

MAGAZINE / TYDSKRIF

30+

ONLINE

Issue 24
May 2023



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50+

MAGAZINE / TYDSKRIF

COMMENTS:

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www.topvibe.co.za

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 WENKE VIR DIE WERKENDE MAMMAS:

Cemón gee wenke vir die werkende mammas lees gerus op bl 10 en 11

Best MOM Ever

REGULARS

1. COVER PAGE 01

Cover page is about Mother's Day 14 May 2023

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 JUNE 2023
FATHER'S DAY 18 JUNE 2023*



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 is nie 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 May maand julle mooi behandel, wees gelukkig en gesond.

Gelukkige Moedersdag aan al die mammas mag julle lekker bederf word. Geniet elke oomblik,

Drink baie water en probeer bietjie vrugte eet.

Liefde tot volgende keer..

Charms xox

50+ Ambassadors

My Druppel Ink

Ons lewens rol soos 'n Tolbos in sterk wind, vinnig sonder stop of beheer. Geen "GPS" of "Google Maps" want ons gaan volgens SY WIL. Soms wens ons ons lewens om. Kan nie wag vir 'n Vrydag, of vakansie of deesdae tot die krag aangaan.

Die eerste tri-mester van 2023 is verby, GONE WITH THE WIND....

Kom ons roep halt vir 'n oomblik en dink aan ons hartsmense wie een oomblik met ons was en 'n volgende sal ons nooit weer 'n boodskappie of hallo van kry nie. Ons besef nie hoe elke omgee persoon 'n deeltjie van ons bestaan volstaan nie.

Laat ons mekaar waardeer en besef dat wanneer ons totsiens sê vir iemand ons nie 'n waarborg het dat ons mekaar weer sal sien nie, 'n kompliment gee, 'n sagte glimlag of net 'n spontane opregte hallo nie.

Gee dus die blomme nou terwyl daardie persoon dit kan waardeer. Wees nou beskikbaar al is dit vir 'n minuut, voordat jy nie weer daardie kans gegun word nie. Vind uit of 'n persoon REGTIG "ok" is want die wie die seerste het dra soms ook die grootste glimlag en mooiste masker. Is vrolik en soms laf net om 'n diepe seer weg te steek vir die wêreld.

Wees daar en beskikbaar.

Liefde Fredricka



**FREDRICKA
STORM**

Hallo julle

Paasnaweek het gekom en gegaan die blaas kan was heerlik.

Hier is so iets wat ek met julle wil deel. Versorgings wenke vir die werkende mamas

Top-versorgingswenke vir werkende mamas 🌸

🌿 Prioritiseer Selfsorg

Maak tyd vir aktiwiteite wat jou help om te herlaai en goed te voel, soos oefening, meditasie, of maak asof jy op 'n strand is met 'n goeie boek (selfs al is jy eintlik in die badkamer met 'n stapel vuil wasgoed).

🌿 Kry genoeg slaap

Om genoeg slaap te kry is noodsaaklik vir algemene gesondheid. Dit help om fokus te verbeter, immuniteit te versterk en emosies te reguleer. Gebrek aan slaap kan lei tot moegheid, prikkelbaarheid en verminderde produktiwiteit. Mik na 7-9 uur slaap elke nag vir optimale gesondheid.

🌿 Eet 'n gebalanseerde dieet

Met 'n gebalanseerde dieet verskaf jy noodsaaklike voedingstowwe vir fisiese en geestelike gesondheid vir jou liggaam. Dit verhoog energievlakke en verminder die risiko van chroniese siektes. Eet 'n verskeidenheid gesonde kosse vir optimale voeding.

🌿 Delepeer en vra vir hulp
Lees gerus verder op bl 10 en 11

Cemón



**CEMÓN
SNYMAN**

MEDIA HOUSE PROJECTS FOR 2023

MEDIA HOUSE FOOD *drive*



Media House will spoil 41 residence at Moredou old age home in Sasolburg with curry & rice on 16 June '23

Jar of hope

We @ Media House would like to request from the public to kindly assist us by sponsoring any non perishable foods and toiletries in order to make this food drive successful. Home of 41 elderly.



Health Heart and Home

Fill a coffee jar with the following ingredients... It can feed 4 people

Share a Jar of Hope

- 1/2 cup rice
- 1/2 cup soup mix
- 1/2 cup lentils
- 1 unwrapped stock cube
- 1 pkt soup powder

Instructions: Boil 2 and 1/2 litres of water and add the jar contents. Keep stirring and enjoy.



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
Carin 082 827 6556



MC:
JULIEN DU PLESSIS
MRS AFRICA 2023



MOTIVATIONAL SPEAKER
FREDRICKA STORM




CHOOSE HOPE CHOOSE LOVE COUNSELLING ABORTION ALTERNATIVES

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Integrative Practitioner

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Email: info@drmbester.co.za
Address: 36 Fitzsimmons street, Seo6 VOBP

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Fax: 016 932 2597
Email: bekker@compmed.co.za

148 Louis Trichardt Boulevard, SE 2, Vanderbijlpark



Top-versorgingswenke vir werkende mamma .

