

50+

ONLINE

ISSUE 48

MAY 2025

Get your Mammogram done

Media House 2025 projects!

**Media House
2025 projects!**

50+

MAGAZINE / TYDSKRIF

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1.

50+ AMBASSADORS:

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

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4.

BE ON OUR COVER PAGE ?:

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



Photographer: Albertus Kriel
Venue: Bar with No Name - Village

Redakteur

aan die woord

Liewe lesers,

Dames vanjaar se Vrouedag vieringe gaan behoorlik die mense aan die praat hê. Ja daar is besluit om 'n stout een aan te bied.

As jy belangstel kry jou kaartjie vroeg die eerste 50 kaartjies verkoop kry 'n GRATIS GESKENK.

Vanjaar fokus ons op kinders en glo my ons het al die hulp nodig wat ons kan kry. Indien jy betrokke wil raak laat weet my.

Junie maand is dit ons Sip en Paint dit gaan so baie pret wees kom kuier saam met ons vir die dames wat nie wyn drink nie sal daar sap wees daar gaan baie gelag en gesels word. Hoop ek sien jou daar.

Aan al die Moeders geniet moedersdag en hoop julle word lekker bederf en geniet die dag.

Kontak my vandag nog by 072 768 8582 vir enige inligting oor projekte.

Liede tot volgende maand.

Charms xox



REGULARS

1. COVER PAGE 01

Cover page: Happy Mothersday

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 on the next cover page - all you have to do is to enter. Looking forward to see you on the next cover page.

5. BACK PAGE 20

Back page - our next issue is our June Issue

50+ Ambassadors



FREDRICKA STORM

Fotograaf Albertus Kriel

Liewe leser,

Meimaand is hier en dit is weer tyd vir Moedersdag.

Graag wil ek vir elke mamma daar buite sê geniet die dag en maak die beste van elke oomblik. Sit terug dat pa en die kinders jou bederf.

Terwyl ons by die vroue is onthou ons vrouedag op 9 Augustus dit gaan 'n heerlike dag wees propvol lag en pret.

Kry jou kaartjie vroegtydig ek sien jou daar.

Daar is ook die Sip en Paint waar jy wyn/sap kan drink en lekker saam kan verf.

Bederf jouself.

Nou toe dan praat ons weer volgende maand

"Fredricka die 50+er"

Liewe leser,

Dinge is maar aan die gang die dae gaan gou verby en die nagte nog gouer. Soms voel dit of ek nog so bietjie slaap kort.

Ek is stom gelaan om te dink die winter is hier, dan is dit weer die warm goed nadertrek cuddel en hotchoc of 'n kaggel vuur met 'n glassie gin of twee.

Ek is opgewonde vir die Sip en Paint wat 7 Junie gaan plaasvind indien jy nog nie 'n kaartjie het nie kontak my gerus.

Ek hoop ek sien jou daar.

Totsiens tot volgende maand

Handelien xx



**HANDELIEN
VOLSCHEK**

Fotograaf Albertus Kriel

Get your Mammogram done



To have a mammogram done, which is an X-ray of the breast used for early breast cancer detection, you should schedule an appointment with a healthcare professional, ideally one week after your period, and inform them of any potential pregnancy.

What is a Mammogram?

A mammogram is a type of X-ray examination of the breast used to detect and diagnose breast cancer.

It's a key part of early breast cancer detection, allowing for the identification of changes before they are large enough to be felt or cause symptoms.

Mammograms are generally recommended for women aged 40 and over, but the frequency and timing can vary based on individual risk factors.

How to Prepare for a Mammogram:

Schedule your appointment: Contact your healthcare professional to schedule a mammogram appointment.

Timing: Schedule your appointment for one week after your period, if applicable.

Clothing: Wear a shirt that you can easily take off.

Avoid: Avoid using talcum powder, perfume, or body lotion on the day of the mammogram, as these can interfere with the images.

Inform your doctor: If you might be pregnant, inform your doctor or radiographer.

Bring previous images: If you have previous mammogram images, make them available to the radiologist.

During the Mammogram:

Procedure: You will stand in front of the X-ray machine, and the technician will position your breast between two plastic plates and gently compress it to spread out the tissue and improve imaging.

Compression: The plates will compress your breast for a few seconds to get a clear image.

