



Senior Living

MAGAZINE

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**Bitter Mooi
Aalwyne**

VOL. 03 Aug/ Sept 26

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Redakteursnota

Beste Lesers,

Daar is iets taamlik spesiaals aan hierdie tyd van die jaar. Die winter groet ons steeds met rypoggende, dik truie en stomende koppies koffie, wat ons nooi om die lewe se stiller oomblikke te geniet. Terwyl die lente in die agtergrond wag, is daar troos in die wete dat elke seisoen sy eie doel het, wat ons tyd bied om te rus, te besin en die skoonheid wat ons omring te waardeer!

Hierdie uitgawe vier daardie pragtige oomblikke wat dikwels ongesiens verbygaan. Ons hartroerende artikel, The Words They Will Carry Forever, is 'n sagte herinnering dat die eenvoudigste woorde wat met liefde gespreek word, die grootste nalatenskap kan laat. Of jy nou 'n grootouer, ouer of gekoesterde vriend is, vriendelikheid het 'n merkwaardige manier om in die harte van ander voort te leef.

Jy sal ook die fassinerende verhaal van die Palmnoot-aasvoëls ontdek wat vir etlike onvergeetlike jare hul tuiste in 'n plaaslike Durbanse tuin gemaak het. Dis 'n wonderlike herinnering dat wanneer ons stadiger leef en aandag skenk, buitengewone dinge dikwels net buite ons vensters wag!

Soos altyd sal jy baie in hierdie bladsye vind om te geniet, van ons gewilde raaisels en kompetisies tot voëlkyk-insigte, seisoenale tuinmaakwenke en stories wat ontwerp is om jou in te lig, te inspireer en jou dag op te helder.

So, vou jou hande om iets warm, maak jouself gemaklik in jou gunstelingstoel en geniet 'n bietjie welverdiende tyd vir jouself. Dankie dat jy my toelaat om deel van jou seisoen te wees. Dit is 'n voorreg om hierdie bladsye met jou te deel!

- Alli

Got something to share? Email us at editor@seniorlivingmag.co.za

Feature your business in Senior Living Magazine:

KZN: kas@seniorlivingmag.co.za | 033 344 3069

Bloemfontein: charmain@seniorlivingmag.co.za | 069 045 8596

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Perfek vir 'n familie van 4

Henriette 0834837448

KRY GENOEG RUS

Waarom Gehalteslaap Noodsaaklik is vir Goeie Geestesgesondheid

Regulates Emotions:

Slaap help ons om ons emosionele reaksies doeltreffend te bestuur.

Ondersteun Breingesondheid:

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Slaap verminder prikkelbaarheid en bevorder emosionele stabiliteit.

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Voldoende slaap verminder die risiko van angs, vrees en depressie.



Verbeter Geheue:

Gehalteslaap ondersteun beter geheue en kognitiewe funksionering.

Verbeter Konsentrasie:

'n Goeie nagrus verbeter jou vermoë om te konsentreer en verhoog jou verstandelike prestasie deur die dag.

Versterk die Immuunstelsel:

Slaap help die liggaam om siektes en infeksies te beveg.

Verhoog Veerkragtigheid:

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Pampoentert (Pumpkin Tart)



'n Heerlike Suid-Afrikaanse gunsteling wat beslis 'n treffer by jou volgende braai sal wees!

Bestanddele

- Botter om die bak te smeer
- 3 opgehoopte koppies pampoen/botterskorsie (ons gebruik altyd botterskorsie) - gaar en fyngedruk
- 1 blik Ideal Melk (380g)
- 1 & 1/3 koppie koekmeel
- 2 teelepels bakpoeier
- 1 teelepel sout
- 1/2 koppie suiker (of 2 opgehoopte eetlepels heuning)
- 3 eiers, geklits
- 2 eetlepels botter, gesmelt
- Kaneel-en-suikermengsel (halwe kaneel, halwe suiker)

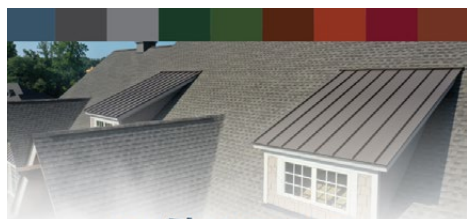
Metode

1. Smeer jou baksessel met botter.
2. Meng al die bestanddele saam, behalwe die kaneel-en-suikermengsel, en plaas dit in die baksessel.
3. Bak teen 180°C vir ongeveer 'n uur.
4. Haal uit die oond, strooi die kaneel-en-suikermengsel oor en sit voor.

