MAGAZINE / TYDSKRIF

50+

ONLINE

ISSUE 52
AUG 2025



Soup & bread - Photos Media House Project

Women's Day event

4 October 2025

Friday Club
Business Network
VAAL
072 768 8582

INDEX

CONTENT

50+

MAGAZINE / TYDSKRIF

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MEDIA HOUSE - TOP VIBE MAGAZINE
- TOP VIBE KIDS MAGAZINE
- GLAMOUR TALK MAGAZINE
- 50 + MAGAZINE

1.

50+ AMBASSADORS:

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

2.

ADVERTISING:

Advertise your business, products and more with us at affordable prices.
For more info call 072 768 8582

3.

MEDIA HOUSE PROJECTS 2025:

Media House will serve the elderly people of Moredou old age home with soup & bread on 12 July 2025

4.

BE ON OUR COVER PAGE ?:

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

Happy Women's Day



REGULARS

1. COVER PAGE 01

Cover page: Elderly lady prepering something nice to eat

2. 50+ AMBASSADORS 04

Our 50+ Ambassadors is two beautiful ladies Fredricka Storm and 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 our September Issue



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

Editor's *Note*

Dear readers,

In the month of July the heart of the winter, Media House did provide the elderly people of Moredou old age home with soup & bread on 12 July 2025, as part of our charity events. See photos on page 12 - 15

Up coming events:

4 October Women's day!

13 Sep Face of Top Vibe Kids & Top Vibe Magazine 2025.

8 Nov Crowning of the Face.

We as a team work very hard to make a difference in our community. We need the support of the public.

We are in the month of Aug the windy month if you like. This is definetly not my favourite time of the year.

Call me for more information on any of our projects on 072 768 8582.

Together we can make a difference.

Take care stay healthy and have fun enjoy life.

Charms xxx

50+ Ambassador



HANDELIEN VOLSCHENK

Fotograaf Albertus Kriel

Liewe leser,

Kan julle glo ons is in die helfde van die jaar. Dinge het vanjaar vinning gegaan vir my ek weet nie of ek my verbeel nie.

Die winter is darm amper ook stadig maar seker oppad uit. Ek sal nou bly wees as die winter verby is.

Opgewonde oor die vrouedag event van die 4 Oktober , dames as jy nog nie kaartjies het nie. Kontak my ek het kaartjies beskikbaar.

Hierdie gaan `n kuier wees vir die boeke. Maak seker jy gaan dit nie mis nie.

Totsiens tot volgende maand

Handelien xx

Celebrate Womens day 4 October



Essential Health Tests Every Man Over 50 Should Know

Regularly having your cholesterol levels and blood pressure checked is a great way to assess your cardiovascular risks. Without proper treatment, high blood pressure and high cholesterol levels can lead to developing heart disease or cause a stroke.

It's common for your doctor to check your cholesterol levels about every five years. However, you could have more frequent checks if you have risk factors such as diabetes, obesity, or smoking. Cholesterol tests require your blood to be drawn and sent to a lab where they will measure your LDL and HDL cholesterol, triglycerides, and overall cholesterol levels. Without intervention, high cholesterol can lead to a stroke, peripheral artery disease, or renal artery disease.

Blood pressure checks are much more common, as doctors measure your blood pressure regularly to develop a baseline for your medical history. Once you begin to present with elevated blood pressure, your doctors can start to take steps to intervene. You should have your blood pressure checked at least once a year.

One of the most common cancers for men as they get older is colorectal cancer. Thankfully, colorectal cancer can be caught early with routine screenings. You should expect your doctor to start screenings around 45 years old, but this timeline could be moved up if you have a family history of colorectal cancer or additional risk factors.

Colorectal cancer screenings can involve different tests, with the most common being colonoscopies and stool tests. It is recommended for men over the age of 45 to get colonoscopies every 10 years if they don't have an increased risk of colorectal cancer.

