

50+

ONLINE

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MAGAZINE / TYDSKRIF

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Media House 2025 projects!

Soup & Bread for Moredou old age home

Elderly struggle to do shopping

Women's Day event
9 August 2025

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MAGAZINE / TYDSKRIF

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EDITOR:
Charmaine Britz

CONTACT DETAIL:
Cell: 072 768 8582

WEBSITE:
www.topvibe.co.za

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.



REGULARS

1. COVER PAGE 01

Cover page: Elderly couple celebrating 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 August Issue



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

Editor's *Note*

Dear readers,

Sip & Paint photos on page 12 & 13. Big thank you to Carin our events ambassador for once again a well organized event.

Then we have our Women's day on 9 Aug 2025 this is going to be the event of the years, you really want to be part of this. Make sure to book your tickets.

Are you a business owner or entrepreneur then this is for you. It's NEW in the VaalTraingle,it's Friday Club where business people get together having breakfast while networking.

It's the month of July and the heart of the winter, Media House will provide the elderly people of Moredou old age home with soup & bread on 12 July 2025, as part of our charity events.

Our events Ambassador Carin Mulder initiate this project let's support Carin.

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

Take care stay healthy and have fun enjoy life.

Charms xxx

50+ Ambassadors



FREDRICKA STORM

Fotograaf Albertus Kriel

Liewe Lesers,

Die is hier by die kus is heerlik lui lekker. Ek geniet dit hier by die kus maar ek mis ook my mense terselfde tyd. Maar ek is nie spyt oor my besluit nie.

Dit is hier waar ek kan stil raak en dink, soms vind ek myself dat ek net staar voor my oor die blou see, die branders dophou wat slaan teen die rotse.

Dit bring mens so na aan jou skepper, geen mens kan dit maak nie net God, God is groot ek dink nie ons besef dit nie.

Ek mis die mense in die Vaal, solank julle net weet julle is in my gedagtes.

Mooi en warm bly tot volgende maand.

Groete

FREDRICKA

Liewe leser,

Ek is stom gelaan om te dink die winter is hier, dan is dit weer die warm goed nader trek cuddel en hot chocolate of `n kaggel vuur met`n glassie gin of twee.

Die Sip en Paint wat 7 Junie plaasvind het was so lekker ons het gelag en geklets, ek sal baie graag weer so iets wil bywoon. Die van julle wat dit nie kon bywoon nie julle het uit gemis op baie pret.

Dames onthou ons vrouedag op 9 Aug dit gaan `n groot ding wees met hope pret, maak seker dat jy deel is daarvan koop jou kaartjie vroegtydig.

Totsiens tot volgende maand

Handelien xx



HANDELIEN VOLSCHENK

Fotograaf Albertus Kriel

Do you struggle with swollen feet?

Painless swelling of the feet and ankles is a common problem, particularly in older people. Most of the time swelling can be relieved by elevating the legs above the heart while lying down and avoiding sitting or standing without moving for prolonged periods of time.

What are the side effects of swollen feet?

1. Edema

shiny, stretched skin over the affected area.

skin that stays dimpled after pressing it.

discomfort and reduced mobility.

coughing or difficulty breathing if it affects the lungs.

Can swollen feet make it difficult to walk?

Symptoms of swelling include: An area of your body is larger than it was a day ago. The skin over the swollen area looks stretched and shiny. Difficulty walking if your legs, ankles or feet swell.

What is the fastest way to drastically reduce swelling in feet?

Home Care

Put your legs on pillows to raise them above your heart while lying down.

Exercise your legs. ...

Follow a low-salt diet, which may reduce fluid buildup and swelling.

Wear support stockings (sold at most drugstores and medical supply stores).

When traveling, take breaks often to stand up and move around.

Can high blood pressure cause swollen feet?

AI Overview

High blood pressure symptoms: Swollen ankles could be a ...

Yes, high blood pressure (hypertension) can indeed cause swollen feet and ankles, a condition known as edema. High blood pressure can disrupt normal blood flow and increase pressure on veins, leading to fluid buildup in the legs and feet. This fluid retention can cause swelling and discomfort.

Here's a more detailed explanation:

How do I know if my foot swelling is serious?