Dit sal 'n bietjie platsak sodra jy dit uit die oond haal... maar dis heeltiemal normaal!



A perfect side for your braai!



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— SEDERT 2006 —

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Staying Independent at Home

A home is more than just a place to live.

It is where memories are made, and where comfort and familiarity bring peace of mind. For many older adults, staying in their own home is deeply important because it represents independence, dignity and the freedom to continue enjoying the life they know and love.

As homes grow and families evolve, moving between floors can become more difficult. A Lifta SA Home Lift offers a simple and elegant way to make every level of the home safe and accessible again.

Lifta SA specialises in premium home lifts designed specifically for private residences. With more than 500 installations across South Africa,



Lifta has become a trusted partner for families wanting to support loved ones at home. Every lift is built to high European standards and installed with care by experienced local teams.

Unlike traditional lifts, Lifta Home Lifts require minimal building work. Slim support rails guide the lift smoothly between floors without the need for a shaft or machine room. Installation is quick and designed to fit naturally into your home.

**Unlike traditional lifts,
Lifta Home Lifts require
minimal building work.**

The Lifta Trio Home Lift is ideal for those planning ahead or needing extra space. It comfortably accommodates two people or a wheelchair, providing safe and reliable movement between floors.

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SPRINGBOK FIXTURES 2026

Saturday 11 Jul	Springboks vs Scotland Loftus Versfeld, Pretoria	17:40
Saturday 18 Jul	Springboks vs Wales Hollywoodbets Kings Park, Durban	17:40
Saturday 8 Aug	Argentina vs Springboks Estadio José Amalfitani (TBC)	21:00
Saturday 22 Aug	Springboks vs New Zealand Ellis Park Stadium, Johannesburg	17:00
Saturday 29 Aug	Springboks vs New Zealand DHL Stadium, Cape Town	17:00
Saturday 5 Sept	Springboks vs New Zealand FNB Stadium	17:00

Saturday 12 Sept	Springboks vs New Zealand M&T Bank Stadium	23:00
Sunday 27 Sept	Australia vs Springboks Optus Stadium, Perth	11:45
Saturday 7 Nov	Italy vs Springboks Estadio Camillo Ciano, La Nucia	13:40
Friday 13 Nov	France vs Springboks Stade de France	22:10
Saturday 21 Nov	Ireland vs Springboks Aviva Stadium (TBC)	18:40

Fixtures and kick-off times are subject to change.

TRY SOMETHING
NEW THIS WEEK:

SET A DAILY THEME



**TUESDAY:
HEALTH**

- Choose healthy snacks.
- Try a new recipe.



**FRIDAY:
DECLUTTER**

- Tidy your workspace.
- Do the laundry.



**WEDNESDAY:
MOVE**

- Go for a walk.
- 10 minute stretch.



**SATURDAY:
RELAX**

- Spend time on hobbies.
- Treat yourself!



**MONDAY:
PLAN**

- Plan weekly agenda.
- Organise your calendar.



**THURSDAY:
UNPLUG**

- Read a book.
- Limit screen time.



**SUNDAY:
ALIGN**

- Journal your thoughts.
- Revisit long-term plans.

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Warm Sjokolade



'n Groep gegradueerdes, almal goed gevestig in hul loopbane, het tydens 'n reünie besluit om hul voormalige universiteitsprofessor, wat intussen afgetree het, te gaan besoek. Tydens die kuier het die gesprek gedraai na die spanning en stres wat hulle in hul werk en persoonlike lewens ervaar.

Die professor het aangebied om vir hulle warm sjokolade te maak. Hy het kombuis toe gegaan en teruggekom met 'n groot pot warm sjokolade en 'n verskeidenheid koppies - porselein, glas, kristal, sommige eenvoudig, ander duur en pragtig afgewerk - en hulle genooi om hulself te help.

