

50x

ONLINE
Issue 23
April 2023



Music and Emotions!



My child

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CONTENT



COMMENTS:
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www.topvibe.co.za

MEDIA HOUSE - TOP VIBE MAGAZINE
- TOP VIBE KIDS MAGAZINE
- GLAMOUR TALK MAGAZINE
- 50+ MAGAZINE

1.

50+ AMBASSADORS:

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

2.

ADVERTISING:

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

3.

MEDIA HOUSE PROJECTS '23:

Please support our Media House projects for 2023. We give back to our community.

4.

3 DINGE WAT ONS OUER LAAT LYK:

Cemón vertel ons oor dinge wat ons oud laat lyk sien bl 10 en 11



REGULARS

1. COVER PAGE 01

Cover page is about the Love of God and Easter.

2. 50+ AMBASSADORS 04

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

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 - our next issue is MAY 2023
MOTHER'S DAY*



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

Redakteur *aan die woord*

Liewe leser,

Ons winter is stadig maar seker besig om nader te kruip. Dit word later soggens lig en vroër donker.

Ek is natuurlik nie 'n winter mens nie, gelukkig is daar nie miskiete in die winter nie, so dit is darm 'n troos. My kat kinders "cuddle" mos so lekker in die winter. (Ek is gek daaroor)

Ons is tans besig met ons Vaalpets projek asook Moredou ouetehuis projek.

Moet nie jou 50+ tydskrif mis nie, hier is baie dinge aan die gebeur, 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 en jy kan dit op jou foon lees.

Ons WhatsApp nommer is 072 768 8582

"Chat" gerus met my.

Ons wil graag van jou hoor!

Seënwense vir julle mag April maand julle mooi behandel, wees gelukkig en gesond.

Drink baie water en probeer bietjie vrugte eet.

Liefde tot volgende keer..

Charms xox

50+ Ambassadors

My Druppel Ink

EN..... DIS KOSMOS-TYD

Jy kan ry op 'n snelweg of n grondpad maar iewers langs die verskillende paaie gaan jy Kosmos blomme kry.

Dit kom op en groei en blom in hul duisende sonder dat dit gepamperlang hoef te word.

Dis 'n klein en fyn besnede blommetjie in die allermooiste skakerings van wit, pienk en pers.

Dis 'n GENESENDE BLOMMETJIE..... Uit eie ervaring gebore. My oorlede man sê linkerbeen word geamputeer toe is ons dogters 6 en 8 jaar oud. Oktober 1998. Vir ons as sport geesdriftige gesin was dit 'n groot traumatiese tyd. Vrae soos... Wat doen ons nou vir ontspanning of as gesin saam as projek?

'n Engel-Onderwyseres van my oudste dogter toe in Graad 2 "val" in en begeester ons om te begin lapverf doen. Regtig van sport na verf? Sonder kennis.... Op lap, keramiek, hout en enige oppervlak wat "kleur" kort het ons geverf.

Daar het ons geleer dat #LIEFDEKOSMOSNIKS

Ek wil jul bemoedig om ook 'n #LIEFDEKOSMOSNIKS projek aan te pak wanneer dit voel of daar GEEN KLEUR in jul huidige lewe of toekoms is nie. Of wees die een die iewers by iemand "Inval" en help om weer #Kleur te kry in hul lewe.

Mag hierdie Druppel Ink vandag al die skakerings van #KOSMOS in jul lewe gee.

Groetnis tot die volgende Druppel Ink.

Fredricka

Hallo julle

3 DINGE WAT ONS OUER LAAT LYK & hoe ons dit vandag kan 'tweek'

★ Grimering ★
 • Verminder die hoeveelheid soliede oogomlyner wat jy dra.

Gebruik eerder 'n kwas of 'smudge' jou omyner om meer natuurlik te lyk.

• Beweeg weg van volle dekking onderlaag na 'n 'BB Cream/Tinted Moisturizer'.

• Borsel jou wenkbroue in 'n opwaartse rigting vir 'n jeugdige 'bosagtige' voorkoms en moenie te veel pluk nie.

• Gebruik 'n lipstiffie wat nie bloei of smeer nie. Soos ons ouer word, kan lipstiffie in fyn lyntjies rondom die mondgebied raak.

• Kies om die oë of die lippe te beklemtoon..
 • Gebruik 'n wimperserum of kyk na 'n waterdigte mascara om swart vlekke onder oë te vermy. Wimpers is 'n teken van jeug!

