

**SEDANS**

NORMAL	TUESDAYS
<del>R105</del>	<b>R80</b>

**CROSSOVER/  
COMPACT SUV/  
SUV'S /BAKKIES**

NORMAL	TUESDAYS
<del>R110</del>	<b>R85</b>

**MINI BUS**

NORMAL	TUESDAYS
<del>R120</del>	<b>R90</b>



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Get more than just a wash  
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Designed and printed by Errol Theron 082 924 5579

# PENSIONERS FRIEND

Booklet No.3

Free Copy



WELCOME

To the **NEW** monthly booklet for all South African Seniors delivered electronically to subscribers countrywide by email. Printed copies are only available at selected outlets in Alberton through the courtesy of our sponsor **"The Carwash"**. This booklet can be read, downloaded, copied or printed from our website at:

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## PENSIONERS FRIEND - SEPTEMBER 2023

### INDEX

- 1/2 Overnight Dry Eyes
- 3/4 Managing Chronic pain
- 5 Sudoku Puzzle - Medium
- 6 Heartburn and Shingles
- 7 We are creatures of habit
- 8 How do you fix brittle nails
- 9 Human Emotions
- 10 A difficult choice after a long hospital stay
- 11 **Proud Sponsors** - **The Rietvlei Car Wash**



### EDITORIAL - Errol Theron

**Welcome** to the September 2023 the 3rd issue of the new Pensioners Friend monthly booklet for seniors, lovingly compiled and distributed to seniors countrywide as a non-profit community project.

I hope you will enjoy reading this issue as much as I have done putting it all together especially for our special seniors?.

After you have finished reading kindly forward your copy to a friend or family member who you think will enjoy the articles and please do ask them to tell their friends. The booklet can also be read, printed, listened to, or downloaded directly from our website at:

**[www.pensionersfriend.com](http://www.pensionersfriend.com)**  
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THIS BOOKLET IS PUT

FOR THE ENJOYMENT

AROUND SOUTH AFRICA



TOGETHER WITH LOVE

OF ALL SENIOR CITIZENS

AND BEYOND ITS BORDERS

## 10. A difficult choice after a long hospital stay

Often when a family member is unable to return home after a hospital stay because they need to go to a retirement residence or nursing home the family really doesn't know what to say or do.

The parent usually states very firmly that they **WANT** to go home, they are able to go home, a spouse is able to look after them...yet reality is a doctor has made the decision because it was necessary.

### **Acknowledge that their desire is to "Go Home."**

Tell them that it is also difficult on you and other family members and you would like it also if they could return home. Reiterate that a doctor has made the decision and they are moving to get the care, treatment and needed support to try and improve their health. Give them **HOPE** that as they improve, they may be able to return home.

**Remember no one wants to go to a nursing home to wait to die.** Everyone needs something to look forward to. I personally hate taking all hope away from people and have had several senior clients who did leave long term care facilities when their health improved greatly.

I call them my **"Miracles"** and tell others about them to give some **HOPE**. One lady was confined to a wheelchair after a massive stroke and she so improved she could walk in high heels and no longer needed a wheelchair or even a walker within a year.

**Encourage them to do what they need to get stronger.** Eat the necessary foods, drink the needed fluids, take the prescribed medications or supplements, do the physio that the professionals suggest.

When someone has been confined to bed for a few days or longer they lose a lot of strength especially in their legs. On behalf of your parent ask the doctor what they can do to begin to regain the strength that is needed to walk without the possibility of a fall. At times I personally massage my own legs when they feel weak to help relieve pain and stimulate circulation.

So, remember to always give them some **HOPE** that they can improve and encourage them to do what is necessary to improve.

## 9. Human Emotions

### ANGER

**This is one of 7 emotions** which have a profound effect on our well-being. Anger triggers the body's 'fight or flight' response and the adrenal glands flood the body with stress hormones, such as adrenaline and cortisol. But anger is not a passive helplessness or hopelessness in the face of such a threat. It is not *flight*, but *fight*. It is an assertion of our most basic right to being an individual. Anger can be and is used by some (not unlike a drug) to cover up painful feelings, fear, anxiety, vulnerability and shame.

**Gratitude and Thankfulness:** Gratitude or thankfulness comes from the Latin word *gratus*: "pleasing or thankful". It's a feeling of appreciation for receiving kindness, help or some other form of gift. Did you know that it is good for you to feel grateful?

