

50+

ONLINE

ISSUE 57

JANUARY 2026

Jy is....

Happy New year

"Advertising your business"

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50+

MAGAZINE / TYDSKRIF

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Find our adverts here and please support them.

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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.

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Back page - our next issue is the month of
love February.



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

Redakteur

aan die woord

Liewe leser,

Die nuwe jaar is hier, met so baie nuwejaars
voorneme van hard werk geld maak, gewig verloor
miskien gaan oefen... Kom Maart is als vergete.

Elke jaar het maar sy goed en sleg dit is die beloop
van die lewe. Dit is wat ons daarvan maak.

Media House is opsoek na 'n ambassadeur vir die
50 + tydskrif? Indien jy kans sien vir 'n lekker
uitdaging kontak my, ons het 'n lekker span
ambassadeurs.

Ons 2026 projekte is soos volg.

Photogenic cover page

10 spots Back to school. Skryf solank in ons
inskrywing sluit 31 ste Januarie.

Hoor graag van julle tot volgende maand!

Charms xox

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HANDELIËN VOLSCHEK

Fotograaf Albertus Kriel

Liewe Lesser,

Ek wil graag alle dames of mans bo die ouderdom van 50 mooi om van hierdie geleentheid gebruik te maak jy kan 'n ambassadeur word vir die 50+ tydskrif.

Ek het my tyd so baie geniet by Media House ek sal steeds betrokke wees maar in 'n minder mate.

Daar is niks snaaks nie, jy skryf 'n kort artikel elke maand en dit word geplaas met jou foto jy kan oor enige iets skryf wat na aan jou hart lê.

Ek groet julle hoop jy sal die kans waag om 'n ambassadeur te word.

**Liefde -
Handeliën**



Old couples argue often..

Old couples argue often due to a mix of increased physical/mental health issues, personality clashes exacerbated by proximity, unresolved past conflicts surfacing with age, fewer distractions, and ingrained communication patterns, sometimes masking deep-seated issues or becoming a familiar, albeit negative, routine. Health decline, personality traits, shrinking social circles, and using bickering as a coping mechanism or distraction are key drivers, alongside the sheer familiarity and potential for "contempt" after decades together.

Contributing Factors

Health Changes: Worsening physical or mental health (like dementia) can strain patience, create burdens, and alter emotional states, leading to volatility or misinterpretations.

Personality & Temperament: Negative traits become

more pronounced, and partners may lack the discipline to manage anger effectively, snapping at the only person around.

Familiarity & Proximity: Long-term closeness can breed contempt, making minor annoyances feel magnified. There's also nowhere else to vent if social circles have shrunk.

Unresolved Issues: Old, unaddressed resentments can resurface and fuel arguments, with couples stuck in negative cycles.

Communication Breakdown: Poor communication habits, focusing on disagreements, or a lack of empathy can prevent resolution.

Coping Mechanisms: Fighting might become a habit, a way to feel powerful, or a substitute for deeper emotional connection, giving them "something to do".

Life Transitions: Retirement, loss of friends, or caring for a

sick spouse adds significant stress, increasing conflict potential.


Types of Bickering

Healthy Banter: Some couples use lighthearted teasing as an intimate way to acknowledge flaws and stay connected.

Resentful Arguing: This is when bickering masks deeper bitterness, resentment, or unresolved problems, creating distance rather than connection.

In essence, while some argue due to love and intimacy (banter), many older couples fight because age brings new challenges (health, isolation) that expose old cracks or create new ones, often expressed through ingrained negative patterns.

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Older adults sometimes act like children

Older adults sometimes act like children due to cognitive decline (like dementia), loss of independence, physical vulnerability, or as psychological coping mechanisms for stress, confusion, or fear, seeking comfort, support, or expressing unmet needs, similar to how a child might. It's a complex regression linked to brain changes, feeling helpless, or a subconscious return to needing care, often triggered by major life shifts or illness.