**Die lewe is die warm
sjokolade; julle werk, geld
en posisie in die samelewing
is die koppies.**

Toe almal 'n koppie warm sjokolade in die hand het, sê die professor: "Let op dat al die mooi en duur koppies eerste geneem is, terwyl die eenvoudige en goedkoop koppies oorgebly het. Dit is natuurlik om die beste vir jouself te wil hê, maar juis daarin lê baie van julle probleme en stres. Die koppie waaruit julle drink, voeg niks by tot die kwaliteit van die warm sjokolade nie.

In die meeste gevalle is dit bloot duurder, en soms verberg dit selfs wat ons drink. Wat julle almal eintlik wou hê, was die warm sjokolade, nie die koppie nie. Tog het julle doelbewus die mooiste koppies gekies... en daarna begin julle na mekaar se koppies kyk.

**God maak die warm
sjokolade; die mens kies
die koppies!**

Dink nou hieroor: Die lewe is die warm sjokolade; julle werk, geld en posisie in die samelewing is die koppies. Hulle is bloot hulpmiddels wat die lewe bevat. Die koppie wat jy het, bepaal nie die kwaliteit van jou lewe nie, en verander dit ook nie. Soms is ons só besig om op die koppie te fokus dat ons nalaat om die warm sjokolade te geniet wat God aan ons gegee het.

"God maak die warm sjokolade; die mens kies die koppies. Die gelukkigste mense is nie dié wat die beste van alles het nie. Hulle is dié wat die beste maak van alles wat hulle het. Leef eenvoudig. Wees vrygewig met liefde. Gee om met jou hele hart. Praat vriendelik. En geniet jou warm sjokolade".

Skrywer onbekend



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'n Versorgingseenheid is 'n plek waar bejaardes of persone met ernstige gesondheidsprobleme 24uur per dag professionele sorg ontvang. Opgeleide verpleegkundiges en versorgers is altyd beskikbaar om medikasie toe te dien, mediese toestande te monitor en hulp met daaglikse aktiwiteite te bied. Hierdie fasiliteite is geskik vir mense wat voortdurend toesig en spesiale sorg benodig.

'n Versorger besoek die persoon volgens 'n vasgestelde skedule

Tuisgebaseerde sorg vind in die persoon se eie huis plaas. 'n Versorger besoek die persoon volgens 'n vasgestelde skedule om hulp te verleen met persoonlike

versorging, maaltye, huishoudelike take en soms basiese mediese ondersteuning. Hierdie vorm van sorg laat die persoon toe om in 'n bekende en gemaklike omgewing te bly, wat dikwels emosionele welstand bevorder.

Die grootste verskil is dat 'n versorgingseenheid deurlopende professionele sorg bied, terwyl tuisgebaseerde sorg meer buigsaam is en die persoon se onafhanklikheid en huislike leefstyl ondersteun.

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Why Excellent Liver Function Matters More After 60

- and What One Bloemfontein Woman's Blood Tests Revealed

Local resident Jenny Reynolds, 65, shares how consistent daily nutritional support helped deliver results she can measure.

After 60, many people notice they catch every cold, seasonal allergies return strongly, or they simply don't bounce back as they used to. Blood tests often show the liver - the body's key detoxification and metabolic organ - is under increasing pressure from normal ageing, diet, medication and daily stress.

The liver plays a central role in filtering what we take in, supporting energy and helping regulate immune response. As we age, many seniors are surprised to learn that steady, comprehensive daily nutrient intake - not occasional high doses of single ingredients - gives the body more of the raw materials it needs to maintain these processes. Simple, consistent routines tend to work better long-term than dramatic changes.

Simple, consistent routines tend to work better long-term than dramatic changes.

Bloemfontein resident Jenny Reynolds, 65, began taking two BioReform 39 capsules daily for general support. After more than three years she reports:

"I have not had any illness or flu for the last three years or more and have not even had my annual seasonal allergies that I have always had in the past. The moment I feel the slightest cold starting, I increase to four BioReform 39 per day and the cold never progresses."

"I have not had any illness or flu in over three years!"

When she recently had blood work done, doctors reported normal cholesterol and excellent liver, kidney and thyroid function. Jenny attributes this to one consistent habit.

Jenny's results are her own, but they show what becomes possible when daily nutritional support is treated as non-negotiable. Turn the page to see the exact approach she credits - and the special offer for Senior Living readers.



**Written by Ilsabe Spoelstra,
Rd(Sa), Registered Dietitian
066 490 5517 | www.balans.co.za**



I Haven't Had Flu or Seasonal Allergies in Over 3 Years.

