

50



ONLINE  
Issue 20  
JANUARY 2023



MEDIA HOUSE  
PROJECT FOR 2023

Seniors celebrating  
New years eve.

*Cheers to 2023*

50+

MAGAZINE / TYDSKRIF

COMMENTS:

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1.

50+ AMBASSADORS:

A message from our lovely Ambassadors they will bring you something new every month.



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

Redakteur

*aan die woord*

Liewe leser,

Ons staan op die drumpel van 'n nuwe jaar 2023, daar is hoop op almal se lippe dat die jaar 'n mooi jaar sal wees.

Ons kan maar net hoop en bid dat dit wel so sal wees.

Ons is terug na 'n welverdiende blaaskans en staan nou weer gereed vir nog 'n jaar.

Ons verwelkom ons nuwe Ambassadeurs twee pragtige dames wat by die span aangeluit het. Lees gerus meer oor hulle op bladsy 4 en 5.

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 daaroor. Ons gaan ons gryse jeug besoek en hulle bederf met 'n skoen box vol liefde.

Moet nie jou 50+ tydskrif mis nie, gaan na [www.topvibe.co.za](http://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.

Seënwense vir julle mag jy 'n wonderlike jaar geniet propvol liefde geluk en gesondheid.

Liefde

Charms xox

2.

ADVERTISING:

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3.

EAT LESS WHEN GETTING OLDER:

It is true that when you getting older you eat less page 14 and 15

4.

SUN RESORT STAAN NOU BEKEND AS SUN LIFE:

Lees meer oor hierdie asemrowende gebeurtenis wat plaas gevind het op 1 Desember 2022

REGULARS

1. COVER PAGE 01

*Cover page is three anonymous models cheering for 2023*

2. 50+ AMBASSADORS 04

*Our 50+ Ambassadors is two beautiful ladies Fredricka Storm and Cemón Snyman.*

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*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 - our next issue is February 2023*

# 50+ Ambassadors



**Fredricka Storm**

Hallo julle,

'n Dankbare hart word gewys in jou optrede teenoor jou naaste.....

'n Druppel van my pen se ink net vir jul

Dis n eer en voorreg om te staan as een van die Amabassadeurs vir 2023. Ons gaan oor baie dinge gesels en saam kuier waar jy jou leesgenot geniet. 'n Groot dank aan ons redaktrise vir hierdie geleentheid.

Ek is n Ma en n Ouma, n vriendin, n kollega of selfs n kennis of jou #Gotogirl in eiendomme maar eerstens is ek n VROU. Uniek geskape na SY hand en hier om kennis en ervaringe met jul te deel.

Ek word 57 in Maart 2023 en het n vol en besige lewe gely. Van vrouwees vir my oorlede man tot ma vir my 2 dogters en en geseend om n ouma van n kleindogter te wees. En het hierdie jaar 2 seuns Ryker geword. Eintlik is ek net 'n brat".

Ek is 'n Eiendoms Agent sedert 2014 en huidiglik by 'n wêreld bekende #Nr1 Franchise. Mense is my passie en dit is 'n voorreg om tot diens van die gemeenskap te wees.

So hou hierdie spasio dop vir genotvolle en leersame inligting en geselsies.

Gesëende Feestyd en mag 2023 jul mooiste verwagtinge oortref.

Groete tot my volgende #DruppelInk

**Fredricka**

Hallo,

Na, wat gevoel het soos 'n ewigheid van korporatiewe doen en late, is ek ongeveer 6jaar terug vanuit die stad uitgevoer na 'n plaas, naby 'n klein plattelandse dorpie in die Vrystaat. My "uitvoerder" was, en is nogsteeds, die liefde van my lewe, my sielsgenoot. Ons is die trotse ouers van 'n pragtige, jong man in wording en vier tans 10 jaar van 'n gelukkige, vervullende en vreugdevolle huwelik.

Ek is Cemón, 'n boer se vrou, nie 'n boervrou, 'n ma, 'n dogter, 'n suster en aanbieder van my Hemelse Vader.

