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50+

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"Advertising your Business here"

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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.

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Back page - our next issue is the month of Dec meaning Christmas is here.



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

Editor's *Note*

Dear reader,

November is here, bringing us closer to the festive season and the joy of spending time with family and friends. It is also a wonderful time to reflect on our blessings, appreciate the little things in life, and remember that age is just a number.

In this month's edition, we celebrate life, wisdom, health, and the beauty of growing older. May you find something inspiring in every page and remember to take good care of yourself.

Thank you for being part of our 50 + family. Enjoy the November edition!

Charms xox

50+ Ambassador





Men's Health: Real Strength Means Taking Care of Yourself

Many men spend their lives looking after their families, working hard, supporting their loved ones and making sure everyone else is doing well. But when it comes to their own health, many put themselves last.

Some men only visit a doctor when they are feeling seriously ill, believing that if they feel fine, everything must be fine.

But feeling healthy does not always mean you are healthy!
As we grow older, regular health check-ups become increasingly important. Conditions such as high blood pressure, high blood sugar and high cholesterol can develop without obvious warning signs. If left untreated, they may lead to serious health problems.

Important check-ups every man should consider

Blood pressure: High blood pressure often has no symptoms, but it can increase the risk of heart disease and stroke.
Blood sugar: Testing can help identify diabetes or prediabetes before serious complications develop.

Cholesterol: High cholesterol can increase the risk of heart and blood vessel disease.
Prostate health: Men should discuss prostate cancer screening with their doctor, particularly as they get older or if they have a family history of prostate cancer.

Screening decisions should consider personal risk, benefits and possible harms.

Heart health: Regular assessments can help identify risk factors and determine whether further tests are needed.
Mental health: Stress, anxiety, depression and loneliness deserve attention too. Talking about how you feel is a sign of self-awareness, not weakness.

Do not ignore the warning signs
Changes in urination, blood in the urine, unexplained weight loss, persistent pain, unusual tiredness or changes in your general health should be discussed with a healthcare professional. Do not wait for symptoms to become severe before seeking help.
Small habits can make a big difference

Eating balanced meals, staying physically active, maintaining a healthy weight, getting enough sleep, limiting alcohol and avoiding smoking can all support better health. Your doctor can also advise you on vaccinations, age-appropriate screening tests and how often you should have check-ups.

A message to all men over 50
Gentlemen, you have spent years taking care of others. Now it is time to take care of yourselves, too. Book that appointment. Check your blood pressure. Ask questions about your prostate. Know your numbers and understand your risks.
Being strong does not mean ignoring your health. Being strong means taking responsibility for it. Your family wants you healthy, happy and around for many more years. Do not wait until something goes wrong before making your health a priority.

Remember: Prevention, early detection and the right medical advice can make a real difference. Your health matters!



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Age is just a number

Growing older is a natural part of life, but it does not mean that the fun, excitement and opportunities must come to an end!
In fact, reaching 50, 60, 70 or even 80 can open the door to a wonderful new chapter filled with wisdom, freedom and new experiences.

Did you know that your age does not define your attitude, dreams or happiness? Some people in their 70s enjoy learning new skills, travelling, dancing, gardening or starting new hobbies. Others discover talents they never had time to explore when they were younger.

Interesting Facts About Ageing

1. Your brain can keep learning.
As we grow older, we can still learn new things, develop skills and gain knowledge. Learning to use a smartphone, trying a new recipe or joining a book club can keep life interesting.

2. Experience is a valuable gift.
Years of living teach us lessons that cannot be learned from books alone. Our experiences can help us make wiser decisions and offer valuable advice to younger generations.

3. Friendship has no age limit.
Making new friends is important at every stage of life. Joining a club, attending community events or simply enjoying coffee with a friend can bring connection and happiness.

4. Laughter is for every generation.
Never think you are too old to be silly, tell jokes or enjoy a good laugh! Finding reasons to smile and spending time with people you love can make everyday life more enjoyable.

5. It is never too late to try something new.
Have you always wanted to paint, learn to dance, travel somewhere special or grow your own vegetables? Start small and give yourself a chance. You do not need to be young to have a new dream.

6. Staying active matters.
Gentle exercise, walking, gardening or activities suited to your abilities can help you maintain strength, balance and independence. Always choose activities that are safe and comfortable for you.

Five Little Reminders for Your Golden Years
Do not compare your journey with someone else's.
Take pride in the person you have become.
Keep your mind curious and your heart open.
Make time for the people and activities you love.
Remember that asking for help is a sign of wisdom, not weakness.
Your Best Years Can Still Be Ahead!
Getting older may bring a few grey hairs, laugh lines and changes to our bodies, but it also brings stories, memories, resilience and understanding. We cannot stop the clock, but we can choose to make the most of the time we have.

So, the next time someone asks your age, tell them proudly! You have earned every year, every lesson and every smile.
Age is just a number, but the life you put into those years is what truly counts. Keep dreaming, keep laughing and keep living!



