

GryskRag GreyPower

Nuusbrief
Newsletter

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SPECIAL POINTS OF INTEREST:

- Retirement planning
- Skenk 'n boek
- Macular degeneration
- Nordiese stap
- Carbon footprint
- Dementia
- Die jonk-bly kwesie
- Wet op ouer persone
- Book review

INSIDE THIS ISSUE:

Retirement planning	1
Skenk-'n -Boek Projek	1
Facts on Macular degeneration	2
Bewegoplossings vir die somer	2
Reduce your carbon footprint	2
Living with dementia	3
Altyd jonk. 'n Goeie gedagte?	3
Wet Nr 13 van 2006	3
Book review	4

RETIREMENT PLANNING UNDER THE SPOTLIGHT AT OCTOBER EXPO

South Africa's first ever expo aimed at enhancing people's lifestyles after retirement was held at Johannesburg's Coca Cola Dome from 28-30 October 2011.

The expo established an annual platform where South Africans obtained information, services and products to suit and plan their retirement lifestyle needs.

The expo also offered visitors a number of seminars and interactive workshops where they obtained personal advice on planning their retirement, related to aspects such as health problems, nutrition, the Older Persons Act (2006), housing development schemes, investments and drawing

up a future "bucket list"

According to Herman Louw, Financial Advisor at Absa, many people forget to plan in advance for their retirement. Many recent retirees look back on the years before retirement and wish they had done more planning to prepare for their golden years. Unfortunately we have little choice in this matter. We will get old and we will have to retire eventually.

Whatever your situation, proper retirement planning is incredibly important and we all need to consider all our options carefully. The sooner you get started the better.



GreyPower's Creative Ageing Seminar, Coca Cola Dome, Johannesburg

SKENK - 'N - BOEK PROJEK

Op 1 November 2011 het die jaarlikse Skenk -'n - Boek Projek weer afgeskop. Carpe Diem Media in samewerking met Solidariteit Helpende Hand het verlede jaar honderde lewens verander deur Bybeldagboeke aan behoeftiges in Suid-Afrika uit te deel. Die jaar beoog

Solidariteit Helpende Hand egter om een duisend boeke in dertig dae in te samel.

By die afskopgeleentheid is die eerste boeke reeds aan die inwoners van Uncle Ben's Den in Hermanstad geskenk. Bejaardes en haweloses word hier versorg.

Die Skenk -'n- Boek Projek werk so:

Besoek vanaf 1 tot 30 November 2011

www.skenk'nboek.co.za en skenk R50 met u kredietkaart of via 'n internetbetaling. Vir elke R50 word 'n boek aan iemand wat dit regtig nodig het, geskenk.

FACTS ON MACULAR DEGENERATION



Macular degeneration

Macular degeneration (MD) is an age-related eye disease where the effects range from negligible impairments to almost total loss of eyesight. The center of most acute vision in the retina gradually stops functioning. This center is called the 'yellow spot' and is only a few millimeters in diameter.

From the age of 50 there is a steep increase in MD risk. The beginning of MD can be accompanied by the following phenomena:

Straight lines seem to be wavy; letters seem to appear missing when one is reading; colour vision diminishes; and it becomes difficult to see at dusk or in darkness.

At a late stage the middle of the visual field changes and a diffuse spot appears there.

If you are over the age of 50 it is recommended that you have your eyes examined regularly by an eye specialist. This is also recommended if you have one of the following other

risk factors:

Age: the older the person, the higher the risk.

Unilateral MD in one eye leads to MD in both eyes.

Family genetics.

Colour of the iris: the lighter the colour the higher the risk.

High amounts of sunlight.

High blood pressure.

Ethnic origin: the risk appears to be lower in darker-skinned people.

http://www.ahaf.org/macular_facts.html

BEWEEGOPLOSSINGS VIR DIE SOMER



Senior Nordiese stappers

Wil jy aktief raak nou dat die somer hier is, maar konvensionele oefening en gimnasiums intimideer jou? Wil jy liggaam, verstand en siel op prettige wyse stimuleer? Indien jy ja geantwoord het op bogenoemde vrae, is Nordiese stap die oplossing vir jou.