Dit is vir my 'n plesier om my naels en hare te laat doen en myself te bederf met 'n spesiale roompie. Ek hou van alles wat mooi is. Ek beproef graag alles maar behou die goeie.

My dae word gevul met sosiale media aktiwiteite, wat sodoende my internasionale aanlynbesig laat groei en vervul my lewensbehoefte in alle opsigte.

'n Suksesvolle dag vir my is om 'n verskil in iemand se lewe te maak...al is dit net om 'n "ek voel goed" of "ek sien weer kans"- gevoel in iemand wakker te maak.



**CEMÓN SNYMAN**

Dis 'n groot voorreg en eer om my uitsigte en opinies met julle te kan deel as 2023 se 50+ Tydskrif Skoonheids Ambassadeur. Hoop julle geniet die tydjie saam met my...plaas jouself eerste, drink 'n koppie tee, spandeer tyd in die natuur, geniet 'n spa-dag, lees 'n tydskrif of boek en lê 5 minute langer in daai bad.

Ek wil julle graag 'n wonderlike 2023 toewens!

Liefde tot volgende maand.

**Cemón** 50+ Magazine 5

# MEDIA HOUSE PROJECT FOR 2023

*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



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## Senior Valentine's Shoebbox

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Soap

Ladies Box:

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Body lotion  
Deodorant  
Shampoo  
Face Cloth  
Soap

TREATS:

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



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  
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148 Louis Trichardt Boulevard, SE 2, Vanderbijlpark

Sole agent in the Vaal  
Charmaine 072 768 8582

# " 'n Ma in die oue tehuis"



'n MA IN DIE OUE TEHUIS ...

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 kerstyd en die kinders is oorsee  
...  
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 ma  
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  
moeder ...  
In die kamer, van die oue tehuis ...  
Sit ek met hartseer en wag ...  
Vir my laaste dag ...

GELEEN FACEBOEK

# Seniors celebrating New years eve.

## **New Year's Eve activities for elderly**

### **The best New Year's Eve Party Ideas For Seniors**

**Play Party Games.** Everyone enjoys a good game with friends.

**Host a Murder Mystery.** Have you ever wanted to be a detective?

**Host a Time-Period Party.**

**A Walk Down Memory Lane.**

**Dream Job Party.**

**Host the "Perfect" New Year's Eve Party.**

**Host a New Year's Eve Brunch.**

### ***What do seniors want most?***

**Comfort.** There's no place like home, and wherever senior citizens stay, their comfort should always be a top priority. As they start to spend more time indoors than they used to, physical comfort becomes more and more important.

### ***Have a theme party:***

**Pay tribute to decades of the past,** and dress up as a flapper from the roaring 20s, put on your bobby socks and poodle skirt for the nifty 50s, or wear your hair in a beehive for the swingin' 60s. You may also choose to do a Hawaiian, nautical, or carnival theme. Try to get a photographer to capture all of the moments!

### ***New Year's nostalgia:***

**Go for a walk down memory lane.** Bring out the photo albums and talk about family New Year's celebrations of the past or other memorable family gatherings. Allow your loved ones to share their favorite memories and discuss highlights of events that occurred over the past year.

### ***Write down your New Year's***

**resolutions:** Do you keep meaning to schedule a yearly annual checkup? Is it time to declutter the home and minimize some of your belongings? A new year is the perfect time to get motivated to finally do some of those things you've been meaning to do all year. Consider resolutions like exercising, eating healthier, volunteering, challenging your brain, visiting an old pastime, and spending more time with family.

### ***Have a movie night and watch films set around New Year:***

**Get in the spirit and watch a New Year's themed movie.** Try: *Chimes at Midnight* (1965), *Holiday* (1938), *'Til We Meet Again* (1940), *Rent* (2005), or *Holiday Inn* (1942).