Deur: Cemón Strydom

Top-versorgingswenke vir werkende mamas

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🌿 Delegeer en vra vir hulp

Moenie probeer om alles alleen te doen nie. Vra vir hulp van jou maat, familie of vriende, en delegeer take waar moontlik, tensy dit 'n baie belangrike taak is soos om die melk in die yskas weg te sit.

🌿 Beheer stres

Vind gesonde maniere om stres te bestuur, soos diep asemhaling, joga, of praat met 'n betroubare vriend of terapeut, of as dit misluk, drink wyn .. die rooi een!

🌿 Skeduleer jou tyd

Definieer en kommunikeer jou werk en persoonlike tyd duidelik om verwagtinge te bestuur as diegene wat jou tyd wil hê.

🌿 Bly verbind

Sterk vriendskappe is 'n noodsaaklike deel van 'n vervullende en gelukkige lewe.

Maak tyd vir verhoudings met vriende, familie en vennote om 'n sterk ondersteuningstelsel te handhaaf, want kom ons erken dit, soms het jy iemand nodig om mee te lag, saam te huil en tequila te drink (nie noodwendig in daardie volgorde nie)



Mother's Day 14 May 2023



Medals for Mother's.

Yes each Mother should get a medal,

Dreamed mama walked up
those heavenly stairs
and medals for mothers
were given up there
They mentioned the million
things

Mom did for me
Things I took for granted
and never could see.
If there's medals for mothers
for all of the deeds they have
done

If there's medals for mothers
Mama you'll win everyone.
A medal of honor
was pinned on her there
A medal for patience
and kind loving care.

A medal for duty
She won up above
but the biggest of all
was the one for her love.

If there's medals for mothers
for all of the deeds they have
done

If there's medals for mothers
Mama you'll win everyone.
Yes, Mama you'll win everyone...

To my MOM in heaven.....

We Celebrate our 2nd Birthday

50 + Magazine will celebrate our 2nd Birthday in the month of June 2023.

We are so excited to share this news with our readers.

Although the month of June is going to be a very busy charity month we still going to celebrate

Our charity events will be Vaalperts 4th of June and then Moredou old age home on the 16th of June.

We will make sure that you don't miss

Our celebrations we will post photos on social media.

In the month of August we have two Magazine birthdays. We will keep you posted.

We will have photos in our July issue of the birthday celebrations.



What to pack when going to hospital!

Things to Pack for Senior Comfort

Hospitals provide gowns and toiletries, but they generally invite patients to bring their own pajamas, bathrobe, cardigan sweater, non-slip socks or slippers, comb, brush, lotions, toothbrush and toothpaste, and lip balm. However, avoid perfumes and any highly-scented products.

Things to Pack for Senior Comfort

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Hospitals often encourage patients and their families to bring other items to help make a hospital stay more pleasant or comfortable.

Hospitals provide gowns and toiletries, but they generally invite patients to bring their own pajamas, bathrobe, cardigan sweater, non-slip socks or slippers, comb, brush, lotions, toothbrush and toothpaste, and lip balm. However, avoid perfumes and any highly-scented products. Keep in mind that short sleeves are best to accommodate intravenous lines.

Check ahead of time to find out what the hospital will allow. This information often can be found on the hospital's Web site.

Protective containers for holding eyeglasses or dentures when not in use

Books, magazines, crossword puzzles to help pass the time

Paper and pen for jotting down notes and questions—to help you remember to ask doctors or nurses when they are in the room

A small amount of money for newspapers and magazines and other items from the gift shop or vending machines.

Photos or small personal items. However, keep in mind that space is limited.

Clothing to wear home at discharge.

Hospitals cannot be responsible for patients' personal belongings. Generally they recommend against bringing valuables. Specific things to leave off the packing list:

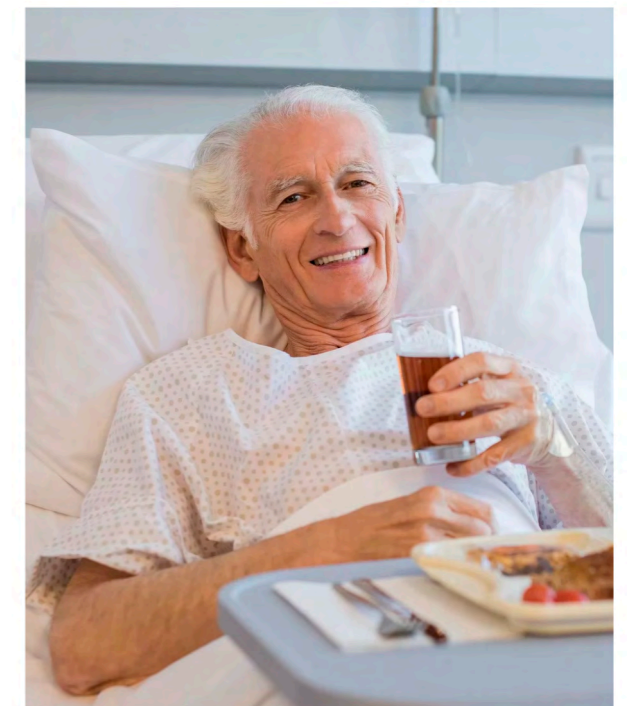
Cell phones. In most cases, these are not permitted in patient care areas as they can interfere with heart monitors and other patient monitoring equipment