Christmas Holiday: Making Memories That Matter

Christmas is one of the most wonderful times of the year, but have you ever wondered how people spend Christmas when they are away on holiday? For some, it is a family tradition to stay at home, while others prefer to pack their bags and enjoy a festive season somewhere different.

Christmas Away from Home
Some families choose to spend Christmas at the coast, enjoying the sunshine, building sandcastles, swimming in the sea and having a lovely Christmas lunch together. Others escape to the bushveld, where they can relax in nature, enjoy a braai and perhaps spot some wildlife. There are also those who prefer a peaceful getaway in the mountains or a cosy holiday at a guesthouse.

Keep the Christmas Spirit Alive
Even when you are away from home, you can still make Christmas special. Pack a few decorations, play your favourite Christmas songs, exchange small gifts and prepare a festive meal.

You do not need an expensive Christmas tree or a table full of presents to create a memorable day.

For those travelling with children, involve them in the planning. Let them help decorate your holiday accommodation, prepare a special dessert or organise a Christmas treasure hunt. These little activities can become treasured family memories.

Remember What Really Matters
Christmas is not only about presents, food or where you spend the day. It is about love, gratitude, togetherness and remembering the people who make our lives special. If you are spending Christmas away from family, a phone call or video chat can help you feel closer to your loved ones.

For older people and retirees, Christmas holidays can also be a wonderful opportunity to explore a new destination, visit old friends or enjoy a well-deserved rest.

Wherever you spend Christmas this year, remember to travel safely, plan your budget and take time to appreciate the little things.

After all, the best Christmas memories are not always made at home. They are made wherever love, laughter and happiness come together!



WATER: A Lifesaver We Often Take for Granted

Why staying hydrated is especially important as we grow older

Water is one of the most important things our bodies need to stay healthy. Yet, as we grow older, many people start drinking less water throughout the day. One common reason is the fear of having to visit the bathroom too often, especially during the night.

Although this may seem like a practical solution, drinking too little water can be dangerous, particularly for older adults.

Why does our body need water?

Water helps regulate our body temperature, supports digestion, keeps our joints moving comfortably and helps our kidneys remove waste from the body. It also plays an important role in maintaining healthy blood circulation and keeping our brains functioning properly.

When we do not drink enough water, our bodies can become dehydrated. This means there is not enough fluid available for the body to function as it should.

The dangers of not drinking enough water

Dehydration can develop more quickly in older people because the feeling of thirst may become weaker with age. Some older adults may not even realise that their bodies need more fluids.

Here are some of the dangers of dehydration:

Dizziness and falls: Dehydration can lower blood pressure, making a person feel faint or unsteady. For an older person, a fall can have serious consequences.

Confusion and memory problems: Not getting enough fluids can affect concentration and cause confusion, which may be particularly concerning in older adults.

Kidney problems: The kidneys need sufficient fluid to function properly. Severe dehydration can lead to acute kidney injury.

Constipation: Water helps soften stools and supports regular bowel movements.

Urinary tract infections: Low fluid intake may contribute to urinary problems and can increase the risk of urinary tract infections in some people.

Weakness and tiredness: Dehydration can leave a person feeling exhausted, weak and generally unwell.

In severe cases, dehydration can become a medical emergency.

Should you stop drinking water to avoid the bathroom?

Absolutely not! Avoiding water completely is not the answer. Your body still needs fluids, even when you are worried about frequent bathroom visits.

Instead, try drinking smaller amounts regularly throughout the day rather than drinking a large amount all at once. Keep a glass or bottle of water nearby and take a few sips often.

If you wake up frequently at night to urinate, consider reducing drinks close to bedtime while still drinking enough during the day. Do not severely restrict your fluids. Frequent urination can have several causes, including medication, diabetes or bladder and prostate problems, so speak to your healthcare professional if it continues.

Remember that some people with heart or kidney conditions may need an individual fluid limit prescribed by their doctor.

How much water should older people drink?

Fluid needs differ from person to person, depending on health, medication, activity and the weather. Many adults need around 1.5 to 2 litres of fluids daily, but this is only a general guide and may not be suitable for everyone.

Water is an excellent choice, but other drinks and water-rich foods, such as soup, fruit and vegetables, also contribute to fluid intake.

A simple habit is to drink a glass of water when you wake up, have drinks with meals and take regular sips between meals. Do not wait until you feel thirsty.

Listen to your body

Watch for signs such as a dry mouth, dark yellow urine, headaches, dizziness and unusual tiredness.

A Little Kindness Can Change an Elderly Person's Day

You don't have to be family to make someone feel loved.
Have you ever stopped to think about the elderly people living in old-age homes? Some have children and grandchildren who visit them regularly, while others spend their days waiting for a visitor who may never arrive.