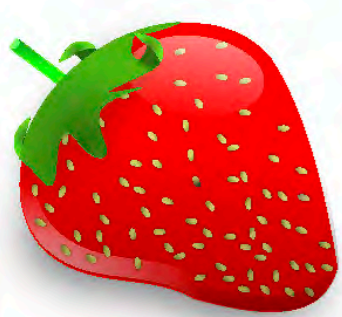
### ***New Year's Day brunch:***

**If staying up until midnight is way past your bedtime and not possible, celebrate New Year's Day at noon instead!** Make a brunch reservation with friends at a restaurant you enjoy – or simply cook a special meal at home. As you are counting down to noon, hold up your glass of orange juice or milk, and say "cheers" to a new year!

### ***Prepare good luck foods:***

**Around the world, people celebrate the new year with certain foods.** Why not incorporate some into your tradition? The Spanish and Portuguese eat twelve grapes at midnight to symbolize the twelve months of the new year. In Greece, a pomegranate is smashed on the floor in front of a door to break it open, revealing seeds symbolizing prosperity and good fortune. In many parts of the world, ring-shaped foods are eaten as a symbol of coming full circle. In Chili, lentils are eaten when the clock strikes midnight and in the southern United States, eating black-eyed peas is thought to bring good fortune in the new year.





# Eating less when getting older

# D

aily volume of foods and beverages also declines as a function of age. Physiological changes associated with age, including slower gastric emptying, altered hormonal responses, decreased basal metabolic rate, and altered taste and smell may also contribute to lowered energy intake.

As you grow older, you might notice your appetite is not what it once was. If caring for an older loved one, they may refuse to eat or only consume certain foods sparingly. A decrease in one's appetite can be related to growing older, due to a decline in energy levels, resting metabolic rate and physical activity.

On the other hand, signs like sudden weight loss or restrictive eating are concerning for a couple reasons. It can interfere with how the body heals and older adults who lose at least 10 percent of their body weight tend to experience increased mortality rates.

## When Decreased Appetite Is a Concern

Due to the physical changes of getting older, it's often considered "normal" to eat less. A decrease in appetite can also be the result of naturally fluctuating hormonal levels.

Older adults might make dietary adjustments with dentures or when taking medication to avoid certain side effects. Yet, a sudden change in diet or weight can also be a sign of a more serious health condition, including:

Alzheimer's disease

A thyroid disorder

Mouth or throat infection

Gum disease

Cancer, particularly lung, stomach, ovarian or pancreatic

Changes to the salivary glands

Dry mouth

Hepatitis

Chronic liver disease

Kidney disease

Chronic obstructive pulmonary disease (COPD)

Multiple sclerosis (MS)

## Other Factors Behind Loss of Appetite

If you're caring for a loved one who has suddenly stopped eating or only does so in a limited capacity, this change could be a result of:

Chewing difficulties, due to dental issues, dry mouth, an infection or dentures

Swallowing difficulties, potentially stemming from an underlying health condition

Being upset by how a food smells or tastes, or finding that everything tastes bland

Requiring assistance to eat following a stroke

Dehydration, which can contribute to decreased appetite

Not getting enough exercise, which can also impact appetite

Gastrointestinal changes that make eating and digesting uncomfortable

No longer being able to independently prepare meals.

## How to Improve Appetite and Nutrition

A few changes can help you or a loved one feel hungrier or maintain sufficient nutrition:

Consider eating in group settings more frequently

Schedule time each day for some form of physical activity

Serve smaller portions of food

Eat foods with more vitamins and minerals

Develop a daily routine for eating, including all three meals and snacks

Have smaller meals more often throughout the day

Ask for assistance with planning and preparing meals

If you're having trouble with utensils, consume more "finger foods"

Consult your doctor, who may develop a nutrition plan or recommend an appetite stimulant





# How to parent adult children still living at home

**Y**oung people are leaving home later and later in the new millennium. The number of young people still living at home has grown by a whopping 50% since the late 80's according to the Australian Bureau of Statistics, which also says that; a third of young people over 20 still live at home; more than half had tried moving out of home but didn't like it; and when they do move out it's not for long. Before you can say "Freedom!" they're back again. Currently the average age young people move out is 28.

Many parents don't mind their children living at home but find fights often break out over boundary and contribution issues. Instead of their young adults being a pleasure they're a pain!

