

50+

ONLINE

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*Merry Christmas*



*What is the signs of suicide..*

*Christmas in an oldage home.*

# 50+

MAGAZINE / TYDSKRIF

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# 1.

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

# 2.

**ADVERTISING:**

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# 3.

**SUICIDE:**

Why suicide?  
Read more on page 6 -7

# 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

## REGULARS

1. COVER PAGE 01

Cover page: It's Christmas time.

2. 50+ AMBASSADORS 04

Our 50+ Ambassadors  
Handelien 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 back to school

## Redakteur

*aan die woord*

Liewe leser,

Die jaar is verby en Kersfees kruip nader. So kom ons dan ook aan die einde van nog 'n jaar.

Saam met die vieringe kom ook die teleurstelling en trama, huisbrake, motor ongelukke ens. Wees veilig wees bedagsaam, kyk wat om jou aangaan.

Die tyd van die jaar bring ook sy eie hartseer, selfdood mense wat nie kans sien nie en net nie 'n uitweg kan vind nie. Dinge raak vir hulle net te veel, met die feestyd is hulle dalk eensaam, 'n geliefde verloor, skool jaar gedruip.

Dit is nie die moeite werd om jou lewe te neem nie, daar is 'n oplossing daar is hulp al lyk dit nie so nie.

Tyd gaan so gou verby, ons kan terug kyk en reg maak wat ons verkeerd gedoen het, glimlag oor die mooi dinge. En werk daaraan om 'n beter mens te wees in 2026.

Graag wil ons jou 'n baie geseënde Kersfees toewens mag als wat mooi en goed is jou pad langs kom. Dankie vir jou ondersteuning en terugvoer oor die jaar, altyd lekker om van ons lesers te hoor.

Charms xox

# 50+ Ambassador



**HANDELIËN VOLSCHENK**

Fotograaf Albertus Kriel

Liewe Lesser,

Die jaar staan einde se kant toe en die tyd het aangebreuk dat ek Media House groet as ambassadeur.

Hulle sê alle goeie dinge kom op 'n einde.

Ek het dit geniet saam met julle, altyd gelag en iets snaaksaangevang.

Ek het so baie om te doen met so min tyd. En op die staduum gaan dit woens by my so baie onvoorsiene dinge aan die gebeur.

Media House sal afsluit op die 20st Desember vir die jaar.

Ek groet julle 'n baie geseënde Kersfees en voorspoed vir 2026

*Liefde -  
Handeliën*

## Klein besigheid

Die ongelukkige waarheid van die besit en bestuur van 'n besigheid.

Om 'n besigheid te bestuur is regtig moeilik.



Wat hulle nie vir jou sê nie, is dat dit erge stres en angs kan veroorsaak, en jou geestelik dreineer tot die punt van depressie in selfs die mees ontspanne mense.

Mense sal oor jou praat, jou met ander vergelyk, jou gebruik, hulle sal jou as 'n diens beskou en nie meer 'n persoon nie. Baie mense sal afslag verwag en mense sal jou en jou harde werk minder waardeer as 'n groot kettingwinkel of maatskappy.

Jy moet bekommerd wees oor as jy vergeet om iemand te e-pos/bodskappe terug te stuur, gaan hulle dink dit was doelbewus?

Het jy hulle teleurgestel?  
Sal hulle dit teen jou hou?

Wanneer jy in werklikheid net nie by almal se bodskappe en e-posse kan uitkom nie. Om 'n suksesvolle besigheid te begin en te bestuur plaas ongelooflike druk op persoonlike lewens en verhoudings, waarvan baie misluk omdat daar net dikwels geen balans tussen werk en lewe is nie.

Jy moet die direkteur, die werker, die admin, die bemerkingspan, die rekenmeester, die skoonmaker wees..... Dit alles terwyl jy 'n ouer, 'n man of 'n vrou, familieondersteuning, vriend...

Daar is 'n rede waarom jy nie sien dat baie mense ná 5-10 jaar sukses behaal in klein besighede nie. As hulle suksesvol is, is hulle oorweldig.

Dit eis 'n tol. Dit is vrek uitputtend. Veral die afgelope paar jaar toe so baie buite ons beheer was.