Imagine waking up every morning in the same room, looking out of the same window, and wondering whether anyone will come to see you. For some elderly people, the days can feel very long and lonely. They may have no family nearby, no grandchildren to share stories with, and nobody to sit beside them and ask, "How are you doing today?"
As we grow older, we need more than food, medication and a comfortable bed. We also need love, companionship, conversation and the feeling that we still matter to someone.

A simple visit can mean more than we realise.
You do not have to be rich to make a difference. You do not need to bring expensive gifts or organise a big event. Sometimes, all it takes is an hour of your time, a friendly smile, a cup of tea and a willingness to listen.
Visit an old-age home in your community. Sit with a resident, ask about their life, listen to their stories and let them share their memories. You might be surprised by the wisdom, humour and beautiful life experiences they have to offer.

Perhaps you could organise a small group of volunteers to visit regularly, play board games, read together, celebrate birthdays, sing old songs or simply enjoy a cup of tea and a chat. Schools, churches, businesses, families and community organisations can all play a part.

Before visiting, contact the old-age home to ask what support is needed and arrange a suitable time. Remember that every resident has different needs, preferences and boundaries. A little respect and a caring heart go a long way.
We often say that children are our future, but our elderly people are our history. They are the generation who worked, raised families, built communities and helped shape the world we live in today.

They deserve to be treated with dignity, kindness and love.
Let us not wait until an elderly person has passed away before we remember them. Let us show them that they are valued while they are still here.

A CALL TO OUR COMMUNITY

Would you be willing to give just one hour of your time to make an elderly person's day brighter?

Find an old-age home near you and ask how you can help. Take a friend along. Start a small visiting group. Offer companionship, not just donations.
You may arrive as a stranger, but you could leave having made a new friend. Because sometimes, the greatest gift we can give someone is not something we buy — it is our time, our attention and our love.

Let's make sure that no elderly person feels forgotten. Every life matters, and every heart deserves kindness.



Elderly Safety: Please Don't Go to Town Alone!

A little care and support can make a big difference.

As we get older, everyday activities such as going to town, visiting shops, or withdrawing money can become more challenging.
Sadly, elderly people can be easy targets for criminals, especially when they are alone, struggle to walk, or have difficulty carrying their shopping.
With the festive season approaching, we need to be extra careful.

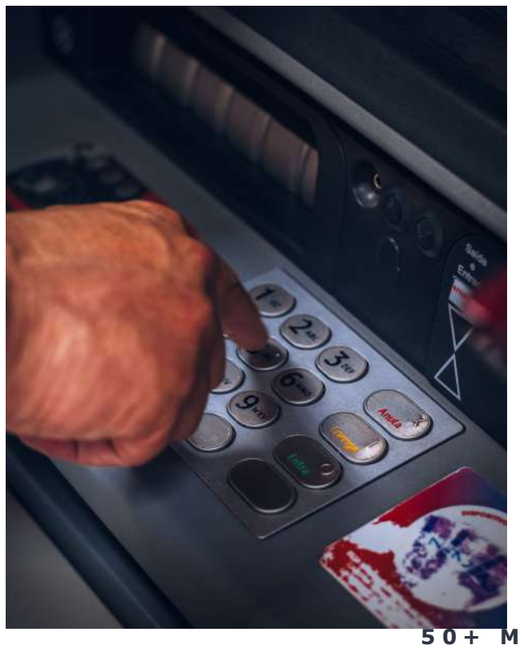
Shops become busier, people carry money to buy Christmas gifts and groceries, and criminals may take advantage of these situations.
Please, let us look after our elderly loved ones.
Whenever possible, arrange for someone to accompany them when they go shopping. A family member, friend, neighbour, or trusted caregiver can provide support and help them feel safer.
Two people are often better equipped to notice suspicious behaviour and assist if something goes wrong.

If an elderly person struggles to walk, gets tired easily, or has difficulty moving around, consider making shopping easier for them.
They can remain comfortably seated in the car while a trusted person does the shopping on their behalf, provided it is safe to do so.
Alternatively, arrange home deliveries or shop for them yourself.

Here are a few important safety tips:
Avoid going alone: Try to have someone accompany you, especially when withdrawing money or carrying cash.
Keep valuables out of sight: Avoid displaying cash, jewellery, or expensive phones.
Stay alert: Be aware of your surroundings, particularly in parking areas and near ATMs.
Ask for help: If you feel unsafe, approach a security officer or shop manager.
Plan ahead: Make a shopping list and avoid carrying more money than necessary.
Check in with loved ones: Let someone know where you are going and when you expect to return.

Most importantly, let us remember that our elderly deserve to live with dignity, independence, and peace of mind. Helping them with shopping is not taking away their independence; it is showing them love, respect, and care.

A message to the community:
Please check on an elderly neighbour, parent, grandparent, or friend this festive season. Offer to accompany them to town, help with their groceries, or simply make sure they get home safely.
Sometimes, the smallest act of kindness can prevent a heartbreaking situation.
Let us protect our elderly. They spent years caring for others; now it is our turn to care for them.



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