

## ORGAN DONATION: A NOBLE CAUSE

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Thousands of patients in South Africa are in desperate need of organ or tissue transplants. Sadly the need has vastly outweighed the availability.

By becoming an organ donor you can save up to seven lives when you die. Your heart, kidneys, pancreas, liver and lungs can be used to give seriously ill people the chance to live a longer life.

Additionally, you can help up to 50 others by donating tissues such as corneas, heart valves, skin, bone and bone marrow.

There are currently 1,400 patients awaiting organ transplants and 3,000 awaiting cornea transplants.

If you would like to save a

live, or lives by donating one or more of your organs, the most important thing is to let your family know, because in the event of your death the family needs to give consent. In South Africa it is constitutional law that the family must give consent.

Please register yourself as a donor at the Organ Donor Foundation. Anyone under the age of 70 can become an organ donor.

The only exceptions are if your organs are not healthy or you have been diagnosed with the following diseases: cancer, hepatitis, diabetes and HIV/Aids.

Information available at:  
<http://www.odf.org.za>



Become an organ donor and save seven lives.

## WENKE OM JOU RAND TE REK

Brandstofpryse het die afgelope jaar skerp gestyg. Die Britse verbruikers -- tydskrif *What Car?* Het met dié praktiese bestuurswenke vorendag gekom:

Hou by die spoedbeperking en jou motor sal brandstof 10% stadiger verbrand. Hou die vrag lig.

Hoe meer petrol in die tenk is, hoe swaarder dra jou motor. Haal enige pronkvere soos dakrakke en onnodige versierings van die motor af om aerodinamika te verbeter. Hou die wiele styf gepomp om wrywing op die pad te verlaag. Hou die verkeer met 'n valkoog dop en ry egalig om onnodige

stoppe te verminder. 'n Ompad kan ook brandstof mors, maar 'n langer roete is tog beter as opgehoopde verkeer wat die enjin en ratkas onnodig hard laat werk. Hou boek van brandstofgebruik vir wanneer Jan Taks aan die deur kom klop.

Bron: **Wheels24**

## THE BENEFITS OF WATER AEROBIC EXERCISES



Water aerobic exercises.

<http://wateraerobicexercises.org>

Water aerobics have become very popular amongst those who have had trouble with traditional exercises. Because the water relocates the body weight, there is an augment in the actual amount of resistance; yet the actual water aerobics are much more comfortable and enjoyable.

Modern classes for water aerobics exercises can be found at local gyms, where there are pools available. Most classes consist of aerobic type movements in

waist deep water and a series of fun, heart-rate increasing dance-like movements. Many times kick boards are utilized, and weights will be added to combine additional resistance and challenge to the workout. In most classes the instructor will remain on the land, usually standing on the edge of the pool where he or she can keep an eye on the participants to ensure the aerobic movements are being done safely and properly.

Water aerobics is a fantastic way for both the swim-

mer and non-swimmer alike to enjoy a wonderful, high intensity, low impact exercise program.

Water aerobics offer the very best in the world of exercise and aerobics and offers a great alternative for those recovering from an injury. In addition to all of the benefits previously mentioned, water aerobics can be a great way to meet people, and spend time with family and friends promoting health exercise, all while reaping the benefits of an innovative, fun-time, vigorous and beneficial exercise.

## UROLOGIESE HOSPITAAL IN PTA



Pretoria Urologiese Hospitaal

Die Jakarandastad het 'n paar gespesialiseerde hospitale waaronder die Urologiese Hospitaal in Pretoriusstraat, Arcadia een voorbeeld is.

Daar is nooit gedink dat 'n urologiese hospitaal as enkeldisipline hospitaal lewensvatbaar sal wees nie.

Gedurende die 1990's het dit duidelik aan uroloë in private hospitale

in Pretoria geword dat dit moeilik sal wees om behoorlike gespesialiseerde behandeling in 'n multidisziplinêre hospitaal te verskaf. Met die steeds groeiende gesofistikeerde toerusting wat op die mark gekom het, het urologiese behandeling van gedaante verwissel en dit het groter spesialisering tot stand gebring.

Tien uroloë van Pretoria

het in 2005 besluit om saam te span en 'n projek wat nog nooit voorheen onderneem is nie, te stig, naamlik 'n private urologiese hospitaal.

Die verskaffing van kwaliteit toerusting word nou aanvaar as die norm by die Urologiese Hospitaal en die klem het gevorder tot akademiese uitmuntendheid. Die hospitaal het hom verbind tot samewerking met UP se Mediese Skool.

## ELDERLY PENDANT SUPPORT



Call4Care Panic Button Pendant

If you are considering the need for retirement village care but you are not ready to move out of the comfort of your own home, Call4Care Homecare brings peace of mind and help when needed to elderly people living independently in the comfort of their own home.

When assistance is needed a simple press of the

red button on the pendant will alert the Call4Care Response Centre and which will initiate voice communication with the call operator, no matter where the client may be in their home, and without the client having to use a landline phone or cellphone.

In the event that the client is unable to speak upon Call4Care receiving

the alert, the client's personal details and home address will be automatically visible on the Call4Care system. The call operator will immediately contact the client's elected responders (a relative or friend), emergency response service or ER24 ambulance depending on the situation.

