

# Gryskrag GreyPower

Nuusbrief  
Newsletter

September 2011

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## SPECIAL POINTS OF INTEREST:

- Ekspo
- Oktoberfest
- Utrecht
- Walking for health
- Osteoporose
- Mediese fondse
- Waiting lists
- Arbor month
- Boekaankondiging

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## AFTREDE EKSPLO COCA-COLA DOME : JOHANNESBURG

Oktober is die maand vir ouer persone. Met die klem op aktiewe, sinvolle veroudering en aftrede vind daar vanjaar 'n Aftrede Ekspo plaas by die Coca-Cola Dome in Johannesburg vanaf 28-30 Oktober 2011.

Die Coca-Cola Dome is een van die mees erkende besienswaardighede van Johannesburg. Die koepelvormige arena van 11,000 vk meter is die ideale venue om die eerste Aftrede Ekspo aan te bied

Tydens die Aftrede Ekspo gaan inligting verskaf word oor opwindende nuwe tendense in die handel en markte vir diegene wat reeds vir hul aftrede beplan of 'n verandering in hul huidige

aftrede leefstyl wil maak.

As gevolg van huidige ekonomiese omstandighede behoort almal voortydig vir hul aftrede te beplan. Interaktiewe werksinkels, seminare, inligting- verskaffing, leiding en die bekendstelling van 'n verskeidenheid van nuwe produkte word vir die ekspo beplan.

Gryskrag beoog ook om 'n Seminaar oor Kreatiewe veroudering aan te bied in die Coca-Cola Dome op Saterdag 29 Oktober 2011 van 9:00 tot 12:00.

Van die onderwerpe wat bespreek gaan word is: gesondheid, finansies, volhoubare aftrede, en Alzheimers.



Coca-Cola Dome, Northgate,  
Johannesburg

## HERITAGE OKTOBERFEST : VEREENIGING, 24 SEPTEMBER 2011

Under the aegis of the South African Confederation of Senior Organisations (SACSO), a Heritage Day Oktoberfest will be held on 24 September 2011, at the Dick Fourie Sports Grounds from 10:00am to 8:00pm.

The Oktoberfest will be

supported by Media24 and VCR90.6fm Radio.

The funds raised this year will be dedicated to the Sedibeng Childrens Haven, Vereeniging Alliance for Street Children, and for the elderly via SACSO.

Various activities are

planned for the day, e.g. pony rides, puppeteers for children, band competitions, a para-medic demonstration and a *Boere-orke* will perform throughout the day in the beer tent.

For more information call Alan Pittendrigh on 083 303 3676

## 50PLUSBEURS (EXPO), UTRECHT, NEDERLAND, 13-18 SEPTEMBER, 2011



Die 50PlusBeurs in Utrecht

Gedurende September 2010 het 'n groep deelnemers van Suid-Afrika aan die jaarlikse 50PlusBeurs in Utrecht deelgeneem. Dit was 'n baie suksesvolle eksperiment vir Suid-Afrika.

Die hooforganiseerders van die skou in Utrecht, Nederland het op grond van verlede jaar se geesdrif oor die Suid Afrikaanse teenwoordigheid besluit om vanjaar 'n hele Suid-Afrikaanse terras

daar te hê.

Die uitstalling word aangebied en georganiseer in samewerking met Plus50 Uitgewers, GrysKrag en die South African Netherlands Economic Chamber (SANEC).

Aandag gaan veral gegee word aan toerisme en kultuur, stokperdjies, huise en vaste eiendom, die Afrikaanse taal en die bevordering van betrekkinge tussen Suid-Afrika

en Nederland.

Die sentrale tema van vanjaar is "Jij blijft ontdekken" (Jy bly ontdek). Die organiseringskomitee in Suid-Afrika wil graag help sorg dat die Nederlandse wêreld Suid-Afrika opnuut ontdek!

Vir verdere navrae kontak Lenie Reinstorf by (012) 348 – 8706 of e-pos na plus50@telkomsa.net.

## WALKING FOR BETTER HEALTH

**Walking is not such a difficult thing – most of us have been doing it since we were very young**

According to Caroline Richardson, professor in the Department of Family Medicine at the University of Michigan, walking programs can be very effective in helping people get into shape, improve their cardiovascular fitness levels and to some degree loose weight.

Walking does seem to be better than more vigorous

activities, especially for older people.

Richardson's five tips for starting a walking program:

Find a buddy with whom you can walk regularly.

Use a pedometer. This will help you to keep track of your steps and can be an excellent motivator to see how much you are walking.

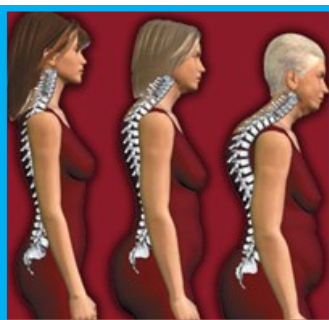
Schedule regular walks in a PDA or calendar. This helps to ensure you have a set time for walking every day.

If you have any medical problems check with your doctor to make sure a walking program is safe for you.

Start slowly if you need to—just get started.

(<http://life-after-fifty.com>)

## LEEF SO MET OSTEOPOROSE SAAM



Osteoporose is 'n siekte van beenverlies waaraan duisende mense ly. Dit kom veral by mense van 65 jaar en ouer voor.

Enige iemand kan osteoporose kry, maar vroue is veel meer geneig om dit te kry as mans.

Navorsing toon dat een uit drie vroue en een uit twintig mans osteopo-

rosefrakture opdoen.

