

50+

ONLINE

Issue 34
MARCH 2024

*Cover page Competition winner
Allison Smit*

Voorblad geleentheid in 2024

Hoekom is 'n testament belangrik

INDEX

CONTENT

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

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+ 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 '24:

Thank you for your support in 2023. Please support us in 2024

4.

BE ON OUR COVER PAGE ?:

Are you 50 + meaning 50 years and older? Then enter our competition.



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

Redakteur
 aan die woord

Liewe leser,

Maart is hier en die winter kruip stadig nader, begin maar die warm klere uitpak. Media House het lekker projekte die jaar en die volgende een is die 8st Junie

Het jy nou al dit reg gekry om die tydskrif af te laai? Ons gaan sop en brood uitdeel by Moredou ouetehuis.

Dan natuurlik ons vrouedag 3 Aug by Bar with No Name in Vaalpark. Dit gaan 'n groot een wees kry jou kaartjies vroegtydig daar is 'n beperkte aantal kaartjies. EN GLO MY JY WIL DIT NIE MISLOOP NIE.

As jy nog 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. Jy mag nie hierdie geleentheid mis loop nie.

Ons kompetisies is opwindend so waag dit en neem deel mens weet nooit jy is dalk op ons volgende voorblad.

Liefde tot volgende keer..

Charms xox

REGULARS

1. COVER PAGE 01

Cover page Competition winner is The lovely Allison Smit

2. 50+ AMBASSADORS 04

Our 50+ Ambassadors is two beautiful ladies Fredricka Storm and Handeliën Volschenk

3. ADVERTS 08

Find our adverts here and please support them.

4. 50 + Cover page: 05

You can be the winner of our cover page competition

5. BACK PAGE 20

Back page - our next issue is our APRIL Issue

50+ Ambassadors



**FREDRICKA
STORM**

MY DRUPPEL INK – MAART 2024

En hier betree ons alweer 'n nuwe seioen....
HERFS

'N "SLEEPY SEASON" – Tussen somer en winter
waar elkeen van ons onself uitsorteer. Gaan
ons te vroeg 'n koue winter betree of die
laaste heerlike somer se son indrink... In plaas
van om na hierdie fase as dor of "dull" te dink,
kom ons Koester die warm geel, bruin, orange
kleureprag.

En hier wil ek iets as persoon deel wat die
terme "KLEUR" betref. Ek as persoon het "wit"
"Liewe Jesus"-hare. Geen rooi pigmente en
geen kleur op nie. Dit kan baie "dull" wees en

Soms hoor jy opmerkings soos.... "Ek wens ek
het sulke wit hare gehad. Die jonges betaal
baie duur om hierdie skakering te kry, dan dink
ek, ai en ek sou graag lang donker hare of n
bos rooi hare wou gehad het..... Wat ons as
mens soms mislyk, is dat WIT ook n KLEUR is.

Die besef dat sulke gedagtes dalk ontstaan het
wanneer n mens n opmerking hoor, wat nie
altyd op jou as persoon gemik was, maar ons
twyfel so vining in onself en besef nie dat
wanneer jy 50+ is het jy n lewe gely en moet
vir jousef n identiteit skep wat daarby pas. Die
belangrikste is om onself te aanvaar en voluit
VROU te wees, 50+ is ook die HERFS SEISOEN
van n lewe en moet net soveel gekoester word
as die SOMER SEISOEN.

Moet jousef asseblief NOOIT OOIT vergelyk
met 'n ander dame en wens jy het eerder so
gelyk, want die wens kan dalk omgekeerd
wees en sy wil dalk soos jy lyk, of lag, of dans
ensovoorts.

Kom ons tel mekaar op. Dit is hoekom Ons
Skepper KLEUR geskep het anders was almal
dieselfde en het dieselfde gelyk.

My raad aan myself maar ook aan elkeen daar
buite, "PUT ON YOUR BIG MAMA PANTIES, Kyk
die lewe in die oe en.... WAFE, SMILE AND
MOVE ON. WE GOT THIS.... 50+ IS TOPS

Groete tot my volgende DRUPPEL INK

Liefde Fredricka

Dear readers

We hade fun in the month of
February, we spead love by
handing out cupcakes at
Cormed Hospital on the 9th
and the 10th.

I love it to make a
difference in peoples life.

To all the ladies out their
join us on Women's day 3 Aug
2024 you are welcome to
bring your hubby with.
Call me on 083 443 1827

Watch my Facebook for info
on all our cover page
competitions, and events. See
you there.

