

50



ONLINE

ISSUE 61

MAY 2026



Happy Mother's Day
10 May 2026

**"Advertising your
Business here"**

50+

MAGAZINE / TYDSKRIF

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Editor.

EDITOR:

Charmaine Britz

CONTACT DETAIL:

Cell: 072 768 8582

WEBSITE:

www.topvibe.co.za

1.

50+ AMBASSADORS:

MEDIA HOUSE SEEKING A
AMABASADOR:

We need a Ambassador for 50+
Magazine contact 072 768 8582

2.

ADVERTISING:

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more with us at affordable prices.
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3.

DECLUTTER YOUR HOME:

Read how to declutter your home
page 16 & 17

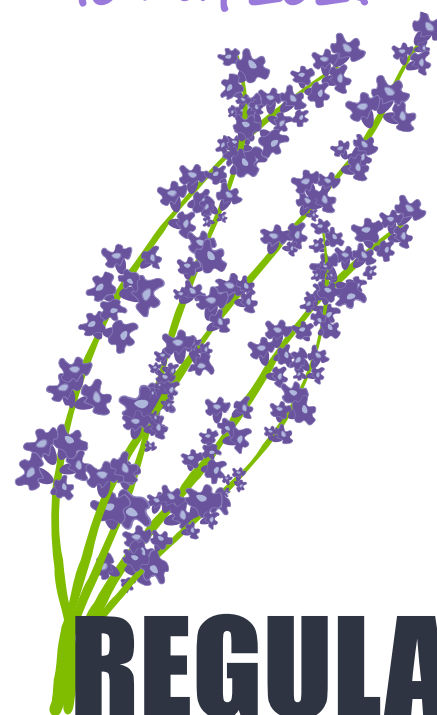
4.

BE ON OUR COVER PAGE ?:

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

Happy Mother's Day

10 May 2026



REGULARS

1. COVER PAGE 01

Cover page: Mother and Son
celebrating Mothers day.

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 the month of
June.



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

Redakteur *aan die woord*

Liewe leser,

Media House het 'n "Food Drive project". Help ons
om blikkies kos in te samel vir kinders wat nie het
nie.

Moedersdag is 'n spesiale geleentheid om hulde te
bring aan die onvoorwaardelike liefde, opoffering
en krag van moeders.

Dit is die dag om dankie te sê vir die klein en groot
dinge wat hulle elke dag doen - dikwels sonder
erkenning.

Mag ons nie net vandag nie, maar elke dag, die
waarde van moeders in ons lewens vier en
koester.

Gelukkige moedersdag van ons Media House span!

Dan groet ek tot volgende maand!

Bederf jou moeder, geniet die dag!

Charms xox



Media House Projects 2026

50+ Ambassador

Support us!

072 768 8582

083 827 6556



A colorful poster for a food drive. At the top is a large red 'M' with a rainbow arching over it, with the words 'MEDIA HOUSE' underneath. Below this is a blue banner with the text 'MEDIA HOUSE FOOD DRIVE'. Underneath the banner is a red box with white text: 'Please donate non-perishable foods, toiletries etc for underprivileged children.' The central image shows a large cardboard box labeled 'DONATIONS' filled with various food items like cereal, juice, and canned goods. A smiling banana character is on the left, and a smiling orange character is on the right. Two children, a boy and a girl, are peeking out from behind the box. At the bottom, a red banner says 'Donations will be handed over 30 May 2026.' and a blue banner at the very bottom contains a phone icon and the text 'Carin 082 827 6556 072 768 8582'.

