

MAGAZINE / TYDSKRIF

50+ ONLINE

Issue 38
July 2024

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Giving back to the community

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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 '24:

Thank you for your support in 2023.
Please support us in 2024

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 we celebrate winter

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 Aug Issue



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

Redakteur
aan die woord

Liewe leser,

Ons hou binne kort vrouedag, het jy al jou kaartjie gekry maak gou jy wil dit nie misloop nie.

Kaartjie is beskikbaar by Bar with no Name of kontak my vir kaartjies.

Media House ons pa's ook bederf, kom kuier saam met vroulief by ons vrouedag met 'n twist. Dit gaan 'n aand wees wat jy nie gou gaan vergeet nie. Sien jou daar.

Hou ons Facebook blad dop en bly op hoogte van alles wat nog voorlê in die jaar.

Ons is ook opgewonde oor twee tydskrifte wat in Augustus verjaar. Ons sal fotos met julle deel.

Onthou die Face se inskrywing is reeds uit.... Skryf in en julle sal dit geniet, van jonk tot oud kan deelneem.

Liefde tot volgende keer..

Charms xox

50+ Ambassadors



FREDRICKA STORM

WINTER

Vraag: Wat is die beste deel van die winter?
Antwoord: Wanneer dit verby is...

Ek is só skuldig daaraan om te sê ek hou niks van die winter nie. Nooit besef dat die WINTER só ‘n belangrike rol in ons lewens speel nie. My dogter plaas die volgende woorde op haar status:

" HOW MANY LESSONS OF FAITH AND BEAUTY WE SHOULD LOSE IF THERE WERE NO WINTER IN OUR YEAR" ..... En ek sê dis ‘n aaklig seisoen. En ek kry hierdie "eye-opener" boodskappie terug:

WINTER IS DAAR SODAT JOU WORTELS STERKER KAN WORD".... WOW!!! ek laat sak my kop en voel skaam omdat ek nog altyd ‘n "negatiewe" uitkyk op die winter gehad het.

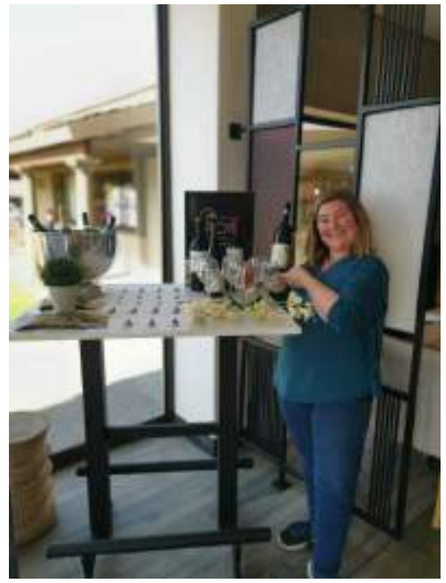
As ons net ons opinie kan verander oor wat vir ons negatief lyk en voel kan ons meer kwaliteit tyd bestee aan die mooi om ons en dit waardeer. Lag meer want ‘n lag plooi is mooier as n frons plooi.

Mense sien deesdae slegs die lelik in dinge en medemens. Beskinder mekaar om elke hoek en draai in plaas van om mekaar te ondersteun en saam te staan. Wanneer jy iemand sien wie nors of ongelukkig lyk, gee hul jou mooiste glimlag. Ons weet nie wat in daardie persoon se gemoed en lewe aangaan nie. Swaar "sakke" wat op hul skouers rus.

Wees emosioneel daar vir iemand al is dit net met ‘n stille gebed. Wat ons as mens niks aan kan doen kan God n groot verandering bring.

Groete tot my volgende DRUPPEL INK.

Liefde Fredricka



Ek het die voorreg gehad om die wynroete te ondersteun by the iron restaurant by emfuleni golf estate.

Die venue self is stunning en die atmosfeer was warm en staff vriendelik. Kos uit die boonste rakke, Ons het so Baie geleer oor die wyn. Indien jy jou bevind op n naweek sonder planned Dan is die 2024 Vaal Wine Route net vir jou🍷😁
8 Junie - 28 Julie 2024
R80 vir 8 verskillende wyne
12h00 - 18h00
Elke Saterdag en Sondag
Besoek https://vaalwineroute.co.za/ vir Meer inligting.

Verskillende venues:

Urban Vines
Cock & Bull Pub, Heritage Village STONEHAVEN ON VAAL
Rio Sol Portuguese Restaurant - Vereeniging 016 423 3333
Vaal River Lodge & Spa
Waterfront Country Lodge & Spa
Riviera on Vaal Resort
Emerald Resort & Casino
Ocean Basket Vanderbijlpark
The Iron Restaurant

Handelien



HANDELIEN VOLSCHENK

MEDIA HOUSE PROJECT FOR 2024





"Advertising your business"









Stay warm in the winter here is some tips

.How can elderly stay warm in the winter?

Winter Tips To Help The Elderly Stay Safe & Warm | Trinity ... Wearing Several thinner layers of clothing will keep you warmer than a single thick layer. Choose clothes made from cotton, wool or fleecy fibres which will help to maintain body heat. Waterproof coats are great to prevent you from getting wet but make sure you still have some warmth underneath with a fleece or jumper

Do old people need warmer temperatures?
What Is the Ideal Room Temperature for an Elderly Person? Research has shown that the average and safe room temperature for older adults is around 78 degrees. To prevent an elderly adult from becoming too cold, it is recommended that the room temperature never falls below 65 degrees.

Why do elderly get cold so easily?

A decrease in fat and thinning skin make it difficult to conserve heat. Aging causes a natural decrease in metabolic rate, which means seniors' bodies might be unable to generate enough heat to maintain a "normal" temperature of 98.6 degrees. Slower circulation can make it difficult to retain heat throughout the body.