Buit op jou tande en druk deur, onthou 'n aanhouer wen

# *What is the signs of suicide..*

What are three signs of depression or suicide?

The psychological symptoms of depression include:

continuous low mood or sadness.

feeling hopeless and helpless.

having low self-esteem.

feeling tearful.

feeling guilt-ridden.

feeling irritable and intolerant of others.

having no motivation or interest in things.

finding it difficult to make decisions.

What should I do if I have suicidal thoughts?

You may find one or 2 things that help.

Don't make a decision today. You don't need to act on your thoughts right now.

Get professional support.

Talk to other people.

Look at your crisis plan.

Look in your crisis box or hope book.

Be around other people.

Be aware of your triggers.

Take care with drugs and alcohol.

What are three warning signs that indicate a person may be at risk of suicide?

Withdrawing from friends, saying goodbye, giving away important items, or making a will. Taking dangerous risks such as driving extremely fast. Displaying extreme mood swings. Eating or sleeping more or less.

What to do when you feel hopeless?

What to do when you're feeling hopeless | Mental Health America

You can always call a warm line (a non-crisis support line) or the 988 Lifeline for free, anonymous support. Reflect on what your feelings are telling you: There are often many layers to our feelings. It

might be hard to figure out why exactly you are feeling hopeless.

How to keep going when you have no hope?


Lean into your friendships and support networks. Spending time with people who care about you can really help if you're feeling down. While you might feel like you don't want to burden those you're close to, talking to friends and family can make a big difference in shifting your perspective.

Suicide Crisis Line:

0800 567 567



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# Why do we need Year-end functions

Year-end functions are viewed positively by some as a way to celebrate achievements and build camaraderie, but others dislike them due to social pressure or costs. For companies, they are a strategic tool to boost morale, show appreciation, and strengthen relationships, while for employees, they offer a chance to relax and connect in a different setting.

What is the purpose of the end year function?

A corporate year end function (also called a company year-end or end-of-year celebration) is a planned gathering to acknowledge effort, celebrate milestones, and bring people together before the holiday break. Formats range from outdoor team-days with light adventure, to family picnics, to elegant evening award events

What to say at an end of year party?

A short, inspiring message reflecting on the year's highlights and delivering optimism for the future will do the trick. It's also the perfect time to share exciting news.

How do you celebrate the end of the year?

List of end of year celebration ideas for work

Virtual Holiday Party (Fully Hosted) Virtual Holiday Party is a 90-minute online social. ...

tiny campfire (Highly Rated) ...

Desk wrapping contest. ...

End of year Bingo. ...

Award ceremony. ...

Potluck party. ...

Masquerade ball. ...

Company retreat.

What is the year-end function?

AI Overview

Why does your company need a Year-End Function? - Venue at

A year-end function is a planned gathering, like a party or celebration, organized by a company or group to mark the end of the year. Its main purposes are to recognize achievements, show appreciation for employees' hard work, boost morale, and allow teams to connect outside of a regular work environment. The events can take many forms, from formal dinners to casual picnics or adventurous team days.

It's the best way to end a year.



# 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..

**50+**

**MAGAZINE / TYDSKRIF**

**ONLINE**

**ISSUE 51  
JULY 2025**

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**Media House 2025 projects!**

**Soup & Bread for Moredou old age home**

**Women's Day event  
9 August 2025**

**Elderly  
struggle  
to do  
shopping**

# Bejaarde mense in die supermark



OUMENSE in die supermark... met hulle moeilike treë en hulle jammer-ons-is-in-die-pad gesindheid as iemand met 'n vinnige trollie wil verbykom.... En toe kom ek by die betaalpunt, agter hierdie oumense... met ou plastieksakke en baie goedkoop produkte - als om die min geld wat hulle het te probeer spaar! Saam met elke bejaarde wat sterf, gaan daar 'n biblioteek dood. 'n Biblioteek van kennis, ervaring en wysheid.

