

50+

+

ONLINE

ISSUE 58

FEBRUARY 2026

**Common Causes
of Memory Loss**

Happy Valentine's Day



"Advertising your business"

50+

MAGAZINE / TYDSKRIF

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1.

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3.

Remarry when over the age of
50

Read about it, on Page 14 & 15
Yes or No.

4.

BE ON OUR COVER PAGE ?:

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



REGULARS

1. COVER PAGE 01

Cover page: Happy couple -
Valentine's Day 14 Feb 2026

2. 50+ AMBASSADORS 04

Our 50+ Ambassadors
We need a Ambassador for 2026

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 March



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

Redakteur

aan die woord

Liewe leser,

Ons almal weet nou al dat Februarie die maand
van liefde is. Ek staan verbaas na die aantal geld
wat spandeer word gedurende Februarie maand.
My vraag is waarom wil mense die liefde wys op
een dag, een maand?

Elke uur van elke dag moet ons liefde gee, of
wys, liefde is onvoorwaardelik. Spandeer tyd met
jou geliefdes en wys hulle dat jy hulle lief het.

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: Dames kom leer
hoe om 'n Coctail te maak en dit te geniet. Datum
7 Maart 2026 by Stonehaven die koste al R250
wees dan kan jy 2 Coctails maak en drink.

Kontak 072 768 582 en kry jou kaartjie. Ons sien
uit daarna om jou te ontmoet. Hoor graag van
julle.

Dan groet ek tot volgende maand!

Charms xox

50+ Ambassador



Die Liefde is lankmoedig

Die liefde is verdraagsaam

Die liefde bedek alles..

**Hierdie drie sinne is kort
maar kragtig, en dan kan ek
nie help om te wonder nie
mens sê so maklik ek is lief
vir jou, maar wat beteken dit
tog nou.**

**Gaan dink 'n bietjie na oor
hierdie drie sinne.**

**Hoe ek dit verstaan is soos
volg die liede is lankmoedig
Ek sou dink dit beteken dat
die liefde lankduurend is en
nie van korte duur nie.**

**Liefde wat verdraagsaam is
dink ek as jou maat jou soms
iriteer sien dit oor aanvaar
dit want ons verskil van
mekaar.**

**Die liefde bedek alles - ek
dink al sou jy dalk iets
verkeerd gedoen het, jou
maat jou daarvoor sal
vergewe en dit bedek nie
weer ophaal nie.**

Dit is hoe ek die liefde sien!

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Elderly people should downsize

Elderly people move to smaller apartments (downsize/rightsize) primarily for less maintenance, improved safety & accessibility (fewer stairs, easier mobility), financial savings, and to gain more freedom for hobbies, travel, and social connections, freeing them from the burdens of a large home and its upkeep, and reducing stress. It's a shift from managing a big space and its chores to enjoying life with reduced responsibilities, often moving to single-level living in communities with amenities.

Key Reasons for Downsizing:

Reduced Physical Burden & Safety:

Eliminates stairs, reducing fall risks and making movement easier.

Less strenuous cleaning (dusting, vacuuming, mopping) and exterior upkeep (yard work, gutters).

Financial & Maintenance Freedom:

Lower property taxes, insurance, and utility costs.

Less time spent on home repairs and maintenance.

Often choose communities where exterior/interior upkeep is handled.

Lifestyle & Mental Well-being:

More time for passions, travel, hobbies, and friends/family.

Less clutter leads to less stress and a lighter, more organized feeling.

Moving to a community can combat isolation and offer social opportunities.

Rightsizing for Current Needs:

A large home with many unused rooms can feel empty or like a museum.

Focuses on a space that fits current life goals, not past stages (like raising a large family).

Simpler Finances & Less Clutter for Heirs:


Simplifies finances by reducing property-related burdens.

Reduces the future burden on children to clear out the home after the parent passes.

Essentially, it's about trading a large, demanding property for a more manageable, accessible, and freeing living situation, allowing seniors to focus on living rather than maintaining.



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Charmaine 072 768 8582

Wees versigtig om nie te val nie..

Wees versigtig om nie te val nie

[Eksodus 32:1 - 9]

Hoekom verval Israel in afgodery? Vir dieselfde redes as wat ons verval.