Views: Two views of each breast are typically taken, and additional views may be needed depending on the situation.

Pain: The mammogram is generally painless, but some women may experience mild discomfort during the compression.

Radiation: The amount of radiation exposure during a mammogram is low and considered safe.

After the Mammogram: Results:

A radiologist will review the mammogram images for any signs of abnormalities.

Follow-up: If an abnormality is detected, you may be asked to return for additional testing, such as a diagnostic mammogram, ultrasound, or biopsy.


Timing: You should have your results within a week or two of having a mammogram, but this may vary.

Early detection: Regular mammograms are crucial for early breast cancer detection, which can lead to better treatment outcomes.

Discuss with your doctor: Talk to your healthcare provider about your risk factors, preferences, and the benefits and risks of screening mammography.

FOLLOW ON PAGE 14 AND 15

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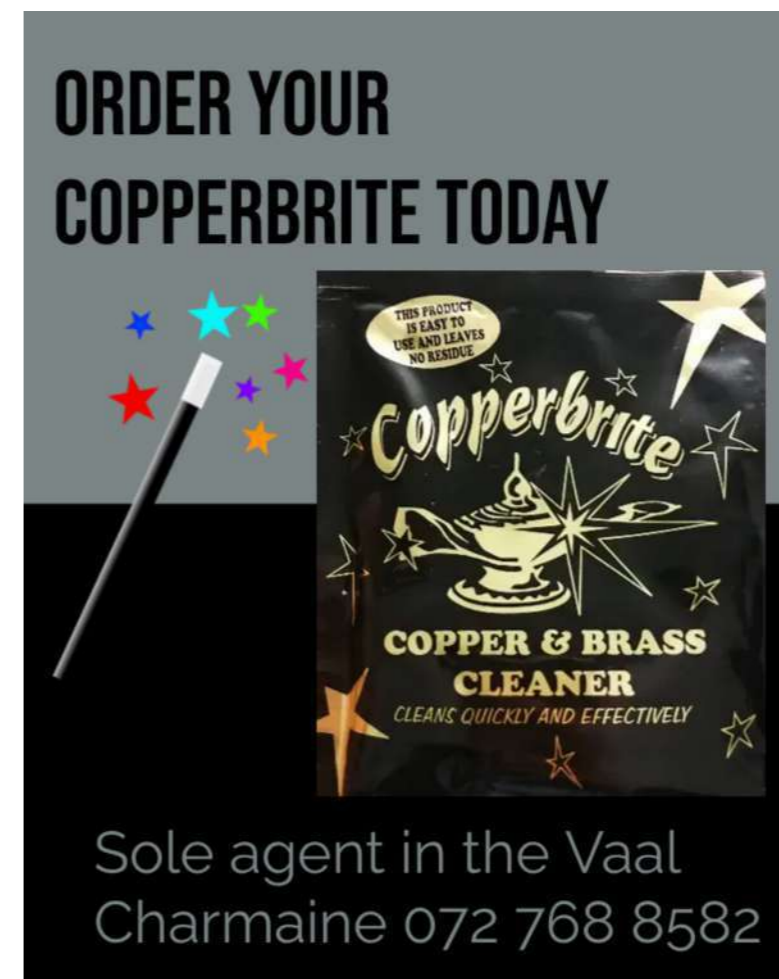


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Media House invite you to join us this year with our Charity projects..

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Remember to save the date our Women's day is coming up on 9 August 2025

Sip & Paint June 2025

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Sip n Paint




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Voorblad geleentheid in 2025

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 2025 jou jaar en waag 'n bietjie ek belowe dit gaan pret wees..

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

MAGAZINE / TYDSKRIF

50+ ONLINE

ISSUE 47

APRIL 2025

Take care of
your feet..

Noodhulp tassie
vir jou hond...

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Early detection: Regular mammograms are crucial for early breast cancer detection, which can lead to better treatment outcomes.

Discuss with your doctor: Talk to your healthcare provider about your risk factors, preferences, and the benefits and risks of screening mammography.

Don't hesitate to ask questions:

If you have any questions or concerns about mammograms, don't hesitate to ask your doctor or radiologist.

Mammogram | 9 Things You Need To Know - Discovery

About. A mammogram is recommended for women aged 40 and over. It's an x-ray examination of the breast, which is used to detect and...