MEDIA HOUSE

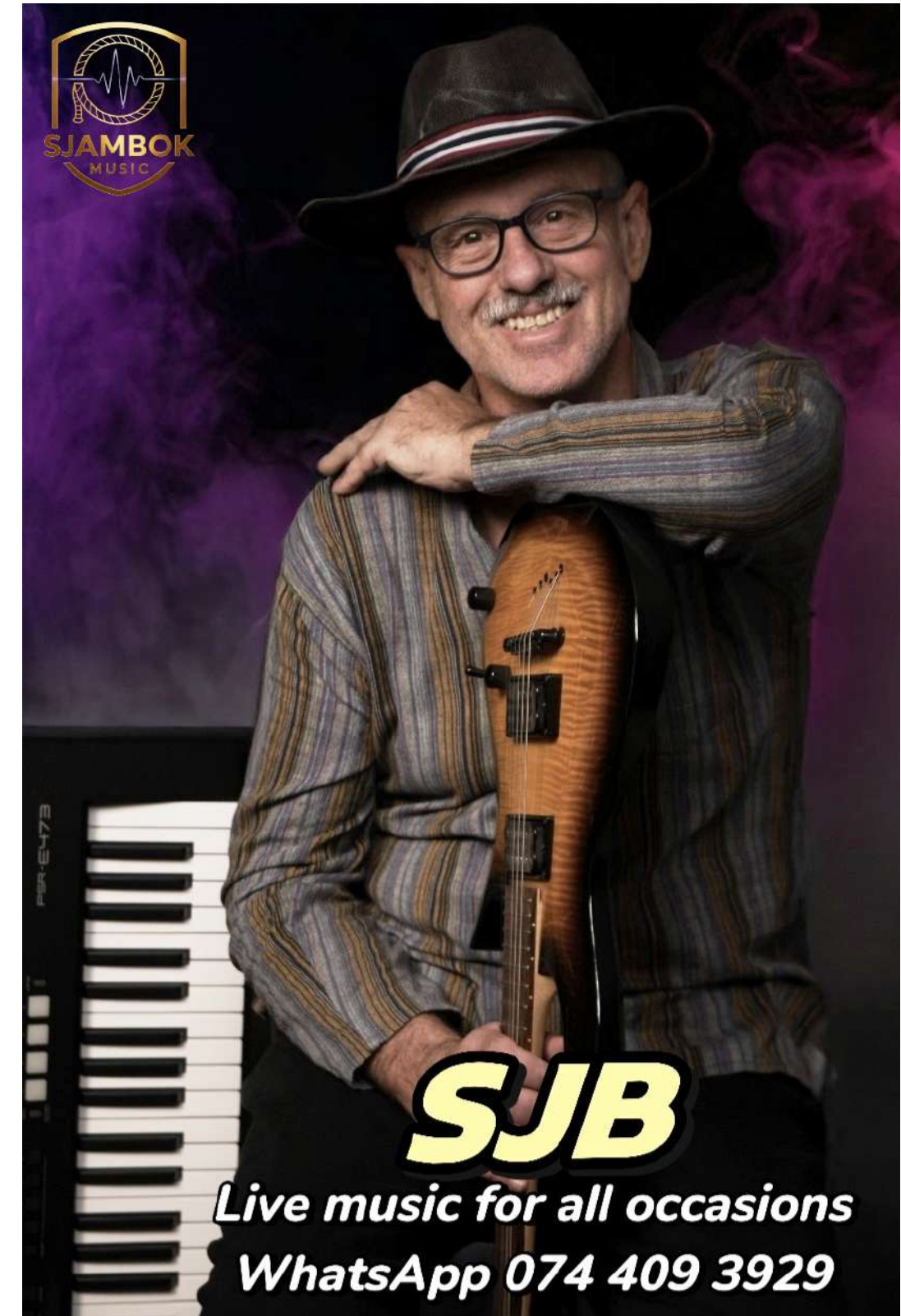
MEDIA HOUSE FOOD DRIVE

Please donate non-perishable
foods, toiletries etc
for underprivileged children.

DONATIONS

Donations will be handed over 30 May 2026.

Carin 082 827 6556 072 768 8582



A vertical advertisement for 'SJAMBOK MUSIC'. It features a man with a mustache, wearing a fedora and glasses, holding an acoustic guitar. He is smiling and has his arm around the guitar. In the background, a piano keyboard is visible. The top left corner has a logo for 'SJAMBOK MUSIC' with a heart and a pulse line. At the bottom, the text 'SJB' is written in large, bold, yellow letters with a black outline. Below this, it says 'Live music for all occasions' and 'WhatsApp 074 409 3929'.