Lees gerus op bl 10

Cemón



**CEMÓN
SNYMAN**



**FREDRICKA
STORM**



MEDIA HOUSE PROJECTS FOR 2023

MEDIA HOUSE

Top Vibe
Magazine

Top Vibe
Kids Magazine

Glamour Talk Mag

50+
MAGAZINE / TYDSKRIF

Please support our Ambassadors with donations for Dog food, blankets, towels, toys, washing powder, anything useful. Our project will start 1 April and we will DROP OFF 4 June 2023

VAALPETS



WOMEN'S DAY

9 AUG 2023

DATE: 9 AUGUST '23

VENUE:



Wine Barrel

119 Vlei Street
Stephanopark,
Vanderbijlpark

TIME: 10H00

ENTRANCE FEE: R200 p/p

Snacks (platter)

Refreshments:

Juice/Coffee/Tea etc



WELCOME DRINK



FREE GIN



FREE GIFT

Bookings Essential:

Charmaine 072 768 8582

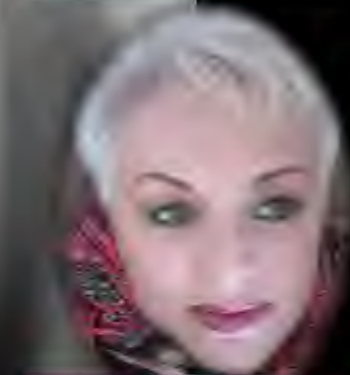
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MC:

JULIEN DU PLESSIS

MRS AFRICA 2023




MOTIVATIONAL SPEAKER

FREDRICKA STORM



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3 Dinge wat ons ouer laat lyk.

Deur: Cemón Strydom

3 DINGE WAT ONS OUER LAAT LYK En hoe ons dit vandag kan 'tweek'

Grimering

- Verminder die hoeveelheid soliede oogomlyner wat jy dra. Gebruik eerder 'n kwas of 'smudge' jou omlyner om meer natuurlik te lyk.
- Beweeg weg van volle dekking onderlaag na 'n 'BB Cream/Tinted Moisturizer'.
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- Gebruik 'n wimperserum of kyk na 'n waterdigte mascara om swart vlekke onder oë te vermy. Wimpers is 'n teken van jeug!

Sonbril en Klere

Sonbril

As jou sonbril 5 jaar ouer of meer is, lyk jy 5 jaar ouer as wat jy is. Dit kan ongemaklik wees om saam met die mode te beweeg, maar 'n mooi bril kan jou voorkoms omskep na 'n iemand meer jeugdig en prettig.

Klere

Om te veel swart naby jou gesig te dra, kan jou kleur laat uitloop, dit beklemtoon ook donker kringe om die oë. Swart kan slank lyk en is moeiteloos .. maar miskien is dit tyd om 'n bietjie meer moeite te doen. Om jou gesig te raam met 'n serp, oorbelle of 'n lipkleur kan goed werk om 'n meer jeugdige voorkoms te skep.