Get medical care as soon as possible if:

You have unexplained, painful swelling of your feet or legs, particularly if it's only in one leg.

The swollen area becomes warm, red or inflamed.

The swelling is accompanied by a fever.

How to lower BP quickly?

AI Overview

To lower blood pressure quickly, focus on stress reduction techniques like deep breathing, meditation, or a warm bath. Also, consider a low-sodium diet, regular exercise, and maintaining a moderate weight. If your blood pressure is very high, seek immediate medical attention, as emergency treatment may be necessary.

Stay Hydrated

If you are dealing with edema, drink at least 8 glasses of water every day to get rid of this problem. It is also a good idea to avoid alcohol. This is because alcohol tends to dehydrate the body, causing your body to remove fluids from the blood at a faster rate than other liquids.

Seek medical help.



"Advertising your business"









Media House 2025 projects!

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

WhatsApp 072 768 8582 to make your donation.

Remember to save the date our Women's day is coming up on 9 August 2025

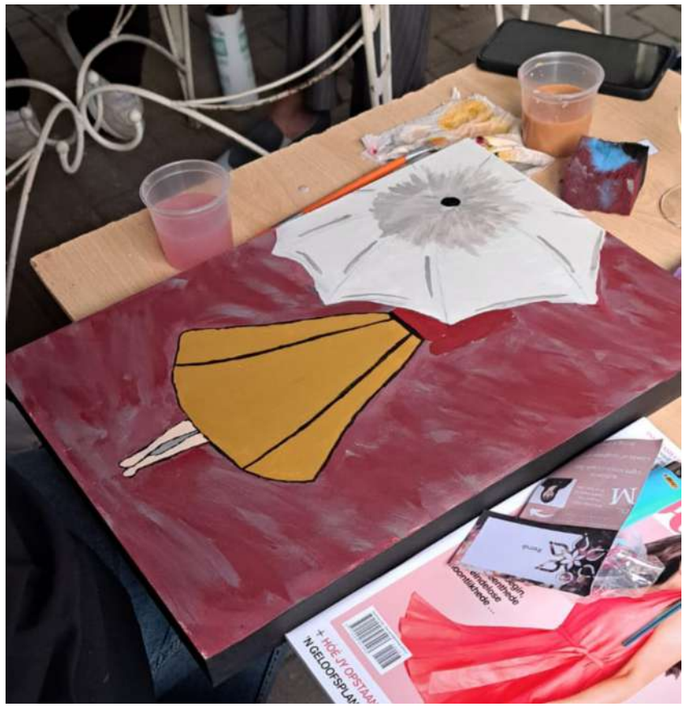


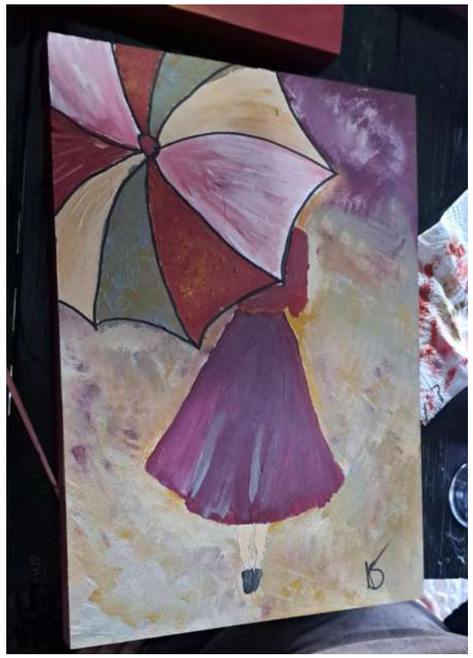


Sip & Paint - Media House Project









Media House Sip & Paint project 7 June `25

Loads of FUN! Thank you Claire owner of Claire Jones professional hair Artistry for the beautiful venue and Tilana for sharing your art talent with the ladies.

Shout out to Carin Mulder Media House events Ambassador for hosting this event. Thank you!! All the beautiful ladies that took part in our event love your paintings.....







Elderly struggle to do shopping .

Elderly individuals may experience difficulties with shopping due to factors like mobility limitations, cognitive decline, vision or hearing impairment, and potential social isolation. These challenges can impact their ability to access needed goods and services, affecting their overall well-being and quality of life.