SJAMBOK MUSIC

SJB

Live music for all occasions
WhatsApp 074 409 3929

Adapting to Retirement

Adapting to retirement involves restructuring your daily routine to include purpose-driven activities, managing financial adjustments, and cultivating new social connections to replace work relationships. Key strategies include nurturing hobbies, volunteering, staying physically active, and mentally preparing for emotional shifts like the "honeymoon phase" and subsequent reorientation.

Establish a New Routine: Create a flexible schedule that includes set times for exercise, hobbies, and social activities to prevent feelings of aimlessness.

Find Purpose and Meaning: Identify new goals, such as volunteering, part-time work, or lifelong learning, to replace the sense of purpose previously provided by a career.

Prioritize Physical and Mental Health: Maintain a healthy diet, get regular exercise, and engage in cognitive activities like puzzles or reading to stay sharp.

Socialize and Connect: Proactively build a social network outside of work by joining clubs or group activities to

prevent isolation.

Revise your budget to match your new income, track spending, and manage risks like inflation, potentially with a financial planner.

Embrace Emotional Changes: Allow time to adapt to a new identity. Understand that you may pass through emotional stages, including a "honeymoon" period followed by potential boredom or anxiety before reaching comfortable reorientation.

Gradual Transition: If possible, consider tapering off work hours rather than stopping abruptly to adjust more smoothly.

Actionable Steps

Discuss with Family: Talk to loved ones about your retirement expectations to align on household roles and routines.

Plan Post-Work Time: List activities you enjoy to avoid the trap of excessive leisure leading to boredom.

Develop Wellness Plan: Team up with a partner or friend to maintain a healthy lifestyle.

Update Estate Plans: Review wills,

trusts, and beneficiaries to ensure your affairs are in order.

Adjusting to Retirement: Handling Depression, Stress, and Anxiety

Retirement can be a major life change that can bring stress and depression. However, there are ways to ease the transition and finances.

Evaluating the retirement corpus taking into account the inflation rate, choosing the right retirement solutions, increasing the investment with an increase in your income, revising the plans, and staying invested for a longer period are five golden rules to keep your retirement plans on track.



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Celebrating a 50th birthday marks a milestone!

Celebrating a 50th birthday, often called a "Golden Jubilee," marks a significant milestone that acts as a bridge between the accomplishments of the first half of life and the new freedoms of the second. It often brings a shift in mindset, prompting reflection on achievements, increased confidence, and a desire to live on one's own terms.

The changes and what to expect when you celebrate your 50th birthday:

1. Mindset and Personal Perspective

Embracing Freedom: Many people feel a sense of liberation, letting go of past regrets and social expectations to focus on what truly brings joy.

Increased Confidence: People often find they become more self-assured, driven, and confident in who they are after accumulating 50 years of experience.

Introspection and Gratitude: Reaching 50 triggers reflection on personal achievements, resilience, and appreciation for loved ones.

Redefining Priorities: It is a common time to shift focus from building a career or family to personal passions, new goals, and experiences.

2. Lifestyle and Health Changes

Health Focus: Reaching 50 often prompts a renewed focus on health, such as improving diet, increasing exercise (e.g., getting in 10,000 steps), and focusing on longevity.

"Use it or Lose it": Many use this milestone to start new physical challenges, such as running a 5K, taking up yoga, or pursuing adventures they previously put off.

Mentorship: Many turn 50 and begin to shift into a role of mentoring others, sharing the wisdom gained over the past five decades.

3. Financial and Future Planning

Retirement Focus: At 50, retirement shifts from a distant concept to a looming reality, prompting closer looks at savings and pensions.

Legacy Planning: It is a common time to finalize estate planning, such as creating a will or setting up trusts to ensure affairs are in order

Celebrating Accomplishment: The 50th birthday is widely seen as a celebration of surviving and thriving—a recognition of perseverance through life's challenges.

Meaningful Connections: Celebrations often focus on gathering close friends and family, often acting as a reunion or a way to honor those who have supported you.

"Gold" Theme: The golden jubilee theme often leads to luxurious celebrations, including gold-colored decor, fancy dinners, or traveling to new places.