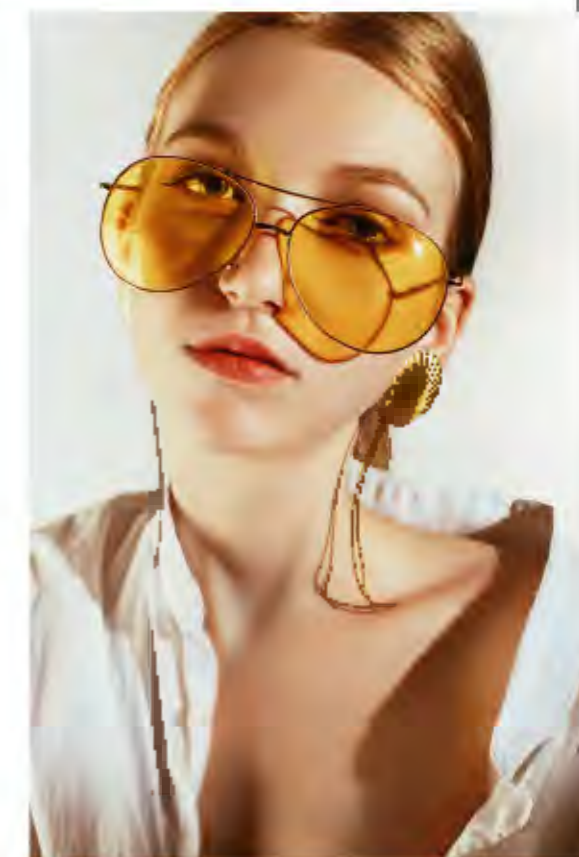
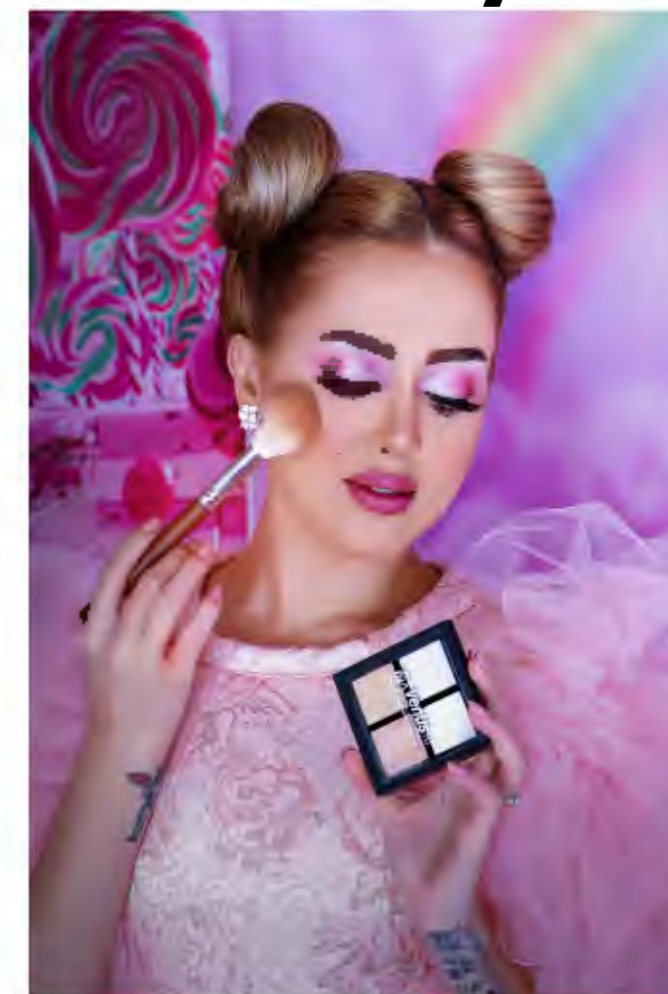
Hare

As jou haarstyl so lank dieselfde gebly het dat dit in en uit en weer in die mode gegaan het.. het ons 'n probleem!

Nie net verander jou gesigvorm met ouderdom nie, maar ook jou hare se tekstuur. Vra jou haarkapper vir raad, hulle doen dit elke dag en alhoewel die raad jou dalk aanvanklik ongemaklik laat voel, sal jy leer om die veranderinge te omhels en dit te geniet!

Jeugdige haarwenke

- Gebruik 'n goeie haarstelsel om dikker, gesonder hare te bevorder
- Ombré of Balayage skep 'n jeugdige voorkoms
- As jy begin grys word, gebruik produkte om die kleur op te helder.
- Moenie te veel haarsproei gebruik nie, jou hare het beweging nodig om gesond te lyk.



"Important things for the elderly"

What is the most important thing for the elderly?

Elders desire a life with good health, dignity, economic independence and finally a peaceful death. They long for care, love and affection. Understanding their needs and concerns, will ensure their good health.

What are the 5 needs of the elderly?

The basic needs include financial security, personal security and safety, health care and health challenges, mental health, and self-actualization.

What are two needs of the elderly?

Satisfaction of the safety needs of the elderly can be divided into five items: health, food, clothing, housing, and mobility

What are the 7 physical needs of the elderly?

What are the 7 physical needs of the elderly?

Oral and mouth care. ...

Nutrition. ...

Hygiene. ...

Pain relief. ...