Discovery

How to Prepare for a Mammogram - American Cancer Society

14 Jan 2022 — To get a high-quality picture, your breast must be flattened or compressed. You'll stand in front of the machine, and t...

American Cancer Society

Mammograms: What are they and do I need one?

23 Dec 2024 — Women should start having mammograms at age 40, ideally every year or at least every two to three years, says Dr Kieck,

Mediclinic Southern Africa

Show all

This is for informational purposes only. For medical advice or diagnosis, consult a professional. Generative AI is experimental.

Mammography may be used either for screening or to make a diagnosis. Women older than 30 years should undergo diagnostic mammography if they have symptoms, such as a palpable lump, breast skin thickening or indentation, nipple discharge or retraction, erosive sore of the nipple, or breast pain.



Vier Moedersdag op 11 Mei



Moedersdag is op 11 Mei gevier, maar daar is geen rede waarom ma's nie maar elke dag bederf kan word nie. Sommige van ons is bevoorreg omdat ons ma's nog leef en ons hulle in persoon kan bederf en aan hulle hulde bring. Ander se ma's is reeds oorlede en al wat oorbly is herinneringe aan die vrou wat hulle gebaar en grootgemaak het.

My ma ly sedert 'n beroerte 'n klompie jare gelede aan demensie. Sy woon by my en my man, en ek versorg haar voltyds. Ons ma-kind-rolle is heeltemal omgedraai. Ek is nou die een wat háár doeke ruil, borrels op haar magie blaas, haar neus afvee, gesig was en hare borsel. Dis nou ek wat vir haar Jan Pierewiet en Hansie Slim sing en vertel van Rooikappie en die wolf en ook die drie varkies se huisboukaskenades.

Ek sit haar saans in die bed, vryf oor haar haartjies en sê 'n aandgebedjie op – alles dinge wat sy vir my gedoen het toe ek 'n kind was. Dit is beslis nie 'n maklike taak om iemand wat geheel en al sorgafhanklik is te versorg nie, maar ek is altyd dankbaar dat ek nog die voorreg het om haar vas te hou en drukkies te gee. Ek het haar op Moedersdag met heerlike eetgoedjies bederf.

Indien jy ook nog die voorreg het om 'n ma te hê wat jy kan bederf, doen dit dié jaar met oorgawe. Hier onder lig ek graag twee van die mees aangrypende gedeeltes in die Bybel, wat spesifiek oor moeders gaan, uit. Ek is onlangs genooi om oor hierdie twee gedeeltes te skryf en deel die kosbaarheid graag hier ook.

In 1 Samuel 1 lees ons hoe Élkana se kinderlose vrou, Hanna, na die tempel gegaan het. Hier het sy hartstogtelik gehuil en in haar gedagtes tot die Here gebid om 'n kindjie. Sy het onder meer beloof om, as haar baba 'n seuntjie is, sy hom aan die HERE sal gee al die dae van sy lewe. Priester Eli het haar naderhand berispe omdat hy gedink het sy gedra haar soos 'n dronk mens. Toe sy hom egter verseker dat sy bloot in opregtheid haar hart voor die HERE uitstort, het hy gesê: “Gaan in vrede, en mag die God van Israel jou bede gee wat jy van Hom gebid het”.

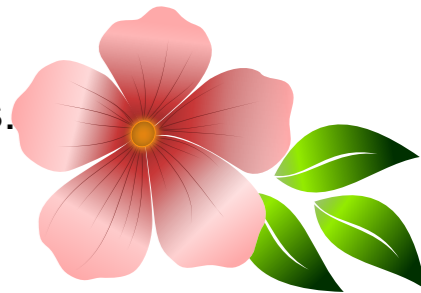
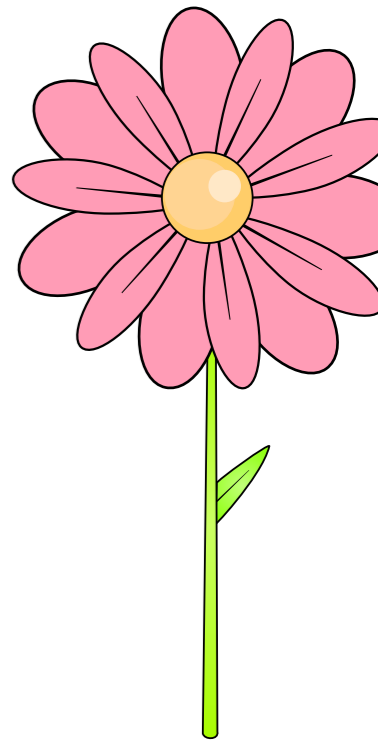
Hanna het swanger geword en aan 'n seuntjie geboorte geskenk. Sy het hom gesoog totdat sy hom gespeen het. Daarna het sy hom na Eli in die tempel gebring om haar gelofte aan die HERE na te kom. Sy het haar kind aan Hom afgestaan. Samuel het as seun gedien voor die aangesig van die HERE, omgord met 'n linneskouerkleed. En dan, die treffende vers 19: “En sy moeder was gewoond om vir hom 'n klein manteltjie te maak wat sy van

