

50+

ONLINE

ISSUE 59

MARCH 2026

*Elderly people
should be active
to maintain health*

How to manage your medication!

“Advertising your business”

50+

MAGAZINE / TYDSKRIF

COMMENTS:
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1.

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HUMAN RIGHTS DAY 21 MARCH:

What do you do on Human's right day?

4.

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



REGULARS

1. COVER PAGE 01

Cover page: Happy Elderly couple.

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 April Easter



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

Redakteur

aan die woord

Liewe leser,

Media House is steeds 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.

Dan het ons nog die Koek en tee die 2de Mei 2026. Koop jou kaartjie en kom kuier saam met ons dit gaan pret wees ons gaan jou lagspiele prikkel, daar gaan uitstallars wees.

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

Media House het 'n "Food Drive project".

Dan groet ek tot volgende maand!

Charms xox

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Media House
Projects 2026

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072 768 8582
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FOOD DRIVE

Our Food drive start
1 February 2026
- end 1 May 2026

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Carin 082 827 6556 OR
Charmaine 072 768 8582



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COCKTAIL WORKSHOP

1x Cocktail R160 2 x Cocktails R250

DATE: SATURDAY 7 MARCH 2026
VENUE: STONEHAVEN,
VANDERBIJLPARK
TIME: 14:00

RSVP before 2nd March
Carin 082 827 6556
Charmaine 072 768 8582

cheers!



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Koek en Tee

2 Mei 2026
Tyd: 11uur

R150PP

Plek: 58 van Wouw str,
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Kom Koek en Tee
saam met ons!
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pret!



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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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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..



How to manage your medication!

Medication management for the elderly requires caution due to increased risks of side effects, drug interactions, and potential for falls. Key guidelines like the BEERS criteria emphasize "less is more," often requiring lower doses and close monitoring by doctors. Common, safer, or necessary treatments include acetaminophen for pain, blood pressure medication, and statins, while avoiding or limiting sedatives, antihistamines, and NSAIDs.

Common Medications Used in the Elderly

Cardiovascular: Amlodipine and Lisinopril for hypertension, and statins for high cholesterol.

Pain Management:

Acetaminophen is generally preferred over NSAIDs for mild, persistent pain.

Chronic Conditions: Metformin for Type 2 diabetes and thyroid medication like Levothyroxine.

Blood Thinners: Warfarin or direct oral anticoagulants (DOACs) for atrial fibrillation.

Acid Reduction: Omeprazole for reflux or ulcers.

Vaccines: Influenza, COVID-19,

and pneumonia vaccines are crucial.

Medications to Approach with Caution (High-Risk)

NSAIDs (Ibuprofen, Naproxen): High risk of kidney problems, ulcers, and bleeding.

Sedatives/Sleep Aids (Ambien): Increased confusion, dizziness, and fall risk.

Anticholinergics/Antihistamines: Can cause cognitive impairment, constipation, and urinary retention.

Muscle Relaxants: Often lead to confusion and disorientation.

Safety Guidelines for Elderly Medication

Start Low, Go Slow: Initiate new medications at lower doses and increase gradually.

Review Regularly: Use tools like the BEERS or STOP/START criteria to identify potentially inappropriate medication.

Polypharmacy Risk: Patients on 10 or more medications or with frailty require regular medication reviews.

Monitor Side Effects: Watch for confusion, dizziness, and falls, which are often mistakenly

attributed to new diseases rather than medication side effects.

Keep medication in its original package.

Take medication that you no longer use to a pharmacy close to you they will get rid of it.

Ask someone to set a alarm as a reminder to take you medication.

Always eat something before you take any medication.



Elderly people should be active to maintain health

Elderly people should absolutely remain physically active to maintain health, independence, and quality of life. Regular activity helps prevent chronic diseases (heart disease, diabetes, certain cancers), reduces fall risks through better balance, boosts immune function, and improves mental health. It is essential for strengthening bones and muscles and maintaining cognitive function.

Key Recommendations for Older Adults (Age 65+)

Weekly Goal: Aim for at least 150 minutes of moderate-intensity aerobic activity (e.g., brisk walking, cycling) per week.

Variety: Incorporate activities for strength, balance, and flexibility at least 2 days a week.

Daily Movement: Reduce sedentary time and move regularly throughout the day.

Safety: Consult a GP before starting a new routine, especially if managing chronic conditions.

Benefits of Staying Active
Physical Health: Lower blood pressure, better weight management, and improved immune function.

Independence:

Improved mobility and strength to perform daily tasks.

Mental Well-being: Reduced anxiety, depression, and risk of dementia.

Improved balance and coordination reduce the risk of falls.

Even light, consistent activity is highly beneficial. For individuals with dementia or mobility issues, adapted exercises that enhance social interaction and stimulate memory are recommended



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

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NEXT ISSUE APRIL 2026

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