So what can parents do to address some of the more common issues that arise? For example them taking responsibility for their everyday lives, who pays for what, household and garden upkeep, use of family equipment such as the family car, sex, and drugs (including alcohol and tobacco)

## Everyday Life

Treat your young person as the adult they are and inform them you expect them to behave like an adult. That means being responsible and most importantly both of you treating each other with honesty and respect.

Try to be a good role model for them, and that means being the best person you can be. Otherwise it's not fair to expect them to live up to standards you don't observe.

Be encouraging and supportive; don't nag them about their clothes or hair (or anything about their appearance). You're still their parent, but don't treat them like one especially a critical parent.

Set clear boundaries and contributory guidelines (what you expect them to contribute to the household).

A good way to look at it is this - you're all in a share house and they have to do the same as they would in any other share house and so would you, for example:

Pay your share of the rent

Clean up after ourselves

Pay our share of the bills (including the phone bill)

Be considerate regarding stay-over's by lovers/friends

Not raiding the fridge of what's obviously not ours to be raided

Do our share of house and garden maintenance

Do their own laundry

Observe house rules

Be considerate about other people's property, ask if you can use it and take care of it

Communicate in an adult and civil way

Ideally, this kind of thing should start as early as possible. However if we've indulged our children and not asked them to do the above, then it's never too late to start.

A good start is having a meeting to discuss shared boundaries around living arrangements and shared responsibilities and contributions. Following are some ideas for the above issues.

Many young adults stay at home because we're staying at school longer. More and more young adults expect to get University degrees and that costs money in lots of ways - lost earnings - fees - books and so on.

Young people often have jobs but instead of making a contribution to the home, they spend it on cars and fun leaving mum and dad to pick up the bill.

Make it clear you're happy to support them but they have to pay their own way and that might mean they get a job even if it's part-time.

You might consider them paying an agreed-on proportion of said income to the household and bills. Do a budget and work out a reasonable share of the household expenses according to their means (don't forget the phone bill).

Cleaning up after ourselves

If we were in a share house, we would be expected to not leave mess in shared living spaces otherwise we might be asked (not so politely) to find somewhere else to live.

You might not want to go as far as taking the same approach, nevertheless negotiations regarding household and garden maintenance and who is going to be responsible for what is a standard part of shared accommodation. Negotiate agreed tasks, write them down.

Do their own laundry

If this isn't something they've learned to do by the time they get to their twenties, they haven't been done a favour. Even if they don't end up in a share house, but rather with a partner or in their own accommodation, people are expected to do these kinds of things. Have some fun showing them how - a 'Laundry Day' - have beer and pizza afterwards.



# Sun Resort staan nou bekend as Sun life

## Die Sun Resorts-handelsmerk ondergaan 'n opwindende transformasie en staan nou bekend as Sun life

Op 1 Desember 2022 is gaste van regoor die wêreld genooi om 'n opwindende vernuwing te beleef tydens 'n vinnige wegbreek wat deel gevorm het van die #ComeAlive-feesvieringe.

Hierdie flambojante aand, gevul met epikuriese plesier, betowerende optredes en 'n euforiese atmosfeer, het plaasgevind by die majestueuse Sugar Beach-oord in Mauritius om die vernuwing van die Mauritiaanse hotelgroep, Sun Resorts, behoorlik te vier. Dié groep staan nou bekend as Sunlife, 'n naam wat geïnspireer is deur die idee van 'n lewe in die son wat in styl geniet word.

Gedurende hierdie glansryke gebeurtenis is gaste bederf met liplekker eetgoed, skouspelagtige vermaak en beeldskone evolutiewe dekor. Een van die hoogtepunte, was die liedjie, Dance until the Rise, wat spesiaal deur plaaslike sanger AnneGa vir Sunlife geskryf en gesing is en waarlik die geluk en opwinding oor die aanbreek van 'n nuwe era vir hierdie handelsmerk in woorde en melodie omskryf.

"The sun will be ours till it goes to sleep.

Fading in the night.

Let's Dance Until the rise".

(Die son is ons s'n tot dit gaan slaap. Vervaag in die aand. Kom ons dans tot die son opkom.)

