to wake up to pee?

Many people wake up at night to urinate, but you can adjust your behaviors, medications, or overall health to improve your nightly symptoms. However, nighttime urination could be your body's way of signaling another underlying issue, so don't hesitate to talk to your doctor if you have concerns.

Why do I pee every 2 hours at night?

Drinking too much fluid during the evening can cause you to urinate more often during the night. Caffeine and alcohol after dinner can also lead to this problem. Other common causes of urination at night include: Infection of the bladder or urinary tract.

Double-void before bed.

Denson advises that you double-void, or urinate twice, right before bed. "Go to the bathroom, then brush your teeth and go through the rest of your bedtime routine," she says.



Healthy drinks for seniors

What drink is good for seniors?

Low-fat milk, almond milk and soymilk offer substantial amounts of calcium, protein and other nutrients good for bone and muscle health, which is extremely important for older adults. If you're looking for a lower-calorie drink, unsweetened almond milk can have as few as 30 calories in eight ounces

Is Boost or Ensure better for elderly?

Personal Perspective: The balance of protein to sugar is concerning. The high protein version is healthier, especially as the calories are the same either way. Boost Original would be best for cases where seniors are very resistant to eating (in which case, any nutrition is better than none).

Is Ensure good for the elderly?

Image result for healthy drinks for seniors

Ensure and Boost have multiple ready-to-drink shakes that may help you increase your protein intake, gain weight, and manage

diabetes. Both are also a good choice for older adults. However, they're not designed for children.

What are the top 3 healthiest drinks?

Water is the best choice for quenching your thirst. Coffee and tea, without added sweeteners, are healthy choices, too. Some beverages should be limited or consumed in moderation, including fruit juice, milk, and those made with low-calorie sweeteners, like diet drinks.

What is the healthiest drink ever?

Water is essential for your body. It prevents dehydration, constipation, and kidney stones. Plus, with no calories, it's the best beverage for your waistline

Which milk is best for elderly?

Drinking milk is beneficial for health regardless of your age. Milk is an excellent vitamin D and calcium source to keep up muscle strength, maintain healthy bones, and prevent osteoporosis. Still, low or non-fat milk is the best choice for the elderly.

What should the elderly eat for breakfast?

Image result

Healthy Breakfast Ideas For Seniors

Oatmeal topped with fruits and nuts or seeds.

A veggie omelet with a side of whole-grain toast.

A whole-grain bagel topped with avocado and cherry tomatoes.

A smoothie with spinach, fruit and yogurt.

Hard-boiled eggs with a side of fruit.

Is banana good for elderly?

Image result

Bananas are good for the elderly because they may relieve symptoms of anxiety and depression, brighten the mood, and enhance restful sleep. In addition, bananas are typically well-tolerated by seniors who may not have an appetite if they're living with emotional health issues.



How Your Appetite Changes In Your 30s, 40s, 50s, And 60s



Just yesterday you were able to stick to three square meals like a civilized human being, but today some animal urge inside is making you devour everything in sight. Yes, it can often feel like your appetite changes on a day-to-day basis. And really, every day can be a little different. Hunger is the result of a complex mix of hormones, physical activity, sleep deprivation, and even emotions, particularly stress. But it changes over time. There are some general trends that stand out and are noticeable to doctors and nutrition experts. Here's what you can expect from your hunger pangs, decade by decade.

MORE: Your Simple 3-Day Diet Detox

In Your 30s

As you kick off this decade, you might find yourself subject to either uncontrollable hunger or no desire to eat whatsoever, says Tasneem Bhatia, MD, who specializes in integrative medicine. The stress hormone cortisol can play a part at both ends of the spectrum. But the natural ebb and flow of hormones throughout your menstrual cycle can also change your appetite, Bhatia says, as anyone who has polished off an entire box of Girl Scout cookies while PMSing can attest. (Learn a simple cooking hack that can help you finally lose weight – plus, get dinner on the table in record time!)

You might also be, as they say, eating for two in this decade. While pregnancy can certainly increase your appetite a bit, "you don't need huge amounts of extra food," says Australia-based dietitian Ngaire Hobbins, author of *Eat to Cheat Dementia* and *Eat to Cheat Aging*. The body is pretty miraculous at supplying that developing bundle of joy with exactly what it needs to grow, but that might mean you miss out. If you're hungrier than usual while pregnant, put your appetite to good use. "Eat extra foods rich in calcium, iron, and vitamins," Hobbins says, "because the fetus gets preference over you."

This is the decade when—lucky you!—digestion issues are more likely to show up, Bhatia says, which will understandably mess with your appetite. But your 40s may also be a decade of slowing down physically. "Appetite typically increases out of proportion to activity level," she says. (The 21-day plan in *Love Your Age* is the life-changing reset every 40+ woman needs!)

Insulin resistance might also start to develop in this decade. When your body doesn't use insulin effectively, sugar can build up in your blood instead of being stored in cells. And if those cells aren't getting their sugar, aka energy, you might feel hungrier, especially for simple carbs, the quickest source of energy. "If you become insulin resistant, you have more problems signaling you're full," Bhatia says.



For some women, plunging estrogen levels due to menopause around 50 or 51 can result in a similar pattern of craving more carbs and sugar as if you were insulin resistant, Bhatia says. Perhaps, she hypothesizes, this might be the cause of the midlife weight gain so many women face around this time.

Indeed, women's bodies do tend to hold on to a little something extra during this decade, Hobbins says, but it's possible it's a sort of natural defense mechanism against health problems down the road. "Body fat is a reserve that might in fact protect you from frailty, which is really damaging as people get older," she says. Interestingly, even if you feel hungrier during this decade, you may not be reaching for extra snacks: A 2014 observational study found that while appetite increased in women going through menopause, their actual food intake decreased.

