MAGAZINE / TYDSKRIF

50+

ONLINE

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"Advertising your Business here"

Do older people still feel needed.?..

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Cover page: Couple having a funny moment.

2. 50+ AMBASSADORS 04

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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 Nov



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

Editor's *Note*

Dear reader,

Welcome to the beautiful month of October! 🌸
Spring is in the air, the days are getting warmer, and nature is coming alive around us.
October is a wonderful reminder that life is always changing—and there is always something new to enjoy, no matter our age.
For our 50 Plus generation, this is the perfect time to get outdoors, enjoy a cup of tea with a friend, take a gentle walk, spend time with family, or simply sit in the sunshine and appreciate the little things in life.
Getting older is not about slowing down completely—it is about enjoying life at your own pace. We have gained experience, wisdom and many stories along the way, and there is still so much to look forward to.
Let October be a month of friendship, family, laughter and new memories. Take care of yourself, keep your mind active, stay connected with others and, most importantly, remember to enjoy the life you have worked so hard to build.
Here's to a happy, healthy and colourful October!
Until next month, keep smiling and keep enjoying every moment. 🌷

Warm regards,
The Editor

Charms xox

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Do older people still feel needed.?..

Do Older People Still Feel Needed?

Growing older is a natural part of life—but what happens to our minds and emotions when the roles we have known for decades begin to change?

When we think about ageing, we often think about grey hair, retirement, slower movement and perhaps a few more visits to the doctor. But there is another side to growing older that deserves just as much attention: the emotional need to feel valued, wanted and needed.

Research shows that loneliness and social isolation can have a serious effect on the mental and physical wellbeing of older adults. The World Health Organization reports that social isolation and loneliness are important risk factors for mental health problems later in life.

“Do I still matter?”
For many people, retirement can be a major life change. Someone who spent 30 or 40 years going to work every morning suddenly has nowhere they have to be. Children may have grown up and moved away. Friends may have passed on. A spouse or partner may no longer be there. Physical limitations may also make it harder to drive, shop, socialise or participate in activities.
And sometimes a quiet question begins to creep into the mind:

“Do people still need me?”
Not every older person experiences this. Many people embrace retirement and discover new hobbies, friendships, volunteering opportunities and interests. But for others, losing familiar responsibilities can lead to a loss of purpose.
A study of older care-home residents found that age-related losses could make maintaining a sense of purpose more difficult, while meaningful relationships and activities could help restore that sense of purpose.
Being needed is not the same as being Dependent.

There is an important difference between being cared for and having something to contribute.
An older person may need assistance with certain physical tasks, but that does not mean they have nothing to offer.

Grandparents have stories, knowledge and family history. Retired businesspeople have years of experience. Former teachers can mentor. Gardeners can teach younger people. Cooks can pass down recipes. Craftspeople can share their skills. And many older people have simply gained something that cannot be learned from a textbook: life experience. Sometimes all that is needed is an opportunity to share it.

What happens when someone feels invisible?
When people stop feeling connected to others, they can become withdrawn. They may stop attending social activities, make fewer phone calls, spend more time alone and lose interest in things they previously enjoyed.

Loneliness does not necessarily mean someone is physically alone. A person can live in a busy household and still feel lonely if they feel unheard, ignored or excluded.
The WHO notes that meaningful social activities, support groups, volunteering and opportunities for connection can improve mental health, life satisfaction and quality of life in older adults.
Research involving more than 1,000 older adults has also found an association between greater social participation, a stronger sense of purpose and better mental wellbeing.
Our communities need older people
Perhaps we should stop asking only, “What can we do for the elderly?”
We should also ask:
“What can we do with them?”
Invite older people to community meetings. Ask them to help organise events. Give them opportunities to teach younger generations. Encourage them to volunteer. Let them participate in projects rather than simply being recipients of help.