During a colonoscopy, a doctor uses a camera to inspect your colon and remove any precancerous polyps they find. Stool tests can be done more regularly to detect abnormal DNA or blood, which can point towards colorectal cancer.For men around 50, diabetes screening can be incredibly important as diabetes increases your risk of kidney failure, heart disease, and other health issues. If you are overweight or have a family history of diabetes, you will need to be screened annually or biannually.

All diabetes tests involve measuring the glucose levels in your blood, commonly referred to as blood sugar levels. Your doctor will assess your blood sugar levels over 2-3 months to determine your average blood sugar level. You can also expect to have your blood tested after an overnight fast and before and after eating sugar to assess how your body reacts.

When diabetes is left untreated, it can lead to peripheral artery disease and venous disease, both of which can affect your quality of life

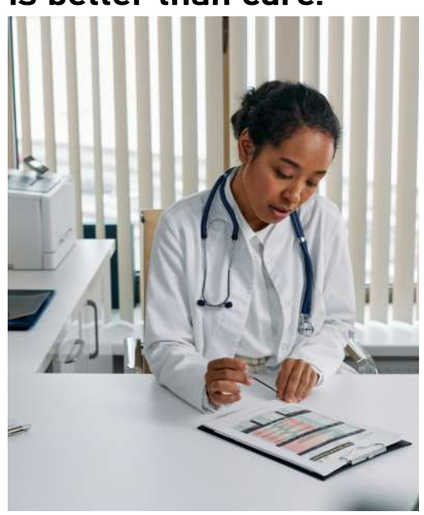
Another common cancer for men is prostate cancer. Prostate cancer is usually a slow-growing cancer and can be treatable if it is caught early. Men over 50 should get a prostate exam every 2-4 years. If you have a family history of prostate cancer, you should consider having a prostate exam around 40-45 years old.

Screening for prostate cancer involves a digital rectal exam and a prostate-specific antigen blood test. Digital rectal exams require a doctor to insert a gloved finger into the rectum to check the prostate for any abnormalities. PSA blood tests look for elevated PSA levels, as prostate cancer can cause more PSA protein to be produced.

Although screening for testicular cancer starts when you are young, it's important to continue getting screenings as you get older. Testicular cancer screenings are a common part of a routine checkup with your doctor, where they will examine your testicles for any abnormal lumps or swelling. If needed, your doctor may send you for an ultrasound to assess if you need further testing.

You should self-examine your testicles monthly to look for lumps or swelling, which could indicate testicular cancer. If you notice any changes in your testicles during a self exam, see your doctor as soon as possible for further examination

PLEASE have yourself tested prevention is better than cure.



"Advertising your business"









Media House 2025 projects!

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

WhatsApp 072 768 8582 for more information

Remember to save the date our Women's day is coming up on 4 October 2025.

FACE OF TOP VIBE KIDS
&TOP VIBE MAGAZINE
2025



ENTRY'S OPEN
1 JULY 2025

ENTRY'S CLOSE
1 SEPTEMBER 2025

ENTRY FEE R250

FACE OF TOP VIBE KIDS
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2025



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13 SEPTEMBER 2025

CROWNING:
8 NOVEMBER 2025



Soup & bread - Media House Project

Hearts That Give: A Soup Drive of Warmth and Compassion
Saturday, 12 July 2025

On a chilly Saturday afternoon, compassion was served warm in bowls of oxtail, beef mince, and chicken soup. What started as a simple act of kindness became a beautiful community-driven charity project that touched the lives of many.

Together with Media House, Dihandre Hartmann, and the inspiring Vaal Ster Finalists, I had the honour of being part of a heartwarming initiative to bring comfort and nourishment to the elderly and vulnerable. Our original goal was to support Moredou Old Age Home in Sasolburg — but thanks to the overwhelming generosity of our sponsors, we were able to extend our reach to House Belinda and Jabes Foundation in Vanderbijlpark.

The day was about more than just food — it was about connection. We sat, chatted, and shared stories with the residents, reminding them they are seen, valued, and loved.