[https://www.facebook.com/
handelien?Mibextid+ZbWKwL](https://www.facebook.com/handelien?Mibextid+ZbWKwL)

Take care

Handelien



**HANDELIEN
VOLSCHEK**

MEDIA HOUSE PROJECT FOR 2024



MEDIA HOUSE

Top Vibe Magazine **Top Vibe Kids Magazine**

Glamour Talk Mag **50+**
MAGAZINE / TYDSKRIF

Media House have one (1) wheelchair to donate to somebody in need of a wheelchair. The wheelchair was donated to us by Care Village Middelburg.

Charmaine 072 768 8582

Made with PosterMyWall.com




MEDIA HOUSE

Media House Ambassadors will spoil 43 residence at Moredou old age home in Sasolburg with soup & bread on 8 June 2024

Made with PosterMyWall.com

"Advertising your business"



We will Manage your business
Facebook page
Call 072 768 8582 for more
information



The Vaal Triangle's
Preferred Choice!

STAY HEALTHY,
STAY SAFE,
STAY TUNED IN!

SMS 41022 (R1.50 per sms)
Studio: 014 887 4000
Office: 014 847 2014
Marketing: 014 887 4304 / 4404 / 3488

WhatsApp: 082 851 8870 | www.ifmradio.co.za

ORDER YOUR
COPPERBRITE TODAY



Copperbrite
COPPER & BRASS
CLEANER
CLEANS QUICKLY AND EFFECTIVELY

Sole agent in the Vaal
Charmaine 072 768 8582

CompMed Medical Aid
Services



Jan Bekker 082 881 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

Business women Valencia

Valencia Dlamini is a business owner therapist, model and a whole lot more.

She is Miss Sedibeng 2022
Miss CSAP 2022
Owner of The V line
Ambassador for Beloved Dress Hire

She is a mover and a shaker.. Busy busy busy

Valencia is located in Vereeniging and she would like to invite you to visit her at her business.



MARCH IS ON THE WAY
It's time

Specials of the week!
26 FEB TILL 2 MARCH

- ✓ Full body massage R200
50 minutes add hotstones for R50
- ✓ Classic lashes R195
Hybrid lashes R270
- ✓ Dermaplaning facial R200
Underarm wax R65

 **CONTACT US**
0742683785



Voorblad geleentheid in 2024

Will jy ook op 'n tydskrif se voorblad verskyn?

Jy kan al wat jy moet doen is om ons Facebook blad dop te hou en sodra jy die advertertensie sien skryf in en jy mag dalk net ons volgende voorblad gesig wees.

Dit kan heerlike pret wees, ek hoor al hoe spog die kleinkinders met ouma en oupa op die voorblad of wat van ouma en oupa saam.

Ja dit is nooit te laat nie, maak 2024 jou jaar en waag 'n bietjie ek belowe dit gaan pret wees..

My kontak nommer is 072 768 8582 vir meer inligting..

50+
MAGAZINE / TYDSKRIF

Mother & Daughter Cover page photogenice competition

All ages Photogenic & Cover Page Competition.

Name & Surname.....
Daughter.....
Age:..... (Mom) Age:..... Daughter
Contact Number.....

POPI Act: I,.....
give Top Vibe Kids Magazine permission to publish my photo. Panel of Judges the Judges decision is final.
Winner will be on the April Cover.

How to enter:
1. Entry form
2. Send 2 x funny photos
3. Proof of payment
to admin@topvibe.co.za

Bank details:
Mrs. C. Mulder
Standard Bank
Acc: 10 13248 3317
Ref: Name & Surname.

Cell: 072 768 8582

ENTRY FEE R150

**CLOSING DATE
24 MARCH**



Hoekom is 'n testament belangrik

'n Testament is 'n regsdocument wat 'n persoon se wense met betrekking tot die verspreiding van hul bates en besittings na hul dood uiteensit. Ten spyte van die belangrikheid daarvan, stel baie mense die opstel van 'n testament uit, met die veronderstelling dat dit iets is wat hulle later in hul lewe kan doen. Die skep van 'n testament is egter 'n kritieke stap in boedelbeplanning, en almal behoort een te hê, ongeag hul ouderdom, gesondheidstatus of finansiële situasie.

In die eerste plek verseker 'n testament dat jou bates ná jou dood volgens jou wense verdeel word. Sonder 'n testament sal die verspreiding van jou bates deur staatswetgewing bepaal word, wat dalk nie met jou wense ooreenstem nie. Dit kan lei tot geskille en onnodige stres vir jou geliefdes. Deur 'n testament te skep, het jy beheer oor wie jou bates ontvang en hoeveel hulle ontvang.

Tweedens laat 'n testament jou toe om 'n eksekuteur te benoem, die persoon wat verantwoordelik is vir die bestuur van jou boedel ná jou dood. Hierdie individu sal verseker dat jou bates volgens

enige uitstaande skuld en belasting betaal word. Die keuse van 'n verantwoordelike en betroubare eksekuteur is van kardinale belang om te verseker dat jou wense uitgevoer word soos jy beplan het.