My Recent Blood Tests Showed Excellent Liver, Kidney & Thyroid Function Too.

Jenny Reynolds, 65
• Bloemfontein area

“I have not had any illness or flu for the last 3 years or more and have not even had my annual seasonal allergies that I have always had in the past... The moment I feel the slightest cold starting, I increase to 4 BioReform 39 per day and the cold never progresses.”



When she recently had blood work done, doctors reported normal cholesterol and excellent liver, kidney and thyroid function. Jenny attributes this to one consistent habit.



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Every Day A Daisy

By Luco Crispin

Understanding the Documents Issued After a Death

**Losing someone you love
is never easy...**

Losing someone you love is never easy. During those first few days, families are often handed several official documents with unfamiliar names, making an already emotional time feel even more overwhelming.

Knowing what these documents are, and why they matter, can help bring a little clarity when it is needed most.

The first document issued is typically the **Declaration of Death** - completed by a registered medical practitioner, such as a doctor, professional nurse or qualified ambulance paramedic at the place of passing. It confirms that death has occurred. This allows the funeral director to lawfully transfer the deceased into their care and begin making the necessary arrangements.

**This allows the funeral director
begin making the necessary
arrangements.**

The next document is the **Notice of Death** (DHA-1663A). This important and statutory Department of Home Affairs document records the deceased's personal details and medical cause of death. Different sections are completed by the medical practitioner, a family member or other informant, the funeral undertaker and, in certain

circumstances, a forensic pathologist. Once completed, it is submitted to the Department of Home Affairs to officially register the death. Part of this form is sealed for confidential statistical purposes and is not shared with the family.

Only after the death has been registered can the **Death Certificate** (DHA-5) be issued by the Department of Home Affairs. This is the official legal proof of death and is required when administering an estate, claiming life insurance, closing bank accounts, accessing pension benefits and attending to many other legal matters.

**This is document is required for
many legal matters.**

In simple terms, the Declaration of Death confirms that someone has passed away, the Notice of Death registers the death, and the Death Certificate legally certifies it.

At **Avalon Funerals** we guide families through every step of this process, ensuring that all documentation is completed correctly and with care, so that you can focus on what matters most - remembering and honouring your loved one.

For the certification of death related documents, you are welcome to call Avalon at 082 454 5045



Puzzle Corner

Sudoku

Fill the grid so that each row, column, and 3×3 box contains the numbers 1 to 9, without repeating any. No maths, just logic and a bit of patience. Give it a try! **Solutions on page 26!**

		2	3			1		
		8				5	7	4
	7			6			9	
	1							7
5		3						
			1					9
	8				6			
9				1		4		
				3	9		8	5





**Get
tested.**



**Eat
healthy.**



**Choose
water.**



**Together
Let's Beat
DIABETES**

aQuellé



**LEARN
ABOUT
DIABETES**

**Get
active.**





Puzzle Corner cont.

Woordsoek

Vind al die versteekte woorde in die rooster – hulle kan vorentoe, agtertoe, op, af of diagonaal wees! Geen moeilike leidrade nie, net 'n prettige breinuitdaging. **Antwoorde op bladsy 26!**

S	C	S	I	W	Y	B	G	U	R	U	D	S	I
R	O	S	K	O	B	G	N	I	R	P	S	L	L
R	A	C	E	R	R	K	N	I	A	T	P	A	C
I	C	L	Y	L	S	S	S	S	N	L	B	H	E
E	H	S	T	D	L	I	N	E	O	U	T	T	K
Y	W	S	L	C	W	P	I	E	I	A	E	E	K
O	E	C	A	U	K	O	S	I	S	M	R	B	O
B	K	R	N	P	A	L	I	S	R	A	E	E	B
R	O	U	E	E	P	L	L	S	E	U	D	Z	U
E	L	M	P	Y	K	A	O	A	V	L	I	T	A
T	B	A	T	L	C	R	K	R	N	R	S	E	I
A	E	K	N	E	U	D	E	I	O	Y	F	O	T
W	L	I	I	A	R	G	L	P	C	T	F	D	F
L	A	E	L	K	C	A	T	U	N	T	O	K	M

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Bitter Mooi Aalwyne

Een van my mooiste herinneringe van herfs lê in my kinderjare op die plaas in Bothaville.