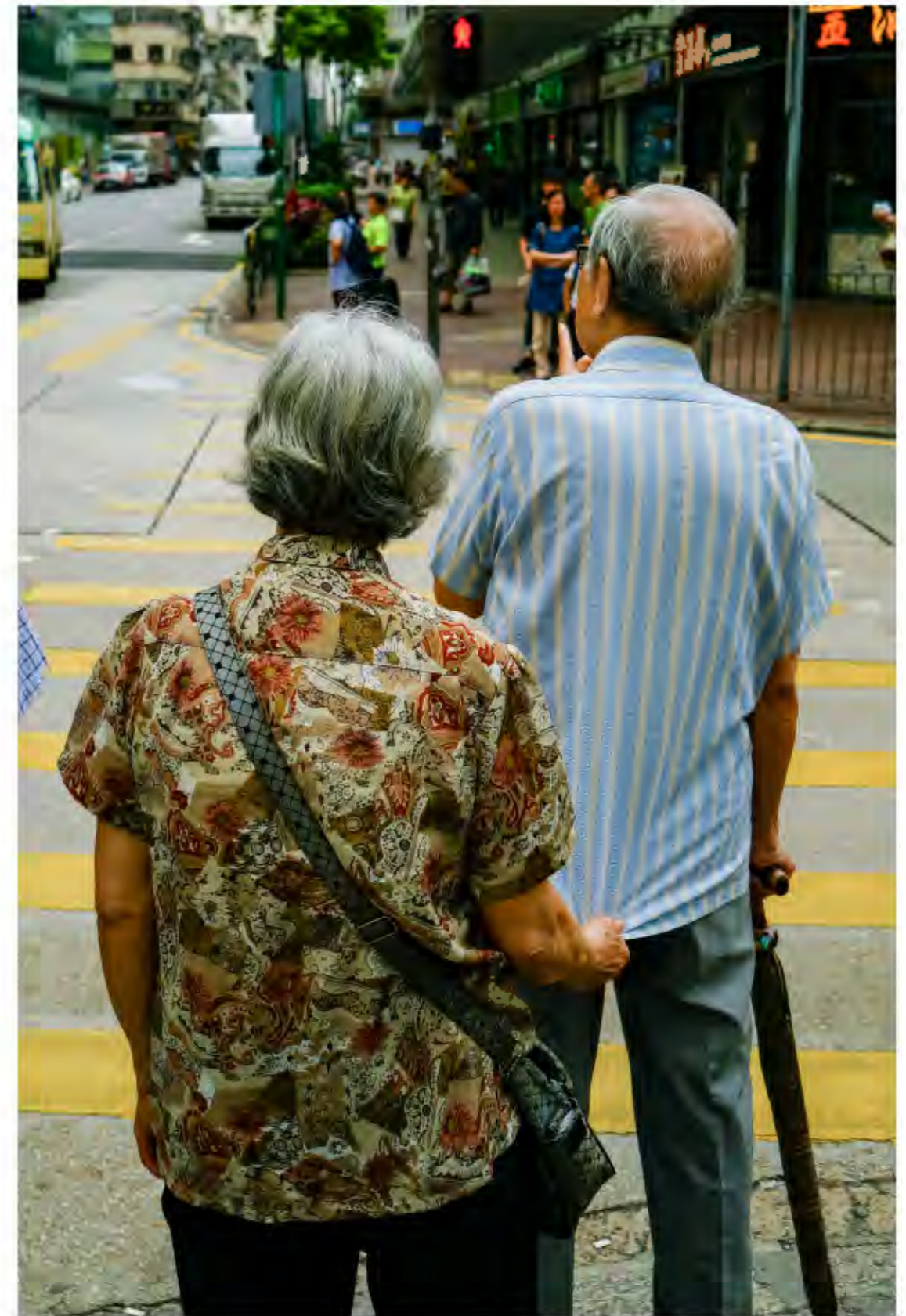
Bowel and bladder care. ...

Positioning This is for comfort and to allow the person to be active if they are able but to rest when they cannot participate.

What do the elderly like to do?

According to one study, four of the top five activities most commonly cited by seniors as being their favorites are, by their nature, very active. They include walking and jogging, gardening and yard work, playing sports, and other physical pursuits

As well as companionship, the elderly also need to build relationships with others in their communities. They can do this by participating in group activities and themed events or going on outings. The opportunity to socialize improves their well-being, as well as their mental health.



Why do you need to read.

Why is reading good for you? Reading is good for you because it improves your focus, memory, empathy, and communication skills. It can reduce stress, improve your mental health, and help you live longer. Reading also allows you to learn new things to help you succeed in your work and relationships.

What are 5 reasons why reading is important?

With many successful people connecting reading to their good fortune, here are five reasons to pick up a book today.

Reading could help you live longer.

You may absorb more from a physical book.

You develop the skills of the future.

It builds your vocabulary.

It helps ward off brain deterioration

What is the most important when reading?

Decoding, fluency, and vocabulary skills are key to reading comprehension. Being able to

connect ideas within and between sentences helps kids understand the whole text. Reading aloud and talking about experiences can help kids build reading skills

What is power of reading?

The Power of Reading helps to develop inference and deduction and comprehension skills. It also involves children regularly writing in different genres and creates a more cohesive learning experience. • Literacy is at the heart of the curriculum and the texts facilitate a range of exciting cross curricular work

why is reading good for your brain?

Stanford University researchers have found that close literary reading in particular gives your brain a workout in multiple complex cognitive functions, while pleasure reading increases blood flow to different areas of the brain.

Do you get smarter by reading?

Not only does regular reading help make you smarter, but it can also actually increase your brainpower. Just like going for a jog exercises your cardiovascular system, reading regularly

improves memory function by giving your brain a good workout.