In essence, turning 50 is a shift from "doing" to "being"—an opportunity to appreciate the past while actively designing a fulfilling future.



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 oma en opa op die voorblad of wat van oma en opa 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..



Coping with the death of a wife

Coping with the death of a wife involves allowing yourself to grieve openly, seeking support from friends and family, and taking care of your physical health. Grieving is not linear; accept that emotions like sadness, anger, and confusion are normal. Take things one day at a time, prioritize self-care, and consider professional grief counseling.

Essential Coping Strategies
Allow Yourself to Grieve: Do not feel pressured to "move on" quickly. Grief takes time, and everyone experiences it differently, including feeling a mix of sadness, anger, confusion, and sometimes relief.

Lean on Support Systems: Reach out to friends, family, or community members. Be honest about needing help with daily tasks, such as funeral arrangements or meals.

Seek Professional Support: Grief counseling or bereavement support groups can provide safe spaces to process complex emotions.

Talk About Your Loss: Expressing your feelings to others helps in processing the pain and keeps the memories of your spouse alive.
Take Care of Your Health: Maintain

a routine, eat well, and try to sleep. Avoid using alcohol or drugs to numb the pain.

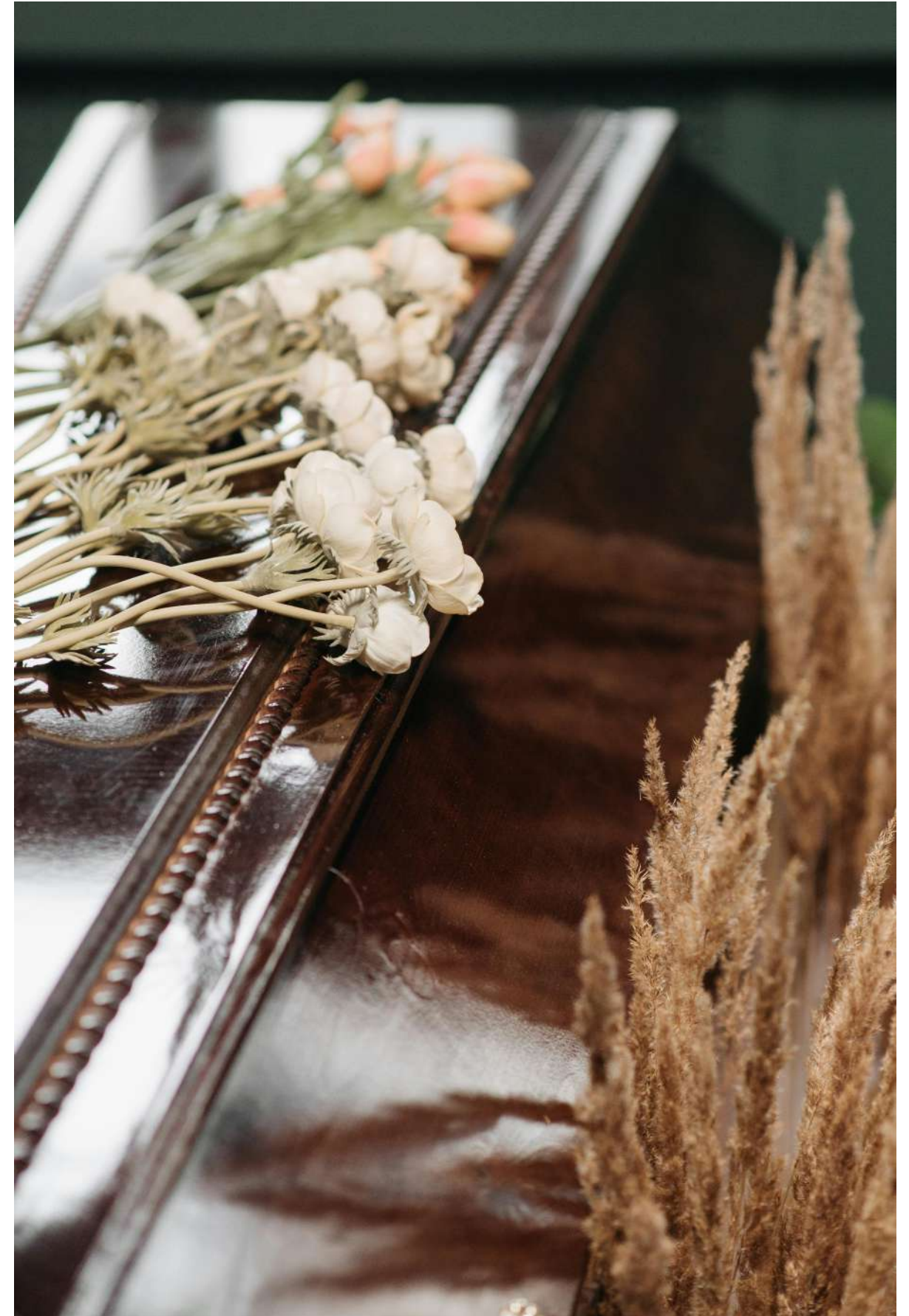
Avoid Big Decisions: Avoid making major life changes (like moving or selling the house) immediately, as your decision-making capacity is impaired by stress.