MORE: 7 Weird Reasons You're Gaining Weight

In Your 60s and Beyond

Despite what you may have heard, your stomach doesn't actually shrink with age, Hobbins says. But there do seem to be changes to the stretchiness of your tummy that happen alongside aging that mistakenly tell the brain you're full when you're not, she says, leading some older folks to lose weight as they age.

If you fit that bill, this decade may be the start of a new priority when it comes to weight: keeping it on. Weighing too little as we age has been linked with higher risk of falls, hospital stays, and even earlier death. If you're on the slimmer side of things, you can pad meals with a little extra fat, like a generous helping of olive oil or grated cheese

on your veggies. "Losing weight dramatically is a red flag something is going on," Bhatia says of people in their 60s. There's a lengthy list of health concerns that could be underlying such speedy weight loss over 65, so it's worth bringing up with a doc. (Here are more health symptoms to never ignore.)

You're also more likely in this decade to have started taking medications for various other health conditions, and pills are notorious for messing with appetite. Some change the taste of food; some dry up saliva, making the act of eating simply unappealing; while others zap your hunger pangs entirely, Hobbins says.

MORE: Exactly What To Eat When You Have A Cold Or Flu

Perhaps most troubling, though, is that after 65 or so, dementia becomes more common, and people with dementia often struggle with healthy eating habits. Many will hardly eat, but not necessarily because their appetite's vanished. "I'm convinced most people with dementia are actually hungry, but the brain connections to put one step after another to get rid of hunger may be gone," Hobbins says. In other words, a person with dementia may not make the connection that he needs to put his fork into the food on the plate in front of him, then lift that fork to his mouth and chew to quiet his rumbling stomach.

DIE EINDSTE SING OOR DIE SEISOENE

DIE EINDSTE SING OOR DIE SEISOENE VAN VERANDERING EN NUWE BEGINNE IN ALTERNATIEWE ROCK-ENKELSNIJ

Sedert die vrystelling van hulle debuut-album, *Grys*, aan die einde van 2021 het die Gautengse rockgroep, Die Eindste, nog net van krag tot krag gegaan.

Nie net het hulle eerste twee enkelsnitte speelyd op verskele groot radio-stasies gekry nie, maar hulle musiekvideo is ook baie goed ontvang.

Nou is dié groep talentvolle manne terug in die kollig met die 'n splinternuwe enkelsnit wat net so opwindend is soos die nuwe begin waarvan hulle sing.

JY WAS NET BETER is 'n alternatiewe rocksnit, uit die pen van hulle voorsanger André Faurie, met 'n akoestiese folk-aanslag wat deur Ruan Pieterse, Ian Putter, André Faurie en Markus Roland Els opgetower is en deur Markus Els van Mark7Studios vervaardig is.

"Die lied gaan oor 'n nuwe begin en veranderinge wat in die lewe plaasvind. Seisoene word gebruik om hierdie veranderinge aan te dui en daar word ook klem gelê op 'n nuwe begin met iemand in die skrywer se lewe," verduidelik hulle oor die betekenis agter die lied. "Ons dink mense gaan hou van die vermenging tussen nuwe akoestiese folk-klanke en ons kenmerkende alternatiewe rock-aanslag."

Die Eindste, waarvan die naam uit 'n gesprek tussen die groeplede ontstaan het, is in 2019 gestig toe 'n groep skoolvriende (André Faurie, Ruan Pieterse en Ian Putter) besluit het om saam musiek te maak as gevolg van hulle gedeelde passie vir Afrikaanse musiek waarby luisteraars kan aanklank vind.

Die groep het nog baie planne en drome vir die toekoms en tree tans soveel op as wat hulle kan. Hulle beplan ook om nog meer nuwe musiek vry te stel en werk aan 'n paar nuwe en opwindende projekte.

Om musiek en videos te maak waarmee luisteraars kan vereenselwig, is vir Die Eindste baie belangrik en met hulle nuutste vrystelling kry hulle dit beslis reg om op 'n treffende manier hulle boodskap oor te dra.

"Ons, as groep, werk altyd hard om iets nuut aan te pak wanneer ons musiek skryf. Met hierdie lied het ons probeer om elemente van verskele genres in te sluit, met 'n brug aan die einde wat baie anders is as die res van die gevoel van die liedjie en hoop mense sal die uniekheid daarvan waardeer," sluit hulle af.

JY WAS NET BETER is beskikbaar op alle digitale platforms. Kry dit hier: <https://linktr.ee/dieeindste>

SOSIALEMEDIASKAKELS:

Facebook: <https://www.facebook.com/die.eindste>

Instagram: @die_eindste_band

PUBLISITEIT EN BEMARKING:
STARBURST PROMOSIES
Gizela Sharim
Sel: 083 399 6869
E-pos: gizela@starburstmusic.co.za
Webwerf: www.starburstmusic.co.za

DIE EINDSTE



JY WAS NET BETER

A photograph of two women embracing warmly. The woman in the foreground has blonde hair and is smiling broadly with her eyes closed. She is wearing a grey sweater. The woman being hugged has curly brown hair and is wearing a grey sweater. In the background, there is a Christmas tree decorated with lights and ornaments, and a window with warm, glowing lights.

MEDIA HOUSE MAGAZINE

NEXT ISSUE JANUARY 2023

TO DOWNLOAD GO TO WWW.TOPVIBE.CO.ZA