What is the most difficult thing for elderly people to deal with?

Personal Care Challenges for Elderly Parents

Dressing and Grooming. ...

Bathing and Maintaining Hygiene. ...

Using the Toilet Independently. ...

Getting in and out of Bed or Chairs. ...

Walking and Navigating the Home. ...

Preparing Meals. ...

Eating and Managing Nutrition. ...

Cleaning and Laundry

What are the greatest challenges facing the elderly population?

Challenges with limited or fixed income often referenced the fact that almost 10 percent of adults aged 65 and older are living below the poverty line, are often paying more than 30 percent of their incomes on housing, and are making hard choices between food, medications, and other basic needs.

Challenges Faced by Elderly Shoppers:

Physical Limitations:

Age-related conditions like arthritis, mobility issues, and reduced vision can make it difficult to walk around stores, reach items on shelves, or carry groceries.

Cognitive Decline:

Some individuals may experience memory problems or difficulty with decision-making, making it harder to remember shopping lists, navigate store layouts, or process information about products.

Transportation Issues:

Lack of transportation, difficulty with public transportation, or fear of driving can limit access to stores and make shopping challenging

Store Layout and Accessibility:

High shelves, crowded aisles, and lack of seating or restrooms can be problematic for older adults.

Technology Challenges:

Some individuals may struggle with online shopping, mobile payments, or using self-checkout kiosks.

Financial Concerns:

Limited income or fixed incomes can create challenges in affording basic necessities and make shopping more stressful.

Social Isolation:

Difficulty shopping independently can lead to isolation and a loss of social interaction, as shopping can be a valuable social activity for some

Social Isolation:

Difficulty shopping independently can lead to isolation and a loss of social interaction, as shopping can be a valuable social activity for some.

Strategies to Support Elderly Shoppers:

Transportation Assistance:

Local authorities or charities may offer transportation services or escorts to help with shopping.

Home Delivery:

Many stores offer online grocery delivery, making it easier for individuals to receive groceries without leaving home.

Home Delivery:

Many stores offer online grocery delivery, making it easier for individuals to receive groceries without leaving home.

Shopping Assistance:

Personal care services or family members can assist with shopping, providing support with transportation, carrying groceries, and navigating the store.

Age-Friendly Store Design:

Stores can improve accessibility by providing more seating, lower shelves, wider aisles, and clearer signage.

Online Shopping Support:

Organizations can provide help with online shopping, including assistance with navigating websites, making purchases, and receiving deliveries.

Financial Support:

Organizations and government programs can offer financial assistance to help cover the cost of groceries or other essential items.

Having your grandchildren visiting

Having grandchildren visit can be a rewarding experience for both grandparents and their young family members. Grandparents can enjoy the joy of spending time with their grandchildren, sharing stories, and fostering a strong family bond. Grandchildren can learn from their grandparents and create lasting memories.

Here's how to make the most of grandchild visits:

Planning and Preparation:

Discuss needs:

Talk with the parents about their grandchild's specific needs and preferences regarding sleep, food, and changing.

Prepare the home:

Make sure the home is safe and child-friendly, especially in areas where the grandchildren will be spending time.

Have activities planned:

Prepare some activities, such as board games, reading, or crafts, to keep the grandchildren occupied.

Set boundaries:

Establish clear boundaries about what the grandchildren can and can't do in the home.

During the Visit:

Be present and engaged:

Pay attention to the grandchildren's interests and engage them in conversations.

Share stories and memories:

Share your own childhood stories or family history with the grandchildren.

Create a "yes-zone":

Designate an area where the grandchildren are free to explore and play without restrictions.

Get involved in their activities:

Join the grandchildren in their games or activities, or offer to help with homework.

Keep it simple — a trip to your house is already stimulating, and it won't take much to keep your grandchild entertained. Be sure to provide a safe and baby/child-proofed space for play. The pack-n-play works well for babies, and if your grandbaby is still little, a jumper is a great option for a safe play space.

How often should grandchildren visit their grandparents?