**Call 0861 140 141 for enquiries.**

## VERKEN GAUTENG VIR MINDER MET JOU GP-KAART

As 'n mens aan toerisme dink, is Gauteng nie juis 'n provinsie wat eerste by jou opkom nie. Tog spog dié streek met unieke ondernemingsgees, 'n dinamiese kunstekultuur, indrukwekkende verskeidenheid museums, 'n kosmopolitaanse lewenstyl en mededingende diensverskaffing. Dis dinge soos dié waaraan die Gauteng Toerisme-owerheid (GTA) die inwoners van die land se goudpot wil herinner.

Vroeër vandeemaand

het die GTA die "I'm a GeePee"-veldtog van stapel gestuur om ama-GeePees, soos hulle Gautengers noem, aan te moedig om hul provinsie te verken. Die GTA het 'n lojaliteitskaart bekendgestel wat kaarthouers afslag bied op kuns-gebeure, besienswaardighede, restaurante, akkomodasie en spa-behandelings.

Die kaart is gratis en in die meeste gevalle op 'n koop-een-kry-een-gratis-grondslag.

Kry 'n plastiekkaart by die Gauteng Toerisme-owerheid se kantore by Central Place 1, op die hoek van Jeppy- en Henry Nxumalostraat in Newtown, Johannesburg. U kan ook die webwerf [www.gauteng.net](http://www.gauteng.net) besoek om 'n digitale weergawe van die kaart op jou selfoon of rekenaar af te laai.

Die spesiale aanbiedinge, in die kategorieë kos en wyn, aktiwiteite en akkomodasie is te sien by :

[http://www.gauteng.net/campaigns/geepee/loyalty\\_card/](http://www.gauteng.net/campaigns/geepee/loyalty_card/)



GeePee-kaart

## FISH OIL SUPPLEMENTS : A RECENT STUDY

Evidence from a recent study of older people indicates that consuming fish oil supplements has a positive impact on brain health and aging. The researchers report better cognitive functioning between people taking fish oil supplements and non-users.

The study was led by Dr Lori Daiello from the Rhode Island Hospital's Memory Disorders Center. The study followed older adults with normal

cognition, mild cognitive impairment and Alzheimer's Disease for over three years with periodic memory testing and brain MRI'S.

Daiello reports that compared to non-users, use of fish oil supplements was associated with better cognitive functioning during the study. The unique finding, however, is that there was a clear association between fish oil supplements and brain volume.

The researchers found a

positive association between fish oil supplement use and average brain volumes in two critical areas utilized in memory and thinking (cerebral cortex and the hippocampus), as well as smaller brain ventricular volumes compared to non-users at any given time in the study.

According to Daiello all these observations should motivate further study of the possible effects of long-term fish oil supplementation on important markers of cognitive decline.



Fish oil supplements

<http://nutrition.com>

## WISSELDANS HERINNERINGE

Onlangs hoor ek vroeg oggend op die radio hoe 'n bejaarde dame met diep herinneringe in haar oumensstem, die woord wisseldans gebruik. Sy het haar oorlede man glo lank gelede op so 'n groepdans waarby maats telkens wissel ontmoet.

'n Boeredans met olie-

lampe wat brand iewers op 'n afgeleë plaas. In die lamplig langarm hulle. Een twee drie, een twee drie en skielik is sy in sy arms. Dan is sy hier, dan is hy daar. So dans hulle verby mekaar, maar hy loer aanmekaar in haar rigting.

En só met hulle halleluja-

voete en hunkerende harte, het hulle gewisseldans totdat die son die volgende môre oor Kakamas opgekom het.

Dis hoe dit gaan met die vastrap, die mazurka, die habanera en die wisseldans. Hier kiek-kiep, daar kiek-kiep en woerts in sy hart se hoekie. (RSG-Radio)



Wisseldans op Kakamas

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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 interests effectively.

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

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**L E K K E R L E E S**

**Titel:** Die kamferkis.

**Outeur:** Sjane van Aswegen.

**Prys:** R140 BTW ingesluit.

**Datum:** 2010

**Uitgewer:** Protea Boekhuis.

**Agtergrond:**

As Mien de Jager se gesondheid dit toegelaat het, het sy nou by die ouetehuis se deur uitgestap en weer in haar huisie by die see gaan woon. Sy was gelukkig daar, alleen met haar verkwaste en haar eie gedagtes, maar toe moes

haar familie mos nou kom staan en karring.....

In Mien se klein kamertjie in Soete Inval Aftree-oord staan haar kamferkis, die een wat sy van haar oma geërf het, met al die herinneringe van haar lewe daarin toegesluit.

Elke artikel in die kis maak 'n stuk onthou in haar los, en Mien begin haar memoires neerpen. Dit krap ou rowe oop—gebeure wat van haar 'n randfiguur gemaak het.

Sy moes op 'n baie jong ouderdom vrou-alleen met die emosie van verlies en ander grootmensdinge leer saamleef

en hier, in haar laaste dae, wil Mien dié las vir goed neersit.

Die belangrikste besluit wat sy egter moet neem, is wie die regte persoon sal wees wat die kamferkis moet erf.....

Hierdie is 'n lekkerleesboek om vir jouself aan te skaf of om as geskenk aan iemand te gee wat die kamferkis saam met Mien stukkie vir stukkie sal uitpak.