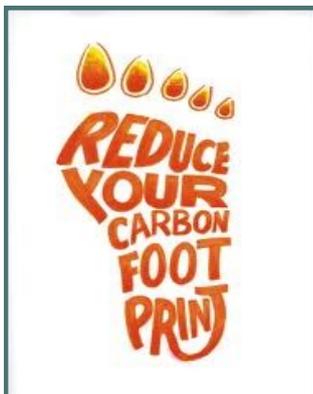
Nordiese stap maak gebruik van spesiale Nordiese stappale om die

bolyfspiere gedurende loop te aktiveer. Die resultaat is dat meer spiere meer werk verrig. Dit lei tot hoër kalorieverbruik en effektiewe stimulering en bevordering van die hele liggaam se spiere.

Die eindresultaat is gewigsverlies, verbetering van gewrigspyne, verbeterde verstandelike vermoëns en 'n algemene gevoel van welsyn. Bo en

behalwe hierdie fisiologiese voordele, is Nordiese stap ook 'n wonderlike manier om na werk van spanning ontslae te raak. Mens ontspan binne 'n sosiale atmosfeer en leer die Univ. v Pretoria se sportgronde ken. Opleiding word by die LC de Villiers-sportgronde aangebied. Raadpleeg die webwerf www.nordicwalking.co.za vir meer inligting.

REDUCE YOUR CARBON FOOTPRINT



www.discovery.co.za

We have all heard about climate change and carbon footprint. It is not really news anymore. But what is new is putting these concepts together to make sense of the considerable changes that we are bringing about to our environment—and then doing something about it.

Here are some of the measures that we can

use to reduce our carbon footprint:

Turn off computers: At night switch off electronics including screens.

Print double-sided: One side blank is one page wasted.

Receive statements by e-mail: Inform your bank, municipality etc. that you prefer this option.

Don't drive if you can walk: Take a quick stroll to your office or corner shop.

Wear layers in winter: Wear different layers of clothing rather than using an electric heater.

Set yourself a challenge: Pick at least three new habits that will reduce your carbon footprint, and stick to them.

LIVING WITH DEMENTIA

Dementia is a disease which affects the brain. It will affect memory, thinking and actions - sometimes all at once. It is a progressive disease, which will gradually affect the person with the disease more and more.

There are many kinds of dementia. The most common is Alzheimer's disease (about 50 to 60 percent of cases) and next is vascular dementia.

Alzheimer's disease damages individual

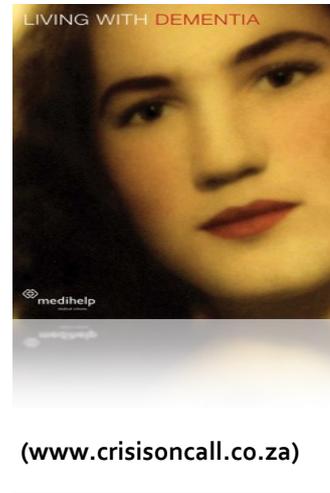
brain cells one by one, so that the brain cannot work as well as it used to.

With vascular dementia, there are problems with the blood supply to the brain cells. For example, the most common type of vascular dementia is multi-infarct dementia. Tiny strokes (infarcts) damage small areas of the brain. Each time one of these little strokes occurs, there will probably be a change in how well the person is coping.

These tiny strokes may make the person feel unwell and more confused for a short time.

The Mini Mental State Examination (MMSE) is the most commonly used test for complaints of memory problems.

If you are worried about your memory, or struggling with basic activities of daily living (misplacing things) it is important to have it checked out by a doctor or specifically a neurologist or geriatrician.



ALTYD JONK: 'N GOEIE GEDAGTE?

Tydens 'n byeenkoms vir senior lidmate by die NG Gemeente Lynnwoodrif het Dr Karel Prinsloo, van Plus50 met die seniors gesels oor die "jonkbly" kwessie by ouerwordende persone.

Terwyl Bob Dylan se "Forever Young" in die agtergrond gespeel het, het die groep gryses met blink oë en sagte glimlagte en groot belangstelling geluister na al die fasette van grasieuse veroudering.