Na 'n besoek aan die Aloe Farm, in Hartebeespoort laas jaar Junie maand, het die "aalwynkoors" my en my vroultjie behoorlik beetgepak.

Met 'n bakkie vrag vol van die "bitter mooi" gaan ons Bloemfontein hernoem ... iets soos Aalwynfontein. Die eerste fase is die Dreyer woning.

Die eerste fase is die Dreyer woning!

Ek weet teen dié tyd skud al die oud Bloemtuiniers reeds hulle koppe vir die goedgelowige koorsige landskapsman: "Bloemfontein se winters is nie grappies nie. 'n Week later tref die -5 ysige Vrystaat ons en hang die helfte van die blomme, geknak deur die koue."

My "koors" is ook sommer gebreek en 'n ontnugterde landskapsman (oud Vrystater) berou sy naïwiteit.

Dis nou 'n jaar later en danksy 'n laat koue is ons tuin 'n aalwyn lushof. Met meer as 25 soorte aalwyne geniet ons blomme vanaf Maart tot in Desember. Witborssuikerbekkies, Olyf suikerbekkies, Swart suikerbekkies en selfs 'n skugter Jangroentjie kom drink nectar in ons Eden.

Derhalwe is die groot vraag steeds hoe gemaak met Aalwyne in die Vrystaat?

Die antwoord lê in beplanning met jou aankope:

- Daar is heelwat soorte wat in Maart/April/ Mei asook in Sept/ Okt/Nov blom.
- Aalwyne wat inheems is aan die Karoo en die Vrystaat is ryp bestand.
- Madagaskar/ Limpopo/ Natal aalwyne gaan doodryp, bly weg (behalwe die Marlothii Aalwyne).
- Bloemfontein het 'n mikro klimaat, as bougainvilleas nie by jou ryp nie gaan die meeste aalwyne ook oorleef.
- Die meeste aalwyne se blomme kan ligte ryp hanteer, maar maak liewers toe met rypdoek vanaf -3grade.
- Aloe Marlothii/ Aloe Striata/ Aloe Arborescens is die gehardste van die klomp en sal selfs op ons plotte oorleef.

Laastens, pasop vir "aalwynkoors"! Dis hoogs aansteeklik, het 'n groot finansiële impak op jou begroting, en kan tydelike "klimaat blindheid" tot gevolg hê.

Hartlike groete!



Written by Nico Dreyer, Nico Dreyer Landscaping: 082 371 6018

South African Birds

Gevlekte Muisvoël Speckled Mousebird



Dink jy alle bruin voëls is maar vervelig? Die Gevlekte Muisvoël is hier om jou anders te bewys!

Met sy deurmekaar kuif, swart gesig en lang stert is hierdie gesellige voëltjie dikwels in rumoerige groepies te sien wat deur tuine, bosrande en vrugtebome wip.

Luister vir sy vrolike "tsjie-tsjie-tsjie"-roepies terwyl hy smul aan bessies, blomme en selfs vars blare. Maar sy indrukwekkendste kenmerk is versteek in sy pote... Soos alle

muisvoëls kan hy sy tone in verskillende posisies plaas, wat hom help om teen takke op te klim, aan boomstamme vas te klou of selfs onderstebo te hang soos 'n geveerde akrobaat! Hierdie eienaardige voëls kom algemeen oor groot dele van Suid-Afrika voor en herinner ons daaraan dat selfs die alledaagse besoekers aan ons tuine vol verrassings kan wees – as jy net stilhou en mooi kyk.

Kuifkopkapper Crested Barbet

As voëls persoonlikhede gehad het, sou die Kuifkopkapper daardie luidrugtige buurman met die ongelooflike klerekas wees! Met sy helder rooi, geel, swart en wit vere is hy een van Suid-Afrika se opvallendste tuinbesoekers.

Moet egter nie 'n pragtige melodie verwag nie – syroep is 'n lang, gonsende tril wat al vergelyk is met 'n wekker waarvan die klok verwyder is! Gelukkig is hy baie aangenamer as wat hy klink. Jy sal hom dikwels onder bome sien rondhop op soek na vrugte, insekte of selfs af en toe 'n slak, wat hy behendig teen 'n harde oppervlak oopkap. Die Kuifkopkapper kom algemeen in tuine, parke en droë bosveld voor en bewys dat 'n mens nie 'n mooi sangstem nodig het om een van die onvergeetlikste voëls in die omgewing te wees nie.