This project would not have been possible without the incredible support of our sponsors. A heartfelt thank you goes to:

Vaal Ster Finalists

Victus Risk

Anton de Wet

Kim Lewis

Divan & Lehandra Hartmann

Community Anonymous Sponsor

Media House Ambassadors

Midvaal Pivate Hospital

Your contributions — whether big or small — made a lasting difference.

This event is a shining reminder that when communities come together, magic happens. May we continue to spread kindness, one bowl at a time.

With gratitude,

Carin Mulder & Charmaine







THANK YOU TO OUR SPONSORS



Soup & bread - Media House Project







Hobbies for old men -keeping them busy

Older men often engage in a variety of hobbies and activities that promote physical, mental, and social well-being, enriching their lives during retirement.

Common Activities and Hobbies

Gardening: Many older men find gardening to be a therapeutic and rewarding hobby. It allows them to spend time outdoors, stay active, and enjoy the fruits of their labor.

Woodworking: This hobby is popular among older men who enjoy working with their hands. It can be both challenging and fulfilling, providing a sense of accomplishment as they create functional or decorative items.

Fishing: Fishing is a classic pastime that offers relaxation and the thrill of catching fish. It can also be a social activity, as many men enjoy fishing trips with friends.

Photography: Capturing moments through photography allows older men to express their creativity and document their experiences. It can also encourage them to explore new places.

Hiking and Walking: Staying active is crucial for health, and many older men enjoy hiking or walking as a way to maintain fitness while enjoying nature.

Participating in Clubs or Groups: Engaging in social activities through clubs or groups related to their interests helps older men build friendships and create a support network, enhancing their social lives.

Benefits of Hobbies

Physical Health: Active hobbies help improve cardiovascular health, flexibility, and muscle strength, which are essential for maintaining mobility and independence as one ages.

Mental Stimulation: Engaging in activities like puzzles, learning new skills, or playing games can boost cognitive function and creativity, potentially staving off cognitive decline.

Emotional Well-being: Hobbies provide a sense of accomplishment and can act as stress relievers, improving overall mood and emotional health.

In summary, older men often pursue a range of hobbies that not only keep them active but also enhance their quality of life, promote social connections, and contribute to their overall well-being

Building your own acoustic or electric guitar is a great goal. You may have always wanted to own a legendary Fender Stratocaster, but you can go one better by crafting your perfect set of strings!

Like boat building, making your guitar requires real devotion of time and study to make a success of your build.

You won't be starting this journey alone as there are thousands of self-build guitar enthusiasts across the world who you can interact with on courses or forums like Project Guitar.



Spending time with friends



If you're over 50 and are suddenly realizing that your friend group has shrunk over the years, you're not alone. Here are 15 great tips to help you make friends after 50 and want to expand your circle of friends. Plus, you'll learn how to turn an acquaintance into a friend that you love to hang out with.

It seems like I keep hearing the same two complaints from so many women over 40 or 50 whose kids have moved out of the house. They either say something like "I focused on my kids completely for so many years and let my friendships lapse. Now my kids are gone and I realize I don't have any friends to talk to or hang out with. I'm lonely."

Or they'll tell me that they thought they had tons of fellow mom friends from their kids' activities only to have those friendships fall away once their kids were no longer participating.

Whatever the reason, too many of us reach the empty nest and realize that we have very few close friends. We're lonely and we don't remember just how to even make new friends in the first place. Now we really don't know how to even make friends after 50.

Spending time with friends—whether through meaningful conversations or shared experiences—encourages curiosity and an openness to learning new things.

Plus, research shows that older adults with strong social connections are less likely to face cognitive decline. Putting yourself in the center of unfamiliar territory or going to a group gathering by yourself can be a nerve-wracking experience and sometimes our fears regarding such moves get the best of us. Bonnie Scott, MA, LPC-S a therapist, and founder of Mindful Kindness Counseling tells First for Women, "It is totally normal to be nervous and be rest assured, you are not alone. It's hard to put yourself out there to make any kind of connection with people you don't know because just like dating, making new friends is a little bit of a numbers game — you need a large pool of candidates that you have some things in common with because you are likely to try out a lot of people as you look for the ones you're really connected to."