Benewens bateverdeling en eksekuteurseleksie, kan 'n testament ook gebruik word om 'n voog vir enige minderjarige kinders te benoem. Dit verseker dat jou kinders versorg word deur iemand wat jy vertrou en dat daar in hul behoeftes voorsien word. As jy nie 'n voog in jou testament noem nie, sal dit aan 'n hof oorgelaat word om te besluit wie vir jou kinders sorg?

Dit is nie net mense met baie geld of bates wat 'n testament moet skep nie. Selfs al beskou jy jouself nie as iemand met 'n groot boedel nie, is 'n testament steeds belangrik. Dit kan verhoed dat familieleden baklei oor sentimentele items of familie-erfstukke, en dit kan help om te verseker dat daar na jou dood na jou geliefdes omgesien word.

Nog 'n rede om 'n testament op te stel. Hierdie verifikasie vind plaas as deel van die regsproses na 'n persoon se afsterwe om te verseker dat hul bates behoorlik versprei word. Sonder 'n testament kan die regsproses 'n lang en duur proses wees. Met 'n testament in plek kan die verifikasieproses egter baie gladder verloop, en jou bates kan vinniger versprei word.

Die opstel van 'n testament mag dalk skrikwekkend lyk, maar dit is 'n kritieke stap in boedelbeplanning. As jy nie 'n testament het nie, oorweeg dit om met Eksekuteurs vir boedels en testamente te praat om die eerste stap te neem. Deur 'n testament op te stel, kan jy verseker dat jou wense na jou afsterwe uitgevoer word en dat daar na jou geliefdes omgesien word. Onthou, dit is nooit te vroeg om 'n testament op te stel nie, maar dit kan te laat we

Het jy lewens dekking?
Het jy 'n testament?

Kontak:
Charmaine Janse van Rensburg
083 681 1514

Sleeping habbets for elderley

What does it mean when an elderly person starts sleeping a lot?

Sleeping more and more is a common feature of later-stage dementia. As the disease progresses, the damage to a person's brain becomes more extensive and they gradually become weaker and frailer over time.

Do elderly people sleep more at the end of life?

It's normal for a dying person to sleep more. They may generally become less interested in what is going on around them, and have less energy to take part, but this does not necessarily mean they're no longer hearing what you say to them.

At what age do you start feeling tired and old?

March 2023: What Age Do You Start Feeling Tired & Why This ...
Well, this depends on a person's age, health, fitness level and lifestyle. Generally, the more years that pass, the more you'll value your beauty sleep, and its true senior fatigue is a real thing. However, most people start experiencing a decline in their energy

levels by the time they reach their mid-thirties.

What stage of dementia is not sleeping?

Sleep disturbance may affect up to 25% of people with mild to moderate dementia and 50% of people with severe dementia. Sleep disturbances tend to get worse as dementia progresses in severity.

What age is considered old for a woman?

According to the World Health Organization, aging is commonly measured by chronological age. As a convention, a person over age 65 is often referred to as elderly.

What to do when elderly sleep all day?

But if your loved one is sleeping a lot more than they should be, contact the doctor and find out what is going on. If your elderly loved one is sleeping all day, you will also need to make sure that they are still getting the personal hygiene, hydration, medications, and nutrition that they need.



Exercise for old people?

What exercise is good for old people?

Adults aged 65 and older need: At least 150 minutes a week (for example, 30 minutes a day, 5 days a week) of moderate-intensity activity such as brisk walking. Or they need 75 minutes a week of vigorous-intensity activity such as hiking, jogging, or running. At least 2 days a week of activities that strengthen muscles.

How should a 70 year old start exercising?

How older adults can get started with exercise
Begin your exercise program slowly with low-intensity exercises.
Warm up before exercising and cool down afterward.
Pay attention to your surroundings when exercising outdoors.
Drink water before, during, and after your workout session, even if you don't feel thirsty.

What is the best activity for old people?

Social activities
Join a book club. Join a book club – or start your own with some friends. ...
Go to the movies. Watch your favourite movies from childhood. ...
Swap a dish. ...
Coffee club. ...
Find out what's happening locally. ...
Bake-off. ...
Get board. ...
Make a playlist.

What are the 7 physical needs of the elderly?

What are the 7 physical needs of the elderly? | Universal ...
Addressing the seven physical needs of the elderly, including nutritional needs, medication management, regular exercise, sleep and rest, pain management, personal hygiene, and regular health check-ups, is fundamental in providing comprehensive care.



MAGAZINE

MEDIA HOUSE



NEXT ISSUE APRIL 2024

TO DOWNLOAD GO TO WWW.TOPVIBE.CO.ZA