jaar tot jaar vir hom gebring het as sy met haar man opgaan om die jaarlikse offer te bring.”

Kan jy jou indink met hoeveel liefdevolle sorgsaamheid en toewyding hierdie mamma jaar ná jaar aan elke mantel gewerk het? Hoe sy met elke rygstekie aan haar kind gedink het en vir hom gebid het. Sy het, al was 'n jaar lank en die verlange in haar mammahart groot, troos gevind daarin dat haar kind die HERE getrou gedien het. Hy het haar dan ook met nog kinders geseën.

In Johannes 19:26-27 lees ons: “En toe Jesus sy moeder sien en die dissipel wat Hy liefgehad het, by haar staan, sê Hy vir sy moeder: Vrou, dáár is u seun! Daarop sê Hy vir die dissipel: Dáár is jou moeder! En van daardie uur af het die dissipel haar in sy huis geneem.” Jesus het, terwyl hy in erge pyn en lyding aan die kruis gehang het, seker gemaak dat sy moeder versorg is.

Watter besondere voorbeelde om aan vas te hou wanneer ons ons ma's bederf. Hanna se liefde vir haar seun het gemaak dat sy jaar ná jaar vir hom 'n mantel gemaak het om oor sy skouers te hang wanneer dit koud was. Jesus se liefde vir sy moeder het gemaak dat Hy besorg was oor haar en voorsiening getref het vir haar welstand. Die liefde tussen ma en kind is voorwaar kosbaar en spesiaal. Vier die besonderse band wat jy met jou ma het. Wees lief vir mekaar en wys dit.



Get out of an Abusive relationship

What is the definition of an abusive relationship?

Relationship abuse is a pattern of abusive and coercive behaviors used to maintain power and control over a former or current intimate partner. Abuse can be emotional, financial, sexual or physical and can include threats, isolation, and intimidation. Abuse tends to escalate over time.

What are the 5 signs of emotional abuse?

Five signs of emotional abuse include: constant criticism and put-downs, controlling behaviors, threats and intimidation, manipulation and gaslighting, and isolation from friends and family.

What are 5 examples of unhealthy or abusive behavior in relationships?

However, insults, jealous accusations, yelling, put-downs, shoving, pushing or other abusive behaviors, are unhealthy and disrespectful. You deserve to be respected. If you think your relationship is unhealthy, focus on your safety, talk to someone you trust, or contact a service provider for support.

How do you describe an abusive person?

Abusive people will expect their partner to meet all their needs. He expects a perfect wife, mother, lover, and friend. The abuser will say things such as "if you love, I'm all you need, and you're all I need." The abuser expects his partner to take care of everything for him emotionally and in the home.

Who can be an abuser?

Anyone can become an abuser. Most abusers are known by the adult at risk. The abuse can happen anywhere - in the home, in the community, in day or residential care, in hospital or at college.

How to spot an abusive person?

Signals of an abusive person can be extremely subtle. Such as: Mini bursts of anger; Frequent swearing; Disregard for other's rights; Frequent negativity; Mind games; Hostility toward authority; Declaring murder and/or abuse as something deserved.

What is controlling behaviour?

Examples of coercive and controlling behaviour include: constantly criticising or humiliating, including challenging the victim's role as a partner/parent. extreme dominance, demanding obedience and having a sense of 'entitlement' to the victim. extreme or pathological jealousy.



MAGAZINE

MEDIA HOUSE



NEXT ISSUE JUNE 2025

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