Does cold weather affect aging?

That, in turn, delays aging and extends lifespan," Gribble said. Their results, however, indicate that the change in lifespan under low temperature is likely actively controlled by specific genes.

What is an unsafe temperature to sleep in?
"Heat is a huge disruptor for REM sleep," Dr. Drerup says. With the heat of the room, your body temperature will also rise, thus undoing the sleep initiation process entirely.

If your body temperature will also rise, thus undoing the sleep initiation process entirely. If your bedroom temperature is above 70° F, it's too hot.

Should you sleep with socks on?

IIn short, sleeping with socks on may help you fall asleep and get better, deeper Zzzs. "Wearing socks to sleep can help you with thermoregulation by retaining heat, vasodilation for better peripheral circulation, and preventing heat loss through the extremities," Dr. Harris explains.



Voorblad geleentheid in 2024

Will jy ook op 'n tydskrif se voorblad verskyn?

Jy kan al wat jy moet doen is om ons Faceboek 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 2024 jou jaar en waag 'n bietjie ek belowe dit gaan pret wees..

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



Prostate

The prostate is a small, walnut-shaped gland in the male reproductive system. It sits directly below the bladder, inside the groin.

The male hormone testosterone controls how the prostate functions. Prostate cancer occurs when genetic changes cause cancerous cells to grow in the prostate. It is the second most common form of cancer in American men, after skin cancer.

Testicular Cancer
The testicles are another part of the male reproductive system. They include two small, rounded organs that sit in the scrotum, which is a sac of skin below the penis. The testicles produce sperm and male hormones, including testosterone. Testicular cancer occurs when cancerous cells develop in the testicles. Testicular cancer is uncommon, affecting around 1 in every 250 .

American men during their lifetime. Testicular tumors are divided into primary and secondary types, the vast majority of which are primary. Almost all testicular tumors are malignant, among which germ cell tumors (the most common—seminoma) account for 90% to 95%.

Pathways

The most commonly known genomic alterations in prostate cancer involve four pathways/genes: the androgen receptor pathway, PI3K pathway, and rearrangements that place members of the ETS transcription factor family under control of androgen-responsive promoter TMPRSS2, and loss of function of the prostate tumor suppressor NKX3.1.
The pathogenesis of testicular cancer is mainly related to undescended testes and testicular dysplasia, which involves a variety of signaling pathways misregulated, including the Wnt signaling pathway (spermatogenesis), and Nodal pathway (testicular cell differentiation and regulation of pluripotency factor expression), etc. TGFβ signaling also plays an important role in testicular development.

Treatment

Chemotherapy, radiotherapy and surgery are the 3 main treatments for testicular cancer. The first option for all cases of testicular cancer, whatever the stage is, is to surgically remove the affected testicle (an orchidectomy). Patients who are healthy and the tumors are located only in the prostate can undergo surgery to remove the tumor. Radiotherapy may be needed after surgery to help prevent cancer from returning. Chemotherapy is used to treat advanced testicular cancer or those spread within the body. It's also used to help prevent cancer from returning. Radiation therapy and radiopharmaceutical therapy may increase men's risk of bladder and/or gastrointestinal cancer, and could also cause impotence and urinary problems.

In addition to Surgery, chemotherapy, and radiation therapy, hormone therapy is also often used to treat prostate cancer. Hormone therapy removes hormones or blocks their effects and stops cancer cells from growing. In addition, targeted and immunotherapy can also be used to treat prostate cancer:

Giving back to the community

We at Media House is proud to announce that we were in a privilege position to make a difference in the lives of people in Moredou old age home. Thanks to our Ambassadors and sponsor we served them with soup and bread.

We also handed out gift bags with something nice in. See the photos taken by Amanda Oosthuizen.









Why tea is healthy for you

Tea offers numerous health benefits – it's a relaxing drink that helps increase our attention and focus, is heart-friendly, good for the gut and may help manage blood sugar. Tea makes a useful option if you are looking for a flavourful, low-calorie, unsweetened hot drink with less caffeine than coffee.

Is it good to drink tea every day?

Drinking two or more cups of tea per day is linked with a lower risk of death, compared with not drinking tea, according to a recent study published in the Annals of Internal Medicine. Tea is known to contain beneficial compounds, such as antioxidants, that boost your overall health.

How does tea help your body?

Numerous studies have shown that a variety of teas may boost your immune system, fight off inflammation, and even ward off cancer and heart disease. While some brews provide more health advantages than others, there's plenty of evidence that regularly drinking tea can have a lasting impact on your wellness.

5 Side Effects Of Drinking Too Much Tea

Caffeine-related issues. Some individuals may experience digestive issues such as acid reflux, upset stomach, or diarrhea due to the tannins in tea.
Digestive problems. ...
Iron absorption interference. ...
Dental problems. ...
Bone health concerns.

Is tea good for skin?

The 4 Best Teas for Skin Health | SkinMindBalance
The connection between tea and your skin. If you want to maintain a gorgeous complexion, bringing tea into your daily regimen is a great place to start. Tea is packed with antioxidants that patrol free radicals in the body and support skin health. Essentially, free radicals speed up skin's aging.

Can I drink tea on an empty stomach?

Tea on an empty stomach can lead to increased stomach acid, causing discomfort and acid reflux. Excessive intake, especially of caffeinated tea, may contribute to affecting overall hydration levels. Tannins in tea can also hinder iron absorption, posing concerns for those with iron-deficiency anemia.

General Health Benefits to Accompany a Healthy Lifestyle

If you believe you already live a lifestyle of health and wellness, but want to give yourself a boost, we recommend drinking 1-2 cups of tea daily. Normally, this is a cup in the morning and a cup in the afternoon or evening.



MAGAZINE

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