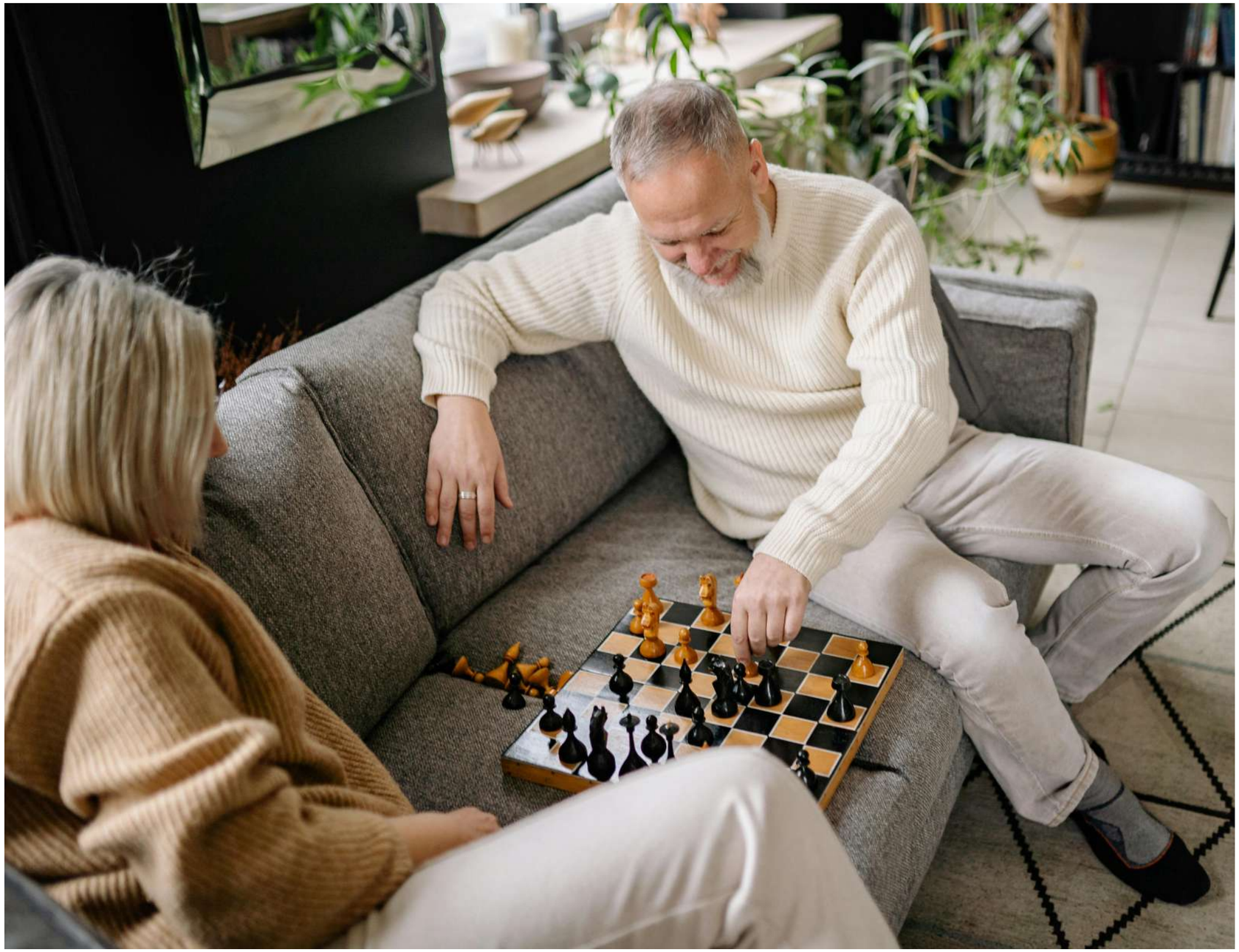
If you're able to see them often (say you visit them once a week, and/or live close enough to them), then probably calling once a week would be good, and maybe a couple more times a week if they live further away and/or you don't see them as often, and if you can, call on holidays, birthdays, etc.

What is the golden rule for grandparents?

The golden rule for grandparents is to provide unconditional love and emotional support to their grandchildren, while not interfering with the rules and family dynamics established by the grandchild's parents. Grandparents do not make the rules, their child and their child's spouse/partner—the grandchild's parents—do



Board games are good for elderly people



Are board games good for the elderly? If you're looking for a fun way to spend some time with your senior loved one, a board game might be the perfect solution! Games aren't just fun to play — they can also prove to be especially beneficial for seniors, helping them to keep their minds and memories as sharp as possible for years to come.