Kyk 'n kort video van die aand hier: <https://fb.watch/hdSUoV0N9v/>

Foto's:  
<https://www.dropbox.com/scl/fo/sgp8jux7bsrkwwhecevlg/h?dl=0&rkey=ewji35I570yeuo7a7z3sa46aw>

Dance until the Rise deur AnneGa: [https://youtu.be/KKVe\\_bFiogc](https://youtu.be/KKVe_bFiogc)

Die Come Alive Collection is deel van die transformasie, en stel 'n reeks spesiale ervaringe beskikbaar by alle Sun life -oorde, wat 'n duidelike boodskap stuur oor Sun life se kernwaardes.

Dié inisiatief is ook suksesvol by ander oorde toegepas, waar elke sub-handelsmerke verryk is met die nuwe Sunlife-beleid. Deeglike navorsing is ook gedoen om die kern van elke oord te identifiseer, sodat hotelgaste die mees geskikte bestemming kan kies, en om te verseker dat die Come Alive Collection pasgemaakte ervarings bied wat uniek is tot elke oord.

Francois Eynaud, Sunlife se uitvoerende hoof, sê: "Ek is uiters trots om Sunlife bekend te stel, 'n handelsmerk wat na die toekoms kyk, wat 'n lewe in die son vier – 'n lewe wat geniet word met die inherente betowering van ons pragtige eiland. Met hierdie vernuwing is ons doel om die Mauritiaanse kultuur saam met elkeen van ons hotelle se unieke identiteit te vier".

Daarbenewens het die groep, buiten vir 'n nuwe logo, die krag van tegnologie gebruik om 'n splinternuwe webwerf te ontwerp, asook 'n in-oord-toepassing om gaste toe te rus met 'n moeitelose proses, van bespreking regdeur tot by die unieke ervarings wat die oord bied.

Gaste kan uitsien na Crazy Croquet, Beauty Bubble, Putting on the Ritz, Strictly Sugar, Time or Tea, L'Atelier Les Sens by Sugar Beach en Pirogue Painting, Brilliant Breakfast, Village Vibe Marsan Confit, Sega Zoomba en Coral Farming by La Pirogue. Die moderne Long Beach bied die geleentheid om die Piazza te sien transformeer, die Biodiversiteitstaproeete, Santé, Swing & Drift en Energy Gym. Izzy the Bee, die nuwe gelukbringer van die Sunlife Kid's-klub, sal ook die jonger gaste lei op 'n leerervaring wat hul kritiese denke en verbintenis met die natuur aanmoedig.

Die vernuwing van die handelsmerk dien ook om hulle toewyding tot volhoubaarheid te versterk. Sunlife is lid van die Verenigde Nasies se Global Compact en is doelgerig om die VN se doelwitte vir volhoubare ontwikkeling te handhaaf. Hierdie groep se volhoubaarheidsprogram is daartoe verbind om die weg te baan in terme van volhoubare en impakgedrewe reiservarings en om te verseker dat Sunlife se eiendomme volhoubaar en verantwoordelik funksioneer. Die etos agter die program fokus daarop om met vriendelikheid te lei en dieselfde goehartigheid aan die land, hulpbronne en mense te betoon.

Sunlife het die nut en noodsaaklikheid daarvan raakgesien om aan te pas, te ontwikkel en te vernuwe om die beste moontlike weergawe van hulself te wees. Daarom betree dié handelsmerk 'n nuwe, opwindende hoofstuk met die doel om die betowering van Mauritius vas te vang en uit te straal, in 'n omgewing waar vriendelikheid goehartigheid seëvier. Hulle versprei dié liefde en maak drome waar met bedagsaamheid en professionaliteit.

Foto's: Guilherme Gomes da Costa  
Funksie beplan en saamgestel deur Impact Production  
Kunstenaars: OMADA  
Scénographie: Eelco de Jong

Kos en drankies deur spanne van die onderskeie Sunlife-oorde

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# ***MEDIA HOUSE MAGAZINE***



**NEXT ISSUE FEBRUARY 2023**

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