Hoe is dit dat TWEE ouers (soms EEN) na 'n klomp kinders kon kyk, maar dat 'n klomp kinders nie na twee ouers kan kyk nie. Besef ons dat ons met ongeduld en frustrasie ons eie ou dag miskyk? Ons sal ook daar kom. Ons sal dalk ook ons ou, gebruikte plastieksakke saamneem om 'n belangrike geldjie te spaar. Vandag eer ek die bejaardes wat steeds probeer. Ek besef daar stap 'n storie voor my - 'n mens wat ook maar net afhanklik is. Iemand wat jare lank 'n land help bou het, en dalk nou aan die agterspeen suig met hulle karige pensioen. Mans en vroue wat eens trotse voorlopers was, en nou bakhand moet staan en

sien hoe 'n jonger generasie nie altyd respek het nie.

Kan ons, in hierdie spesiale week wat voorlê, Christus se lydingsweek, weer werk aan ons deernis, geduld en somer net waardering van die oom wat dalk stadig voor ons ry, die bejaarde tannie wat in jou pad staan as jy haastig is?

Kan ons dalk kies om só 'n mens te help?  
Kan ons weer besef dat wat ookal ons is, wat ookal ons het - dit alles is net genade. 🙏

Skrywer onbekend

# *It's extremely dangerous for an elderly person to fall*

**F**alling can be extremely dangerous for an elderly person due to the risk of severe injuries like hip and other fractures, head trauma, and internal injuries, which can lead to long-term disability, reduced independence, or even death. A fall can also trigger secondary health complications, such as pneumonia from reduced mobility, and can result in psychological effects like a heightened fear of falling again.

## Physical dangers

**Fractures:** Elderly individuals are particularly susceptible to broken bones, especially hip fractures, which can be caused by falls combined with conditions like osteoporosis.  
**Head injuries:** Falls can cause traumatic brain injuries, which may be permanent.  
**Internal injuries:** Serious falls can cause damage to internal organs like the kidneys or liver.

**Soft tissue damage:** Bruises, sprains, and strained muscles are common outcomes, even from minor falls.

## Secondary health complications

**Pneumonia:** Limited mobility after a fall can make it difficult for a person to cough effectively, leading to pneumonia.

**Blood clots:** Reduced mobility can also increase the risk of blood clots.

**Pressure sores:** Prolonged immobility can lead to the development of pressure sores.

## Long-term consequences

**Loss of independence:** A severe fall can lead to a long-term disability that prevents a person from fully recovering their independence.

**Fear of falling:** Experiencing a fall can lead to a fear of falling again, causing a person to become less mobile and further decreasing their physical function.

**Institutionalization:** In some cases, a serious fall and its resulting injuries and

lead to hospitalization or placement in a nursing home.

Be careful not to wear slippery shoes.



# Christmas in an oldage home.

## Gift ideas

Basic toiletries: Face cloths, soap, shampoo, and lotion.

Snacks and sweets:

Chocolate, biltong, dried fruit, or vitamin-fortified sweets.

Warm clothing: Scarves, hats, slippers, and cozy socks.

Comfort items: Throw blankets, chapstick, or small stuffed animals.

Activities: Large-print books, magazines, puzzles, crossword books, and decks of cards.

Health and well-being

Rest and medication:

Ensure residents are getting enough rest and taking their prescribed medication.

Nutrition: Provide nutritious meals and offer their favorite snacks.

Comfort: Offer gentle massages, warm blankets, and ensure they have comfortable clothing like soft slippers.

Activities and connection

Festive decorations:

Decorate the common areas with festive lights and a Christmas tree.

Personal visits: Organize family visits or have

volunteers visit to provide companionship and a sense of community.

Handwritten notes: Send personalized, heartfelt messages to let the residents know they are being thought of by the community.

Music: Play Christmas carols and holiday music to create a festive atmosphere.

Christmas in an old age home can be celebrated by bringing gifts, focusing on well-being, and organizing festive activities to create a joyful atmosphere.

Gift ideas include toiletries, snacks, warm clothing, and personalized items like cards or games. To ensure well-being, prioritize the residents' rest, medication, and nutritious meals while also offering comforting gestures like massages or warm blankets.



# **MAGAZINE**

**MEDIA HOUSE**



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