What happens to your brain when you read?

While reading, the left frontal lobe of your brain activates to understand letters and words. The anterior temporal lobe then analyzes the flow of words and their tense. Lastly, the limbic system activates emotions for you to accept and retain information



Music and Emotions!

Music and Emotions

Listening to music or creating it with others is a relaxing and fun activity that can build relationships between seniors. Studies suggest active music participation by seniors contributes to psychological well being, and mental health during the transitional years of retirement and beyond.

What is the importance of music to the elderly?

Older adults benefit from music that improves their moods, brings back older, happy memories, encourages socialization, and promotes overall mental and physical health. If you're a caregiver, you can help choose music that improves quality of life for seniors by selecting music that is: positive/ motivating. enjoyable

What are the benefits of singing for the elderly?

Singing provides many benefits for the elderly. Ongoing research has shown that regular singing can lift your spirits, increase your immunity and provide a workout for your brain and your lungs. These benefits are significant for those experiencing mild to moderate dementia.

What is the power of music in aged care?

Along with physical benefits for older people, music therapy can improve social, psychological, intellectual and cognitive performance. Both active and passive music therapy can improve mood and provide a sense of relief for caregivers.

What are the benefits of singing and dancing for elderly?

Dance is particularly beneficial for improving balance, mobility, strength, flexibility, physical activity, as well as improving cognitive function. Music and singing can provide improvements in cognitive function and improved emotions.

How does music help wellbeing?

Music can have such a positive impact on mental health. It can help reduce stress, manage pain, help us sleep better, improve motivation, improve our mood and help reduce symptoms of depression. According to Mind, researchers found that music releases dopamine, the feel-good chemical in your brain.



My child

This is so true, think about it.

My Child,

You are my today, my tomorrow, and all the tomorrow's after.

You are the air I breathe, the light at the end of every dark tunnel, the rainbow after a torrential rainstorm with thunder and lightning, and the beautiful melody in all the songs I listen to.


You are my motivation to swim against the waves, my strong foundation even when I'm feeling weak and at risk of toppling over and my shining star in a dark universe.

My unconditional love for you is one that pulls me out of bed on the hard mornings, where the tired makes my bones ache, and my brain is so foggy I can hardly think straight.

It's a love that's so comfortable it rocks me to sleep at night even after a day filled with overthinking every interaction, of feeling overwhelmed by an inbox of unread emails and dirty laundry, and falling short, again and again.

I have never felt anything like it before. I can be depleted of everything, but never of my all-encompassing love for you.

Because when I dig deep, I will always find more to give. So, I hope you feel loved every day of your life knowing you're someone's today, tomorrow, and all the tomorrows after.

 : Living FULL
 : Unknown Artist

18 50+ Magazine



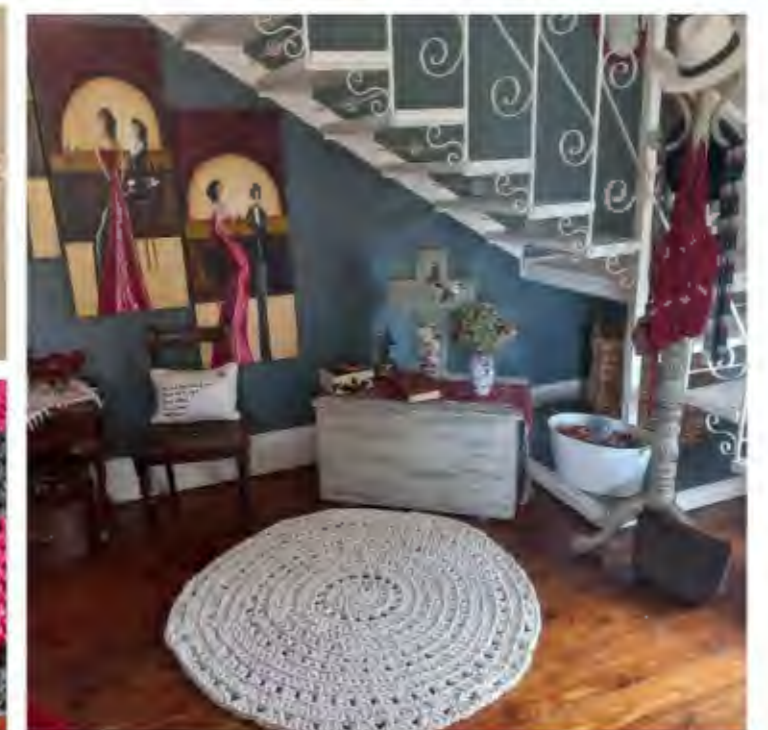
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