What games are good for the elderly? Solo games like solitaire, sudoku, and crossword puzzles offer numerous brain benefits, but multiplayer games truly shine, fostering similar cognitive benefits as solo games while also offering camaraderie, friendly competition, and shared laughter among players.

What are the indoor board games for seniors?

Best Board Games for Seniors in 2025
Chess.
Scrabble.
Ticket to Ride.
Memory Lane.
Puzzle Pursuit.
Social Circles.
Mini Express.
Rummikub.

Especially in the winter, they can play in the comfort of there home.

Tips for men with dry skin.

While most men get surprised by the extensive skincare regime of women, the truth is that men too can benefit greatly from indulging a proper skincare routine, especially those who have dry skin. If you haven't built a skincare regime for yourself yet, now is the time to do so. Dry skin can be uncomfortable, itchy, and can even lead to premature ageing if not properly cared for. So, let's explore some essential dry skin care tips tailored specifically for men. By following these tips for dry skin, you can maintain healthy and hydrated skin.

Understanding dry skin

Before delving into skin care tips for men, it's essential to understand what dry skin is and what causes it. Dry skin occurs when the skin loses its natural moisture and lipid barrier, making it unable to retain water effectively. This can be caused by various factors, including genetics, environmental conditions, lifestyle choices, and age. Common symptoms of dry skin include redness, flakiness, tightness, and itchiness.

Skincare tips for men with dry skin 1. Choose the right cleanser.This is one of the most important tips for dry skin. We all know that the first step in any skincare routine is cleansing. However, for men with dry skin, it's crucial to choose a gentle, hydrating cleanser that won't strip the skin of its natural oils. The Garnier Men Turbo Bright Anti-Pollution Double Action Face Wash combines the benefits of black charcoal and an icy clay complex to effectively eliminate dust, pollution, and impurities deeply embedded in your skin. This charcoal face wash works best for individuals leading an active lifestyle, as it penetrates deep into your skin's layers to deliver a visibly clear skin. Add this in your dry skincare routine to revitalise it and improve its overall quality.

Moisturise religiously

Moisturisation is the cornerstone of any dry skin care routine. After cleansing, apply a rich, hydrating moisturiser to lock in moisture and prevent water loss. The Turbo Bright Anti-Pollution Brightening Moisturiser is designed to rejuvenate your skin's well-being. Add this moisturiser to your dry skin care as it actively combats dust and pollution, diminishes the appearance of dark spots, evens out your skin tone, and shields your skin from the damaging effects of UV rays and sun exposure.

3. Use Sunscreen Daily

UV rays from the sun can damage dry skin and accelerate the ageing process. Here's a skincare tip for men to get rid of dry skin. Make applying sunscreen a daily habit, even on cloudy days. Choose a broad-spectrum sunscreen with SPF 30 or higher and apply it generously to all the exposed areas of your skin.

4. Avoid hot showers

Hot showers can be harsh on dry skin as it can strip away the natural oils. Instead, opt for lukewarm water when showering or washing your face and try to keep your shower time relatively short to prevent excessive drying.

5. Choose fragrance-free products

Fragrances in skincare products can further irritate your dry skin. Opt for fragrance-free or hypoallergenic products to reduce the risk of irritation and allergies.

6. Pay attention to our shaving routine

Shaving can be particularly harsh on dry skin. To minimise irritation, use a moisturising shaving cream or gel and shave in the direction of hair growth. If you have a beard, you should use a beard oil to prevent any dry skin under your beard. Enriched with Vitamin E and Almond oil, the Garnier Beard oil softens your facial hair, strengthens it and also prevent drying out the skin under your beard.

This skincare tip for men with dry skin will help you improve the overall health of your skin. Hydrating from the inside out helps maintain the skin's moisture balance. Aim to drink at least eight glasses of water a day and consider adding hydrating foods like watermelon, cucumber, and berries to your diet. Additionally, try to curb your alcohol intake and smoking to prevent them from having detrimental effects on the skin, including dryness and premature ageing

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