Tobacco products, because smoking is prohibited in health care facilities

Credit cards, checkbooks, large amounts of cash, jewelry, high-end portable

music players and other valuables, as they can easily be stolen amidst the activity of a hospital patient care unit.

Before bringing any type of electronic items, check the hospital's policy. Items that need to be plugged in generally are forbidden as their wiring does not meet hospital-grade standards. If you or a loved one does bring a portable electronic device, make sure it is in the care of a friend or loved one while the patient is sleeping or out of the room.



Client...

CLIENT - How much will it cost to do this job?

ME - R2,800

CLIENT - That's too expensive for this job!

ME - How much you think it should cost?

CLIENT - R800 max! It's a simple job!

ME - I can't do the job for so little.

CLIENT - People in your line of work want to make a huge profit!

ME - I'm sorry you feel this way. Why don't you do the job?

CLIENT - But, but, I don't know how to do any of that.

ME - For R900, I can teach you everything you need to know to do the job. You can then use R800 to do the job, and you're still saving R1,100. Also, you will obtain all the knowledge and the experience for the next time you need to do this job.

CLIENT - Deal!

ME - Great! To start, you need to buy tools. You will need a chipping hammer, a nail gun, a laser, a drill, a mixer machine, PPE, and some other things.

.CLIENT - But, I don't have any of those tools and I can't buy all that for just one job!

ME - Ok. I can rent you my tools for another R300. You're still saving R800.

CLIENT - That's cutting my savings, but I will rent your tools.

ME - Perfect! I'll be back Saturday and we can start.

CLIENT - Wait! I can't Saturday. I only have time today.

ME - I'm sorry, I only teach others on Saturdays. I have to prioritize my time and my tools needs to be in other jobs I have during the week.

CLIENT - Ok then. I will sacrifice my family's plans on Saturday.

ME - Right, me too! Oh, I forgot. If you're going to do the job yourself, you need to buy the materials. There's a high demand nowadays, so your best bet is to get a bakkie and be at the hardware store by 7am before other contractors get there.

CLIENT - AT SEVEN IN THE MORNING? On Saturday? That's too early for me. I don't even have a bakkie!

ME - I guess you'll have to rent one. By the way, do you have some helpers to help you load the truck?

CLIENT - You know what? I've been thinking. Probably is better for you to do the job. It's better to pay you to do the job right and not having to go through all

MERCIA 083 287 3465

CLARENS

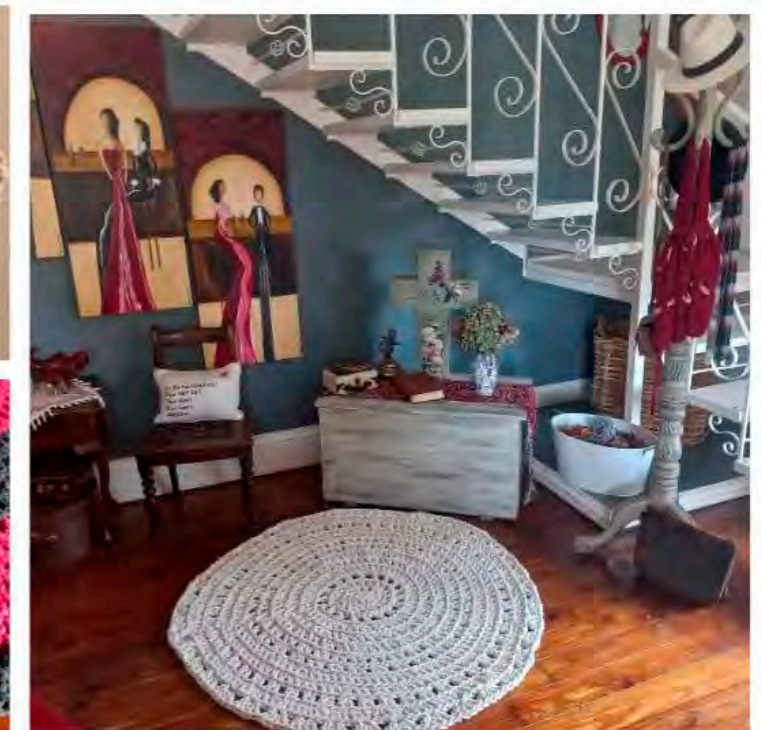
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