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- Aftree beplanning en Pensioen Implementering

Beide Johan en Elmarie is hier vir
u van die begin tot einde; van

die eerste tree, elke aspek van beplanning tot implementering. Ons kan u bystaan met advies volgens u finansiële behoeftes.



Elmarie Uys en Johan Wessels
084 445 0131 | 083 300 7296
Elmarie19@hotmail.com

L	A	E	L	K	C	A	T	U	N	T	O	K	M
M	L	I	A	R	G	L	P	C	T	F	D	F	
A	K	N	E	U	D	E	I	O	Y	F	O	T	
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R	O	S	K	O	B	G	N	I	R	P	S	L	L
S	S	I	M	Y	B	G	U	R	U	D	S	I	

Word Search Solution

4	9	2	3	7	5	1	6	8
6	3	8	9	2	1	5	7	4
1	7	5	8	6	4	2	9	3
8	1	9	5	4	3	6	2	7
5	2	3	6	9	7	8	4	1
7	4	6	1	8	2	3	5	9
3	8	4	7	5	6	9	1	2
9	5	7	2	1	8	4	3	6
2	6	1	4	3	9	7	8	5

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Comic Corner



**Q: What did the tree say
when spring finally arrived?**
A: What a relief!

Fat Free French Fries!

A boy read a restaurant sign that advertised fat-free French fries. "Sounds great," said the health-conscious boy. He ordered some. He watched as the cook pulled a basket of fries from the fryer. The potatoes were dripping with oil when the cook put them into the container. "Wait a minute," the boy said. "Those don't look fat-free." "Sure they are," the cook said. "We charge only for the potatoes."

Q: Where do birds stay when they travel?

A: Someplace cheep.

**Q: What five-letter word
typed all in capital letters
can be read the same
upside down?**
A: SWIMS

Three friends stranded on a deserted island find a magic lamp. Inside it is a genie who agrees to grant each friend one wish. "I want to go home," says the first friend. The genie grants her wish. "I want to go home, too," says the second friend. And the genie sends him back home. "I'm lonely," says the third friend. "I sure wish my friends were back here!"

**Five ants rented an
apartment with
another five ants.
Now they are tenants!**

Q: What gets smaller every time it takes a bath?

A: Soap

Knock, knock.

Who's there?

Wire.

Wire who?

Wire you so cute?!





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Competition Corner

How to enter: Send a WhatsApp message saying HELLO to 072 632 6023. You'll receive a list of links - select the "Competitions" link, then complete each entry individually by filling in your name, contact details, and using the competition keyword and/or answer shown below.

1. Win R500 CASH courtesy of Senior Living Magazine

Find the BUTTERFLY hiding in the magazine and tell us where it is!

Keyword: BUTTERFLY | Answer: Page number and location of the BUTTERFLY.



2. Win a TREATMENT VOUCHER courtesy of NewU House of Beauty and Aesthetics

Find the NEW U LOGO hiding in the magazine and tell us where it is!

Keyword: NEW U | Answer: Page number and location of the NEW U LOGO.



3. Win a GIFT HAMPER courtesy of Avalon Funerals

Find the GIFT hiding in the magazine and tell us where it is!

Keyword: GIFT | Answer: Page number and location of the GIFT.



4. Win a COMPLETE, FLAVOURFUL ONE-POT MEAL FOR 4 courtesy of Food Sock

Find the FOOD SOCK hiding in the magazine and tell us where it is!

Keyword: FOOD SOCK | Answer: Page number and location of the FOOD SOCK.



Where applicable, winners will be drawn on the 16th of September 2026 and winners will be notified via email/phone, and announced on our Facebook page before the release of the next edition.

Want to place an advert, provide content or sponsor a prize in the next Senior Living Magazine? Reach out to one of our team members!

KZN: kas@seniorlivingmag.co.za | 033 344 3069

Bloemfontein: charmain@seniorlivingmag.co.za | 069 045 8596

Content and competitions: alli@seniorlivingmag.co.za.



Dan Pienaar

Dierekliniek / Animal Clinic

051 4360456 | 082 563 6838 N/U

Maandag tot Vrydag

07h30 tot 12h00 en 14h00 tot 17h00

Saterdag

08h30 tot 12h00

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