Dementia/Memory Loss: Conditions like Alzheimer's can cause memory gaps and confusion, making seniors process the world like a child, notes Fieldstone at Chester Springs.

Physical Vulnerability: Mobility issues or sensory loss (vision/hearing) can make them feel helpless, leading to reliance on

others, similar to childhood dependency.

Psychological & Emotional Factors

Stress & Loss: Major life changes, anxiety, and loss of independence trigger regression as a way to feel secure.

Seeking Comfort: Childlike behavior can be a way to get attention, comfort, or express needs (like a tantrum) when feeling unheard or overwhelmed.

Coping Mechanism: It can be a defense mechanism to cope with overwhelming feelings, confusion, or frustration about aging, notes.

Social & Environmental Influences

Loss of Control: Seniors facing dependence, even in structured homes, can act out as they lose autonomy, similar to children in restricted environments.

"Elder Speak": Being

spoken to condescendingly (e.g., "honey," "sweetie") can actually make some older adults feel diminished and behave differently.

Cultural View

The idea of old age as a "second childhood" is an ancient concept, sometimes positive (innocence) but often negative (dependency, decline), seen throughout history and literature.

Be gentle with elderly people, take time with them have patience with them.

Remember you are also going to grow old. Treat them with the respect they deserve.



Voorblad geleentheid in 2026

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 2026 jou jaar en waag 'n bietjie ek belowe dit gaan pret wees..

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



Jy is...

JY IS...

- *Jy is sterk wanneer jy jou hartseer kan leer glimlag.
- *Jy is gelukkig wanneer jy aanvaar wat was, wat is en wat sal wees.
- *Jy is braaf wanneer jy al jou vrese herken, kan erken teenoor jousef en hard werk daaraan om dit te oorkom.
- *Jy gee om wanneer jou eie pyn jou nie verblind vir iemand ander s'n nie.
- *Jy is slim wanneer jy besef hoe min jy eintlik weet.
- *Jy is wys wanneer jy besef dat jy nie hier is om die wêreld te verander nie maar om te verander hoe jy die wêreld sien.
- *Jy is eerlik wanneer jy besef dat jy jousef soms bluf en jy soms jou eie grootste hindernis in die lewe is.
- *Jy is vriendelik wanneer jy weet dat 'n glimlag vir 'n vreemdeling, gratis en verniet is en die vermoë het om daardie persoon se dag te maak.
- *Jy leef wanneer jou drome en hoop vir die toekoms vir jou meer beteken as jou foute van die verlede.
- *Jy groei wanneer jy besef dat alles wat oor jou pad kom vir jou geleenthede bied om te leer en

- insig te kry oor die lewe en jy voorberei om alles te word wat jy eendag bedoel is om te wees.
- *Jy is 'n leier wanneer jy besef dat jy respek van ander verdien deur 'n voorbeeld te stel.
- *Jy is positief wanneer jy weet dat jou gesindheid teenoor die lewe bepaal wat die lewe se gesindheid teenoor jou sal wees.
- *Jy is mededeelsaam wanneer jy ander mense 'n plekkie in die son gun en hul help om daar te kom.
- *Jy is suksesvol wanneer jy besef dat dit 'n strewe is na die bereiking van jou ideale en drome en nie 'n kompetisie is tussen jou en ander mense nie.
- *Jy is vrygewig wanneer jy kan ontvang met dieselfde grasie en liefde as waarmee jy dit mildelik uitdeel.
- *Jy is menslik as jy sondig is en foute maak en ander nie oordeel net omrede hul sondes ander name het nie.
- *Jy is nederig wanneer jy besef dat alles net genade is.
- *Jy is 'n vriend wanneer jy ander aanvaar vir wie hulle is en behandel soos jy behandel wil word.
- *Jy is vergewensgesind wanneer jou foute wat jy al gemaak het in ander raaksien en dit kan oorsien.