Dr Kenneth Cooper van die Sentrum vir Ruggraatopvoeding in Texas bied die volgende wenke om val en frakture te verhoed aan:

Vermyn onvaste vloerbedekkings soos matte.

Moenie meubels te na aan mekaar skuif nie—jy het ruimte nodig om te

beweeg.

Gebruik 'n loopraam of klerie as jy onvas op jou voete voel.

Dra kussinggevoerde skoene vir ekstra beskerming.

Kalsiumaanvullings is noodsaaklik en eet meer salm, jogurt, melasse en groen groentes wat ryk aan kalsium is.

## NGV GAAN MEDIESE FONDSE VERANDER

Rolspelers is dit eens dat mediese fondse waarskynlik in die toekoms anders gaan funksioneer as tans. Mediese fondse gaan bv. die Nasionale Gesondheidsversekering aanvul en daar wees vir noodsaaklike dienste.

Die eerste beleidsdokument oor die Nasionale Gesondheidsversekering wat pas deur die kabinet goedgekeur is, dui aan dat 'n fonds gestig gaan word waartoe alle

werkendes verpligte bydraes gaan lewer. Werkloos en afgetredenes sal dan gratis toegang kry tot sekere gesondheidsprodukte en -dienste wat die staat of ingekontrakteerde diensverskaffers in die private sektor sal verskaf.

Die NGV gaan mense dus net toegang gee tot sekere dienste. Noodsaaklike dienste en produkte gaan nie by die nasionale gesondheidspakket ingesluit

word nie.

'n Persoon sal dan basiese gesondheidsorg onder die NGV kry en ook 'n aanvullende mediese fonds vir noodsaaklike dienste moet betaal.

Bron: Sake24



## RETIREMENT VILLAGES : WAITING LISTS

Retirement villages have always been known to have long waiting lists before occupation of a cottage, free standing home or apartment. But things are changing and there are a number of reasons for this.

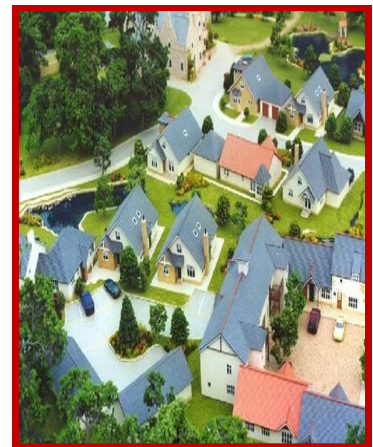
People who have been on a waiting list are often prepared to sacrifice their right to access because they feel that they are still not ready for the move.

It is also not uncommon to place their names on multiple lists and once they have found suitable accommodation they no longer have the need to be on the waiting lists.

Then there is the recent substantial increase in the number of private developers who are entering the market of retirement villages. None of us can predict what is going to happen in the future. We never know how our circumstances are going

to change. There is nothing worse than not having plans for your future accommodation requirements.

Being on a waiting list is like having an insurance policy and probably the best value for your money too. Therefore think about it to put your name on a waiting list!



## SAVE OUR PLANET

It is that time of the year again, National Arbor Month is upon us.

During September let us do our part to save the environment by planting a tree in our gardens.

Every year three trees are chosen as National Trees of the Year. This year's trees include the jacket

plum, bride's bush and the common wild elder.

The jacket plum is a evergreen tree that likes warm gardens where it will grow between two to eight meters in height and produce red cherry fruits that birds will enjoy.

Bride's bush has dainty, sweetly scented flowers

in midsummer and the common wild elder is a winter flowering evergreen tree that can grow to 20 meters in height.

Not all trees will be suitable for your area, so it is important to choose the right one.

Enquiries:  
[www.lifeisagarden.co.za](http://www.lifeisagarden.co.za)



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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.

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

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**BOEKAANKONDIGING**



**Titel:** Die dokter as vennoot.

**Outeur:** Dr. Dawie van Velden.

**Genre:** Rubrieke / gesondheid.

**Prys:** R180.00. BTW ingesluit.

**Verskyningsdatum:** Augustus 2011.

**Aantal bladsye:** 260

**Agtergrond:**

Van 2006 tot 2011 het dr. van Velden honderde lesers se mediese vrae in die *Huisgenoot* beantwoord. *Die dokter as vennoot* is 'n versameling van dr. Dawie se reguit, eenvoudige antwoorde. Beroerte, bloeddruk en seksuele

disfunksie is van die algemene mediese toestande wat dr. Dawie bespreek. Seldsame siektes soos Kawasaki-sindroom en Huntington se siekte word ook in alledaagse Afrikaans bespreek.

Met die boek op jou koffietafel bly een van die gewildste huisdoktors in SA jou gesondheidsvennoot.

**Oor die outeur:**

Dr Dawie v Velden praktiseer in Pietersburg en Sabie waarna hy aansluit by die UOVS as Direkteur van Studentegesondheidsdiens.

In 1984 word hy aangestel as senior lektor aan die Universiteit v Stellen-

bosch waar hy die Departement Huisartskunde vestig tot met sy aftrede in 2003. Hy ontwikkel 'n belangstelling in sportgeneeskunde en holistiese gesondheidsvoordele van matige wynverbruik en die Mediterreense dieet.

**Verkoopsmoontlikhede:**

Dr. Dawie van Velden is bekend vir sy rubrieke in die *Huisgenoot* en voel al soos baie mense se huisdokter.

**Lesersprofiel:**

*Die dokter as vennoot* is waardevol vir elke gesin. Kwelvrae oor gesondheid kan vinnig opgelos word.