Ons val as ons nie God se woord gehoorsaam nie

Die volk vra vir Aäron om vir hulle 'n god te maak. Hulle was tog veronderstel om die tien gebooie te ken. Jy mag naas My geen ander gode hê nie - die heel eerste gebod. En: Jy mag nie vir jou 'n beeld of enige afbeelding maak van wat in die hemel daarbo of op die aarde hieronder of in die water onder die aarde is nie - die tweede gebod. Hulle verontagsaam God se duidelike gebooie. Kort vantevore het hulle gesê: Ons sal alles doen wat die Here beveel het (24:3).

Die mens wil nie vertel word wat om te doen en wat om nie te doen nie. Ons kry dit reeds met Adam en Eva in die paradys. Ons wil nie onder gesag staan

nie. Wat die Israeliete hier doen is teenstrydig met God se opdragte. Hulle harte verlang nog terug na Egipte.

Hierdie gedeelte beklemtoon dat dit belangrik is om God te ken vir wie Hy werklik is - nie hoe ons dink Hy behoort te wees nie. Aanbidding berus op die regte persepsie van God soos dit in die Skrif geopenbaar word. The essence of idolatry is the entertainment of thoughts about God that are unworthy of Him (A. W. Tozer)

Ons val as ons nie die doel van God vertrou nie.

Hoekom bou hulle die afgod? Hulle raak gefrustreerd met Moses se lang afwesigheid. In plaas van vertrou op God se doel, beweeg hulle aan. Om God nie te vertrou nie, is sonde. Hulle het tog geen rede gehad om God te wantrou nie - dink net aan al die wonderdade en sy voorsiening aan hulle behoeftes tot op hierdie punt.

God het nie vir ons 'n volledige plan vir ons lewens gegee nie. Hy sê: "Ek sal met jou wees. Vertrou my; vertrou my tydsberekening." As ek dinge op my manier en op my tyd probeer doen, val ek in sonde. Vertrou op God se goedheid en wag vir Hom.

Ons val as ons die genade van God vergeet.

Die volk moes die goue ooringe na Aäron toe bring dat hy vir hulle 'n beeld kon maak. Waar kom hierdie ooringe vandaan? God het dit vir hulle gegee toe hulle Egipte verlaat het. Die oorsprong van die goud is God se oorwinning. Wat God vir hulle gegee het, gee hulle vir 'n afgod. By Horeb het hulle 'n kalf gemaak, voor 'n god van metaal gekniel. Hulle het die magtige teenwoordigheid van God verruil vir die beeld van 'n bees wat gras vreet. So het hulle God, hulle redder, vergeet, Hy wat die groot dinge in Egipte gedoen het (Psalm 106:19 - 21).

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..



Remarry after the age of 50...

Remarrying after 50 is a deeply personal choice, with many older adults finding companionship and love, but it brings unique financial (taxes, Social Security, alimony) and family considerations (adult children, blending assets) compared to first marriages, requiring open discussions about finances, expectations, and potentially consulting legal/financial advisors, though many find fulfilling partnership without marriage through cohabitation or other arrangements. There's no "too late" if you're healthy and capable, but it's wise to carefully assess the complexities and benefits, as "gray divorces" (after 50) are common and costly.

Considerations for Remarrying After 50

Companionship vs. Marriage: Many find deep connection, love, and support without formal marriage, which introduces legal and financial complexities.

Financial Realities:

Pros: Increased buying power, larger financial cushion for retirement.

Cons: Higher taxes, potential loss Social Security benefits or alimony, existing financial commitments (child support, mortgages) from previous marriages.

Family Dynamics: Blending families, including adult children, requires careful navigation and communication

If you're alive, capable, and desire it, it's not too late for love and partnership. The key is to be pragmatic, discuss tough topics openly (finances, family, health), and understand that marriage after 50 is a distinct experience from a first marriage, requiring careful navigation to ensure it enhances, rather than complicates, your later life.

It's a big step to take always remember when there is children and grand children to make sure your partner and they will get along.