Dr Prinsloo het die breë terrein van jonkbly in die volgende vyf subafdelings bespreek:

- Bevolkingsveroudering en die plek van ouer persone in die gemeenskap.
- Die najaag van uiterlike jonk bly.
- Seniors se vestiging van hulself in seniors-woonplekke.
- Strategieë vir veroudering

- 'n Goeie verhouding tussen generasies.

Aan die einde het hy benadruk dat al bogenoemde verhoudingsaangeleenthede slegs in orde kan wees as ons verhouding met die Here reg is.

Jou liggaam wat jy probeer jonk hou, is nie net jôu liggaam nie. Dit is ook die tempel van die Here wat aan jou gegee is om paslik te versorg en te geniet.

Vir 'n afskrif van Dr Prinsloo se toespraak kontak: martie.squier@gmail.com



Altyd jonk?

WET OP OUER PERSONE

Bogenoemde Wet Nr. 13 is in 2006 goedgekeur om 'n raamwerk daar te stel om die status, welsyn, veiligheid en menswaardigheid van ouer mense te handhaaf en hulle te beskerm teen uitbuiting en mishandeling

Die Wet verskuif ook die klem van inrigting-

gebaseerde versorging na gemeenskap-gebaseerde versorging om te verseker dat 'n ouer persoon so lank as moontlik in sy of haar woning binne die gemeenskap bly.

Die regte wat 'n ouer persoon ingevolge hierdie Wet het, is aanvullend tot die regte van 'n ouer per-

soon ingevolge die Handves van Menseregte. Alle aksies of beslissings in 'n aangeleentheid rakende 'n ouer persoon se regte en belange en beginsels soos in die Wet uiteengesit, respekteer en beskerm. Sien <http://www.vra.co.za> vir inligting aangaande die Wet.



Dr Elsona Malan verduidelik die Wet tydens 'n Seminaar.

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GreyPower as an Association

GreyPower is a country-wide non-profit organisation that was founded in 1995. It is a service and goodwill association for persons of fifty years and older as well as for those who are unemployed due to early retirement.

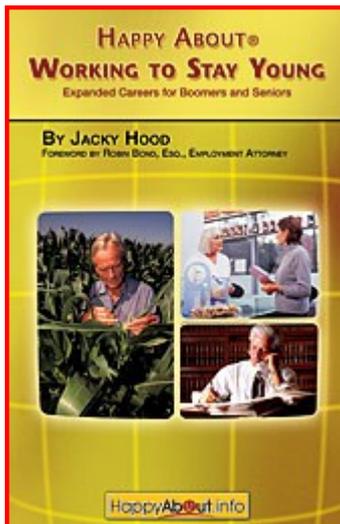
Vision and Mission

The vision of GreyPower is to actively promote and develop the dignity, quality of life and social security of its members in order to enable them to continue functioning as participating responsible and active members of their communities.

The mission of GreyPower is to keep its members informed about developments that affect their interests and to support them through specialized information and guidance to enable them to handle their personal lives effectively.

**We unite and build our future with
our skills and experience**

BOOK REVIEW



Title: Happy about working to stay young

Author: Jacky Hood.

Price: R160 VAT Included

Date: 2010.

Background:

This book will provide you with dozens of reasons to have a job or career after 60, both for yourself and for others. Beyond that, it will show you how to achieve these goals in a youth-oriented society.

You will learn how staying in the work force will help your health, wealth and social life as well as the economy and society. You will discover the Appleseed Career Model and learn to plant seeds that

will last decades or even centuries.

You will learn how to be yourself, learn more about your own skills and personality in choosing several options for the third and most productive stage in your career.

About the author:

Jacky Hood became an engineer when few women entered the profession. At present she is a management consultant and teaches classes on career strategy, customer service and business management

Consider buying this book if you are:

A person who wants the

benefits of retirement and the benefits of working and sees the book as a roadmap to do both.

A person who feels that he has not fulfilled his career hopes and dreams, does not want to retire and is intrigued by all the reasons to keep working.

A person who has a relationship with a baby boomer or senior will buy it to encourage that person to continue working.

You can have it all:

“Autonomy, income and free time” The Time Magazine.