A community centre could have a “skills from the past” day. Schools could invite grandparents to share stories and experiences. Churches and community organisations could create social groups where older people have responsibilities rather than simply attending as guests.
Even something as simple as asking an older neighbour for advice can send a powerful message:
“Your experience still matters.”
Families can make a huge difference
Sometimes we become so busy with work, children, finances and everyday responsibilities that we forget to check in with the older people in our lives.
A five-minute telephone call can mean a great deal.
Ask:
“How are you doing?”
“What have you been up to?”
“Can you help me with something?”
“Tell me about when you were young.”
“What do you think I should do?”
And most importantly, listen to the answer.
Older people do not always need someone to solve their problems. Sometimes they simply need someone to hear them.
Ageing does not mean becoming irrelevant
Getting older can bring losses, but it can also bring wisdom, perspective and opportunities for a different kind of purpose.
We should not measure a person's value by their salary, job title or physical strength.
A person does not stop being valuable when they retire.
A mother is still a mother.
A father is still a father.
A grandparent is still a grandparent.
A friend is still a friend.
A neighbour is still a neighbour.
And every older person is still an individual with experiences, feelings, dreams and something to contribute.
Perhaps the greatest gift we can give our older generation is not simply to look after them—but to make sure they know they still have a place in our families, our communities and our hearts.
Because sometimes the question an older person is silently asking is not, “Who will look after me?”
It is:
“Do I still matter?”
And the answer should always be:
“Yes. You do.”
This could also work very nicely as a two-part 50 Plus feature, with the second article focusing on “How can communities give older people a renewed sense of purpose?”



"Advertising your business"









Retirement Will I have enough?

Retirement: Will I Have Enough?

Retirement can bring a wonderful sense of freedom, but for many older people, it also brings one big concern: “Will I have enough money to last me?”

It is completely understandable to worry about the future when a regular salary stops. Nobody knows exactly what expenses may come their way, and the thought of having to make savings last for many years can feel frightening.

But retirement can also mean that some of your expenses change. You may no longer travel to work every day, buy lunch at work, spend as much on petrol, or regularly purchase work clothes. Many retired people also discover that they prefer quieter days at home rather than constantly going out. These small changes can make a difference.
Cooking at home, planning shopping carefully, using senior discounts where available, enjoying free community activities, and avoiding unnecessary purchases can all help stretch your monthly income.

Retirement is also a good time to look at what you really need versus what you simply want. A simpler lifestyle does not have to mean a boring lifestyle. A cup of coffee with a friend, gardening, reading, walking, spending time with grandchildren, or enjoying a hobby can bring plenty of happiness without costing a fortune.

The important thing is not to live in constant fear of running out. Make a realistic budget, know what comes in and what goes out, and review your expenses regularly. If possible, speak to a qualified financial adviser about your retirement income and savings.

Retirement is not the end of life—it is a new chapter. With sensible planning, careful spending and a little creativity, your money can go further while you still enjoy the things that make life worthwhile.
If you’d like, I can also make this a little more emotional and suitable for the 50 Plus magazine, with a stronger message about the fear and loneliness some retirees

help stretch your monthly income.

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Voorblad geleentheid in 2026

Wil 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 2026 jou jaar en waag 'n bietjie ek belowe dit gaan pret wees..

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



When an elderly person stops caring about themselves

When an Elderly Person Stops Caring About Themselves.

Have you ever noticed an elderly person who used to take pride in their appearance suddenly stop caring about what they wear? Perhaps they spend most of the day in their pyjamas, don't worry whether their clothes match, lose interest in grooming, or simply seem to have stopped caring about how they look.

Sometimes, it is easy to think, “They are old now; they just don't care anymore.” But there can be much more behind these changes.
As people grow older, they may experience loneliness, the loss of a partner or friends, retirement, reduced mobility, financial worries, pain, or a feeling that they are no longer needed.

These changes can affect motivation and the desire to look after themselves. A person who once enjoyed cooking may start eating very little. Someone who was always carefully dressed may no longer bother getting out of their pyjamas. They may forget to drink enough water, forget appointments or become confused about medication. These changes deserve attention. Sometimes they can be associated with depression, memory problems, dementia, medication side effects, or other health difficulties. They should not automatically be dismissed as a normal part of ageing. If a noticeable change happens suddenly or continues, family members or caregivers should encourage the person to speak to a doctor or healthcare professional.
How Can We Help?

The answer isn't to criticise them or say, “Look at the way you're dressed!” Instead, offer gentle encouragement.
“Would you like to get dressed and have a cup of tea with me?”
“Let's choose something nice for you to wear today.”
“Come and have lunch with us.”
Small invitations can make a big difference.