Navigating Daily Life
Make Mealtime Plans: Evenings can be lonely, so plan for meals with friends or attend gatherings.
Keep Active: If you are a physically active person, exercise can help manage stress and provide an outlet for grief.

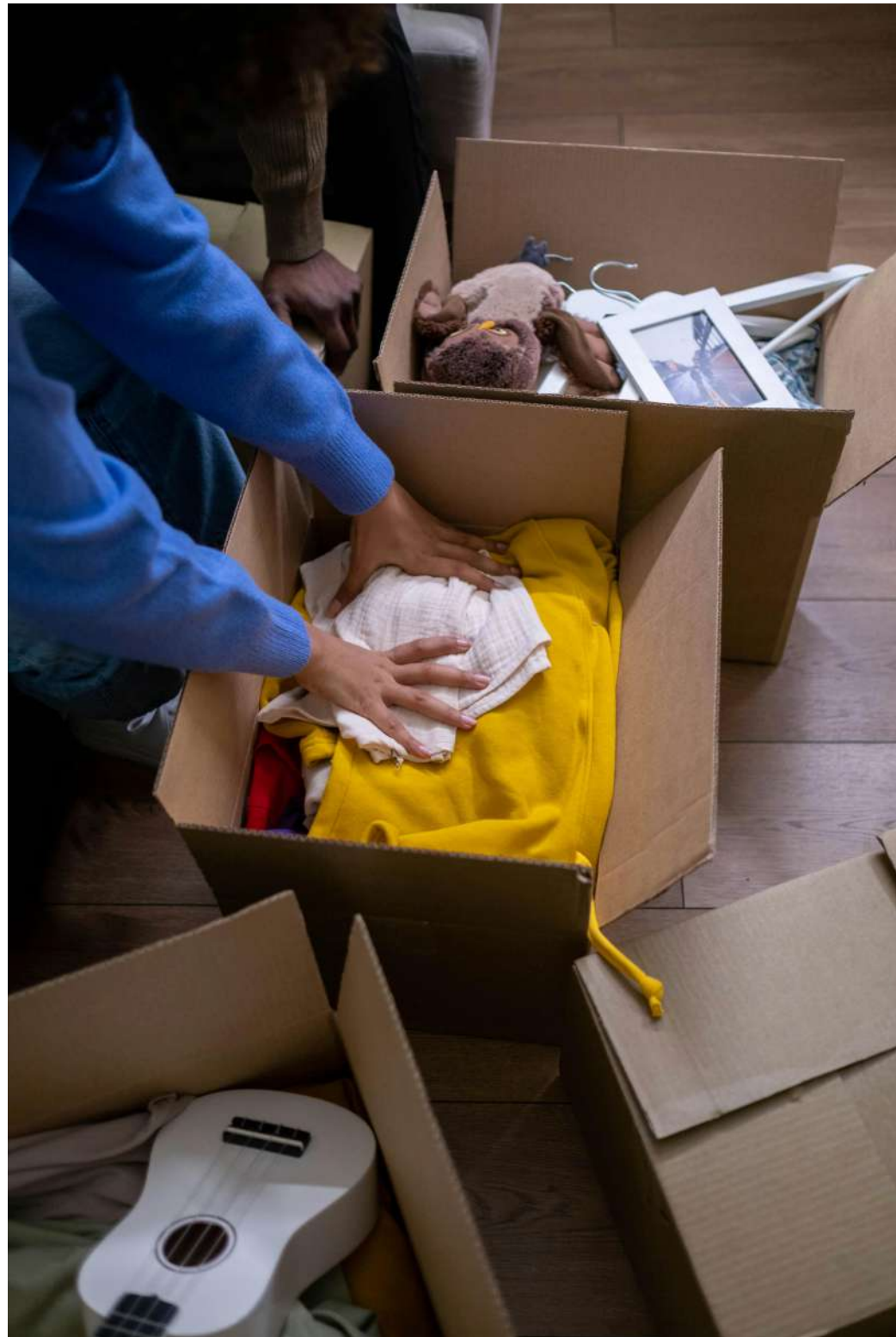
Cherish Memories: Focus on positive memories, and feel empowered to speak about your wife to keep her legacy alive.
Expect "Surges" of Grief: Understand that holidays, anniversaries and small reminders can trigger intense emotions, even months later.