Common Causes of Memory Loss

Losing your memory, or amnesia, can range from normal forgetfulness to a serious medical issue, often caused by stress, sleep problems, medications, head injuries, or underlying conditions like depression, thyroid issues, or dementia, and requires seeing a doctor if it disrupts daily life, as prompt treatment of the root cause (like trauma, infection, or stroke) can sometimes reverse it.

Common Causes of Memory Loss

Lifestyle: Stress, anxiety, depression, lack of sleep, alcohol/drug misuse, poor diet.
Medications: Side effects from some antidepressants, antihistamines, sleep aids, etc..
Medical Conditions: Thyroid problems, vitamin B12 deficiency, infections (HIV), blood clots, stroke, brain tumors, sleep apnea, high blood pressure, diabetes, dementia.
Brain Injury: Concussions or other traumatic brain injuries.
Trauma-Related: Dissociative amnesia from severe trauma,

where memories of distressing events are blocked.

See a doctor if: Memory loss disrupts daily life (e.g., forgetting learned info, getting lost), you have new problems with words, or confusion about time/place.
Seek immediate care if: Memory loss is sudden, accompanied by stroke-like symptoms (weakness, vision changes).

What You Can Do (Lifestyle Tips)

Prioritize 7-9 hours of quality sleep.
Eat a healthy diet (fruits, veggies, whole grains, lean protein).
Manage chronic health conditions with your doctor.
Review medications with your healthcare provider.
Stay mentally and physically active.



How older adults can look after themselves.....

To maintain independence, dignity, and a high quality of life, elderly people should adopt a proactive approach to self-care that covers physical health, mental stimulation, social connection, and environmental safety. Key strategies include staying physically active, eating a balanced diet, keeping regular medical check-ups, and preventing isolation.

Physical Health & Wellness

Exercise Regularly: Aim for at least 150 minutes per week of moderate-intensity aerobic exercise, along with strength, balance, and flexibility training to reduce fall risks. Activities can include walking, swimming, tai chi, or gardening.

Nutritious Diet & Hydration: Eat a balanced diet rich in nutrients, fiber, and protein while managing sugar and fat intake. Seniors are prone to dehydration, so it is essential to drink water consistently throughout the day, even if not thirsty.

Manage Medications: Use pill organizers or calendars to ensure medications are taken correctly.

Keep a current list of all prescriptions and over-the-counter drugs to share with doctors.

Prioritize Sleep: Aim for 7–9 hours of sleep nightly. Establish a calming, regular bedtime routine.

Preventative Check-ups: Schedule regular screenings for blood pressure, cholesterol, vision, hearing, and dental health.

2. Mental and Emotional Well-being

Stay Socially Connected: Combat loneliness, which is linked to cognitive decline and heart disease, by maintaining relationships with family, friends, and neighbors.

Engage in Hobbies: Participate in activities that bring joy, such as reading, puzzles, painting, music, or gardening to keep the mind sharp.

Manage Stress: Practice relaxation techniques like yoga, meditation, deep breathing, or enjoying nature.

Practice Gratitude: Focusing on positive experiences through a gratitude journal can boost mental health.

Safety and Independence at Home

Prevent Falls: Remove tripping hazards like throw rugs, clutter, and electrical cords. Install non-slip mats in the bathroom and ensure the home is well-lit.

Install Safety Aids: Add grab bars in the shower and near the toilet, and use handrails on staircases.

Utilize Technology: Use personal emergency response systems (wearable alarms) and keep

emergency numbers easily accessible.

Keep Safe Online/Phone: Be aware of scammers and never give out personal information over the phone or email to unknown callers.

Hygiene and Personal Care

Daily Routine: Ensure daily washing of hands, face, and genital areas.

Skin and Foot Care: Moisturize dry skin and, if diabetic, check feet daily. Have a chiropodist manage foot care.

Oral Hygiene: Brush teeth or clean dentures twice a day.

When to Seek Extra Help

If tasks become too difficult, it is crucial to seek help to maintain safety and independence:

Indicators for Assistance:

Increased falls, forgetting medication, difficulty with daily grooming, or frequent confusion.

Resources: Utilize home health aides, meal delivery services (e.g., Meals on Wheels), and in-home care services to help with chores and, if necessary, look into senior living communities.



MAGAZINE

MEDIA HOUSE

NEXT ISSUE MARCH 2026

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