- *Jy is nederig wanneer jy besef dat alles net genade is.
- *Jy is 'n vriend wanneer jy ander aanvaar vir wie hulle is en behandel soos jy behandel wil word.
- *Jy is vergewensgesind wanneer jou foute wat jy al gemaak het in ander raaksien en dit kan oorsien.

Amen 🙏🌹❤️

Ek het hierdie raak gelees op Facebook en deel dit graag met julle.



Aging with dignity in a busy lifestyle can leading to stress

We focus on redefining aging, highlighting the contributions and resilience of older adults, while also addressing the significant, yet often overlooked, challenges they face in modern society.

Beyond the Stereotype: Active Contributors, Not Just Beneficiaries of Care This article would challenge ageist perceptions by showcasing how older adults continue to be productive, creative, and vital members of their communities, families, and even the formal labor market. It could feature inspiring stories of seniors pursuing new careers, volunteering, or learning new skills, emphasizing the value of their accumulated wisdom and experience.

The Silent Crisis: Addressing Loneliness, Social Isolation, and Mental Health An important article could shed light on the serious impacts of social isolation and loneliness on the physical and mental health of older people. It could explore the reasons

behind this isolation (loss of spouse/friends, retirement, modern family dynamics) and discuss effective interventions like intergenerational programs, community support groups, and digital literacy initiatives to foster connection and well-being.

Aging with Dignity: The Challenges and Opportunities in Healthcare and Policy This topic could provide a critical look at the systemic issues older adults face, such as navigating complex healthcare systems, financial insecurity, and access to quality long-term care. It could discuss the need for person-centered care, inclusive policies like the Older Persons Act (2006) in South Africa, and innovative solutions to ensure a dignified quality of life for all older individuals.

The "Ageing Advantage": How an Older Population Benefits Society Contrary to popular belief, an aging population presents opportunities. An article could explore how the wisdom, judgment, and

stability that often come with age can benefit society, from mentoring younger generations to contributing to local governance and social causes. It could highlight the economic and social advantages of tapping into this valuable human capital.



My begrafnis - ek voel so daaroor

My begrafnis

Ek voel sò daaroor:

My familie kan die besigtiging uitlos...jy weet tog hoe ek lyk en jy't genoeg tyd in my lewe gehad om vir my te kom kuier en in my gesig te kyk...

Drà...niemand hoef my dooie liggaam te dra nie...laat die ondernemer my liggaam klààr by die begrafplaas gaan neersit...
As jy in my lewenstyd vir my n woord gehad het in my benoude oomblik...

Iets aangebied het om te eet/
drink...

My ondersteun het in my roeping...
My n saamry geleentheid aan gebied het...

Menslikheid teenoor my openbaar het...

Dàn....ja dàn het jy my alreeds gedrà...en èk is dankbaar!

Moenie die kerk drapeer met fyn linne, kant en organza...

Versier my lèwe met jou teenwoordigheid, liefde en dààrwees!

Moenie vir my blomme bring wanneer ek dit nie kan sien...
Gee nou vir my die kompliment...!



Moenie dān vra wāt julle kan doen om te help met betrekking tot die begrafnis. ..vra nou hoe en waar julle kan help...

Moenie vragte kos uitdeel aan begrafnis gangers.....dis onnodig en as jy my geken het,het jy mos alreeds per geleentheid of 2 Saam my geeet. ..!

O'ja...moenie laat my liggaam te lank by die begrafplaas lê en wag.....alles wat almal met die begrafnis wil sê.....hulle weet waar om my nou te kry terwyl Ek leef...Kom sê dit vir mý, sodat ek ook weet...

Ek glimlag breed terwyl ek die lees, ek deel dit graag met julle.

En dit is nogal waar, somiges van die wat jou begrafnis bywoon, kom net vir die kos en die tyd van die werk af.

Bron Facebook

MAGAZINE

MEDIA HOUSE



NEXT ISSUE FEBRUARY 2026

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