Most importantly, remember that an elderly person still wants to feel valued, respected and included. They may no longer care about matching colours or wearing the latest fashion, but that doesn't mean they have stopped needing love, companionship and a reason to get up each morning. Sometimes, the biggest thing we can give an older person is not another lecture about taking care of themselves — it is a reason to feel that they still matter.
Add a clear medication-safety reminder
Explain what to do after missed medication
Include urgent warning signs



Makeup after the age of 50

Makeup After 50: There Is No Expiry Date on Beauty.

At what age should a woman stop wearing makeup? The answer is simple: there is no expiry date on makeup!
Whether you are 50, 60, 70 or 80, if wearing makeup makes you feel good, then wear it. Growing older does not mean we have to stop caring about our appearance. In fact, getting ready in the morning, putting on a little lipstick and adding some colour to our face can be a wonderful part of feeling confident and feminine.
But there is one important difference: the way we apply makeup may need to change as we get older.

After 50, our skin often becomes drier and more delicate, particularly around menopause. Fine lines become more visible and the skin may not have the same firmness or moisture it had when we were younger.
Less can be more
The makeup that looked beautiful at 25 may not have the same effect at 55.

Instead of applying a thick layer of foundation, try a lightweight, moisturising foundation or tinted moisturiser. Apply a small amount and build coverage only where you need it. Heavy foundation can settle into lines and draw attention to texture.

Moisturise first. Dermatologists recommend moisturising mature skin because it can help reduce the appearance of fine lines and give the complexion a fresher appearance. During the day, sunscreen should also be part of your routine; the American Academy of Dermatology recommends broad-spectrum SPF 30 or higher.
What about the eyes?
Your eyes can still be the centre of your face, but you don't necessarily need dramatic eye makeup.
A soft neutral eyeshadow, neatly defined brows and a little mascara can open up the eyes beautifully. If your eyelids have become more hooded or your skin is more textured, a softer application can look more flattering than thick layers of shadow.
And don't forget your eyebrows. As we age, brows can become thinner, so gently filling in sparse areas can make a surprisingly big difference.
Blush is your friend
A little blush can bring warmth and life back to the complexion.
Choose a soft, natural shade and apply it gently to the cheeks. You don't need a lot. The aim is to look fresh rather than heavily made up.
Never underestimate lipstick
Lipstick is one of the easiest ways to brighten the face.
You don't have to choose a bright red if that isn't your style. Pink, berry, coral, nude and soft red shades can all look beautiful. If your lips have become drier, use a moisturising lip product or lip balm underneath.