Have fun every day you never know when it's your last day...

Health screenings for Women 50+

Regular health screenings that you should get once you turn 50 include blood pressure checks, bloodwork for cholesterol and blood sugar levels, colorectal cancer screening, and immunizations for flu, tetanus, pneumococcal diseases, and shingles.

Cholesterol screenings help evaluate your risk of heart disease. High cholesterol can contribute to buildup in your arteries, which may make them narrower, reduce flexibility and increase your risk of an event, like a heart attack. Guidelines state that both men and women without cardiovascular disease should begin regular screenings at age 20 and keep getting them every four to six years.

"This blood test is to make sure that your cholesterol is not high; it also checks your triglyceride levels to make sure they are all normal," explains Hussain. "It breaks it down between the good cholesterol (HDL) and the bad cholesterol (LDL) and our goal is to keep them within normal limits." That is, a total cholesterol reading under 200mg/dL.

Hussain notes that if you have high cholesterol, a family history of high cholesterol or other conditions such as diabetes or kidney problems, your doctor will advise that you get screened more frequently than others.

Should you have high cholesterol—or too much LDL and not enough HDL—your doctor will advise lifestyle changes and possible restrictions. Many doctors will want to begin checking your cholesterol every six months. "We also recommend dietary changes and make sure people exercise on a regular basis before we prescribe medication," reveals Hussain

Dental Exams

Both men and women are advised to go to their dentist once or twice every year for a dental exam and regular cleanings. The National Institute on Aging notes that oral cancer is more prevalent in people over age 40; your dentist can evaluate your mouth and throat during this checkup, as well.

When choosing how often to see your dentist, you want to take your overall health into consideration, according to Hussain. "Your dentist should be aware of medications or other medical illnesses that may affect the teeth or the gums."

The CDC has reported that about half of Americans age 30 and up have periodontal (gum) disease. Brushing, flossing, getting regular cleanings and following recommendations from your doctor, such as eating a healthy diet and limiting tobacco, can help lower your risk.

Eye Exams

Around age 40, your chance of developing vision issues starts to rise, and you may begin to have problems seeing things up close. That's why, from the ages of 40 to 54, both men and women are advised to have an eye exam at least every two to four years. From ages 55 to 64, it's every one to three years. The exception to these guidelines is if you have diabetes, existing vision problems or an increased risk for glaucoma, which means you should see your doctor at least once per year."Once you have a diagnosis of glaucoma then [visits change to] every six months as the pressure inside a person's eye needs to be monitored because there are certain medications and sprays for allergies that can increase it," explains Dr. Hussain. "For people who are diabetic, there are certain changes we wouldn't notice that could happen on a microscopic level, that only your eye doctor can see and diagnose." By 2020, a staggering 43 million Americans could lose some or all of their sight from age-related eye diseases, according to the American Academy of Ophthalmology. They add that this is an increase of over 50 percent from current statistics, further highlighting the importance of receiving regular eye exams to address any issues as early as possible.

Additional Tests For Women There are a series of tests that women are specifically advised to get. Women over 50 who are at increased risk of osteoporosis should get a bone density test (DEXA scan) as an osteoporosis screening. Screening for normal-risk women should begin at age 65.

The USPSTF recommends women get mammograms every one to two years beginning at age 50 unless there is a history of breast cancer in the family. Both the American College of Obstetricians and Gynecologists (ACOG) and the ACS suggest women be given the option starting at 40. They also advise women to become familiar with the feel of their own breasts, so they're better able to recognize changes; ACOG recommends a clinical breast exam, as well.

MAGAZINE

MEDIA HOUSE



NEXT ISSUE SEPTEMBER 2025

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