When to Seek Professional Help
Seek professional help if you cannot function in daily life, have trouble sleeping, or feel unable to manage your emotions over a long period.

Note: The pain of losing a spouse is profound, but it is possible to find joy and new meaning in life over time.



What is the 50% rule in decluttering?



What is the 50% rule in decluttering?

What is the 50% decluttering rule? Put simply, the 50% rule can help you get rid of half the stuff you might be hoarding in one space, room, or location. 'Instead of stressing over every little thing, you just aim to cut it down by half.

How do I start decluttering my home?

Simple Ways to Declutter Your Spaces

Start by removing trash.
Begin by choosing one small area to organize — like a drawer.
Sort items into three piles: Keep, donate and toss.
Find a specific home for everything you intend to keep — for example, a hook for your keys.

The four steps — Clear Out, Categorise, Cut Out and Contain — give you a structured plan that says exactly what it does on the tin. Empty out the chosen area, group them into categories, declutter the things you don't need or want and then rehouse them in clear and organised ways

What is the hardest thing to get rid of when decluttering?

Most people probably think the hardest thing to declutter is sentimental clutter.

While it's true that presents its own challenges, I actually think the hardest thing to declutter is aspirational clutter. This type of clutter is tied to your actual identity!

What not to do when decluttering?

Don't Do More Than a Little

DON'T set out to declutter them all at once. It took you months to messy them, it can take you days to clean them up. That's okay. Every journey starts with a step, so pick the place that's bothered you the most and start your decluttering efforts there.

Be ready - Incase of a emergency

hospital visit



Preparing for an emergency hospital visit involves having a packed "go-bag" with essentials, maintaining an updated list of medications, allergies, and emergency contacts, and knowing the quickest route to the nearest hospital.

Keep copies of identification and insurance cards easily accessible to ensure a smoother, faster admission process during stressful situations.

Key Preparation Steps:
Create an Information Packet:
Compile a list of all medications, dosages, allergies, chronic conditions, and contact information for doctors and family members.

Prepare a "Go-Bag": Pack a bag with essential items, including a change of clothes, phone charger, toiletries, insurance card, photo ID, and a small amount of cash.

Identify Local Hospitals: Know the quickest route to the nearest emergency room.

Emergency Contacts: Keep an "In Case of Emergency" (ICE) contact saved in your phone and on a card in your wallet.

Learn First Aid: Take CPR and "Stop the Bleed" courses to handle immediate injuries before arriving at the hospital.

Secure Documents: Ensure you have easy access to important documents like a living will or medical power of attorney.

If an Emergency Occurs:

Call Emergency Services: In many regions, this is **ER24 (084 124)** or **Netcare 911 (082 911)**
Stay Calm and Provide Information: Clearly explain the situation and location to responders.

If possible show the medication the person is using (chronic meds)

MAGAZINE

MEDIA HOUSE



NEXT ISSUE JUNE 2026

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