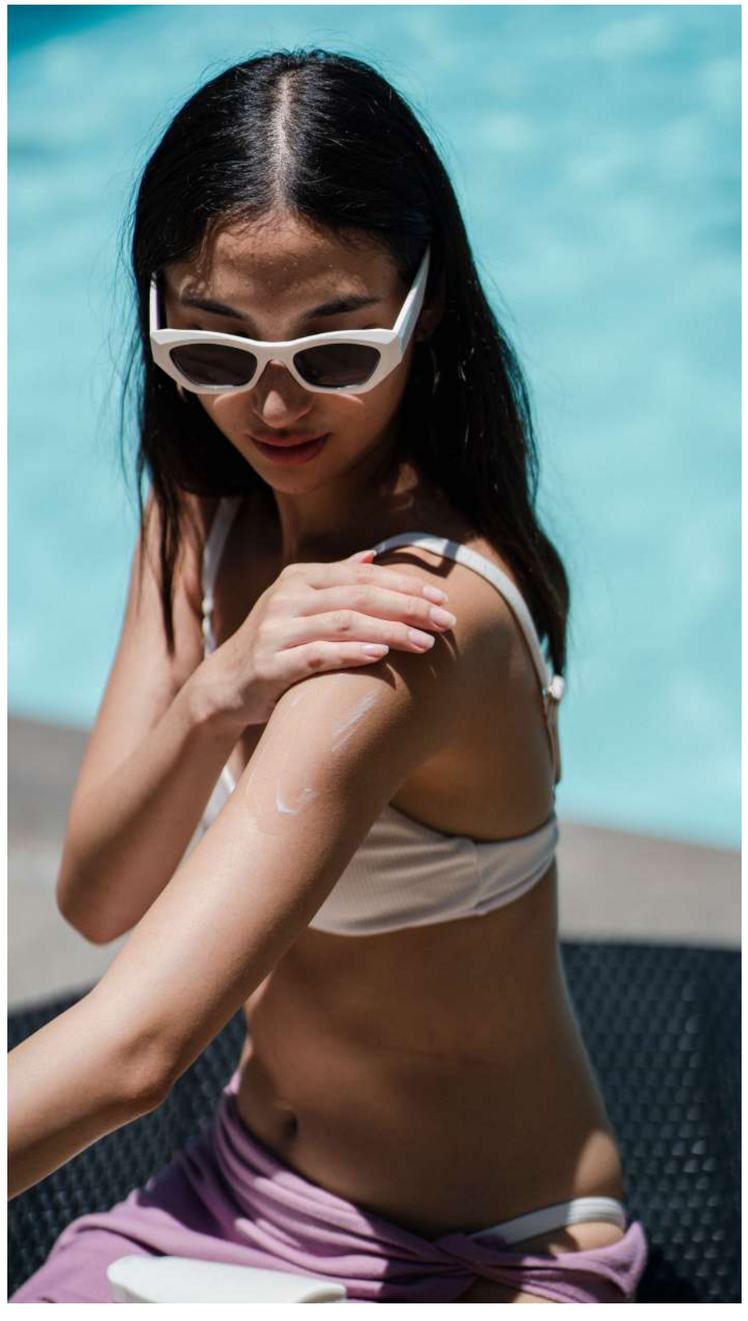
Makeup should enhance — not hide — you
Getting older is not something that needs to be hidden under layers of makeup.
Those little lines around your eyes are part of your story. The changes in your face show that you have laughed, cried, loved, worked, worried and lived.
Makeup should be used to enhance the woman you are today, not try to turn you back into the woman you were at 25.
And remember: there is absolutely nothing wrong with going makeup-free either.
Some mornings you may want your full makeup routine. Other days, moisturiser, sunscreen, a little mascara and lipstick may be all you need.
So, when should a woman stop wearing makeup?
Whenever she wants to — and not because somebody else says she is too old.
There is no age limit on Lipstick.
No retirement age for mascara. No rule that says a woman over 50 must stop wearing makeup.
If putting on makeup makes you feel happy, confident and ready to face the world, then keep doing it.
Beauty doesn't have an age.

It simply changes with us.





The Precious Bond Between Grandparents and Grandchildren



Summer is here, and after a long, cold winter, it is time to get outside, enjoy the sunshine and make the most of the beautiful South African weather. But while we enjoy the sun, we also need to take care of our skin and our bodies.

🧴 Never forget your sunblock

Sun protection should be part of your daily summer routine. Apply a broad-spectrum sunscreen with an appropriate SPF before going outside, and remember to reapply regularly, especially after swimming, sweating or spending a long time outdoors.

Don't forget those easily missed areas such as your ears, neck, shoulders, hands and feet.

💧 Keep your body moisturised

Summer heat and sun exposure can leave your skin feeling dry. Use a good moisturiser after bathing to help keep your skin soft and comfortable. Drinking enough water is also important, particularly on hot days.

👒 A hat is your summer friend

A lovely wide-brimmed hat isn't only a fashion accessory — it can also provide extra protection for your face, ears and neck from direct sunlight. Keep one handy whenever you are heading outdoors.

🕶️ Protect your eyes too

Sunglasses can help protect your eyes from bright sunlight and make spending time outdoors more comfortable. Choose sunglasses that offer UV protection.

🌞 Enjoy the sun sensibly

You don't have to hide indoors all summer. Go for walks, enjoy the garden, have a picnic, visit the beach or simply sit outside with a cold glass of water. Just remember that too much sun can damage your skin.

Try to avoid spending long periods in direct sunlight around the middle of the day, when the sun's rays are strongest, and make use of shade whenever possible.

❤️‍🩹 Look after yourself this summer

Summer is about feeling good, looking good and enjoying life — but healthy skin never goes out of fashion. Put on your sunscreen, moisturise your skin, drink plenty of water, grab your hat and sunglasses, and step outside with confidence.

Enjoy summer, but let’s make it a safe and healthy one! 🌸🌞

If you'd like, I can also make this into a

shorter, punchier Glamour Magazine-style version with a catchy headline.



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NEXT ISSUE NOV 2026

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