**The Benefits of Being Grateful:** It makes you less self-centered. When you are grateful you are focusing on someone else, the giver of something that has made you feel grateful. Though you can feel grateful for the things you have (and you should), the nature of gratitude is to appreciate those in your life. This same tendency toward thinking about others can urge you to help them more.

**Gratitude can improve your sleep:** Many of us lie awake in our beds at night, worrying about various things in our lives. Spending some time going over what you are grateful for today can help you to relax. This will lower stress levels in your body and helps you to sleep more soundly.

**It makes you feel good:** It should come as no surprise that gratitude feels good. It's a positive emotion, one that is caused by the kindness of someone else. At the same time, it can make you look good which only makes sense. You are grateful which causes happiness. Happiness shows in the way you carry yourself and by the look on your face. It's attractive.

1. If at first you don't succeed, maybe sky diving is not for you.
2. How is it that you never see the headline – "Psychic wins Lottery"?
3. You should borrow money from a pessimist, who won't expect it back.
4. Some drink at the fountain of knowledge, others just gargle
5. Why do psychics have to ask you for your name?
6. Nostalgia - how long has that been around.

## 1. Overnight Dry Eyes

Have you ever woken up after a good night's rest only to find that your eyes feel gritty? Or maybe your eyes feel so dry that you have to blink a few times just to see clearly? Then, you may have woken up with dry eyes. There are several reasons you could be waking up with dry eyes.

**1. Damaged tear film:** Your eye is covered by a film of tears all the time. These tears lubricate and protect your eyes but when the tear film gets damaged, people develop a condition called dry eye syndrome.

People are more likely to develop damaged tear films as they get older. Hormone changes from menopause can also trigger dry eye. Certain autoimmune conditions can trigger it, too.

**2. Clogged oil glands:** The oil ducts along your eyelid make the oily part of your tear film. Without this oil, tears evaporate too fast and cause dry eyes. If your oil glands are clogged or inflamed, they can't release oil into your tears. This leads to dry eyes.

**3. Open eyelids:** When you sleep, your eyelids close and hold your tear film in place. This keeps your eyes from drying out and substitutes for the blinking you normally do during the day. But some people sleep with their eyes partially open. This is called nocturnal lagophthalmos and it can make you wake up with dry eyes.

People who've had surgery on their face or jaw, or had a stroke might not close their eyelids completely at night. People with Grave's disease, Bell's palsy, or Ramsay Hunt syndrome have trouble closing their eyelids fully, too.

**4. Medications:** Some medications can affect your tears and lead to dry eyes. The list is quite long and includes common medications like:

Blood pressure medications, Allergy medications, Antidepressants, Diuretics (water pills) Over-the-counter pain relievers like ibuprofen,

**5. Dust and dander:** Common indoor allergens like dust and dander can trigger dry eyes even if you don't have a history of allergies. Low humidity, whether from air conditioning or heating, might also cause dry eyes. So can running a fan in your room.



## 2. Overnight Dry Eyes

What can you do to stop your eyes from drying out overnight? There might be one or many reasons you're waking up with dry eyes. But there are some steps you can take to keep your eyes moist overnight.

**1. Change your sleep environment:** No matter what's causing your dry eyes, changing your sleep environment should be your first action item. Focus on minimizing allergens like dust and dander. Make sure to wash sheets, pillows and comforters weekly in hot water. This will lower the amount of dust and mites. You can also consider mattress or pillow covers. Prolonged screen time can lead to dry eye syndrome, so give your eyes a break from screens throughout the day. It's also a good idea to avoid smoking since smoke is another dry eye trigger.

If you use a fan, move it away from the head of your bed. In cold months, run a humidifier especially if you have forced hot air heat.

**2. Use an eye ointment:** Use a lubricating eye ointment before going to bed at night. These ointments are available over the counter. They're thick so they stay in place better overnight than artificial tears. Since they're thick, they'll blur your vision so it's best to put it on right before sleep.

**3. Try a lid scrub or warm compress:** An eyelid scrub or warm compress before bedtime encourages your eyelid's oil glands to open. That extra oil can strengthen your natural tear film overnight. You can buy a reusable warm pack that's made for use over the eyes or make your own warm pack with a sock and dry white rice.

**4. See an eye doctor:** If you don't know why you're waking up with dry eyes, see an eye doctor. You should also see an eye doctor if treatments aren't making your symptoms better. There are prescription options that can relieve dry eyes. Some of these options are specifically for nighttime use like moisture goggles and therapeutic contact lenses.

If you're waking up with dry eyes because your eyelids don't close all the way, don't wait to see an eye doctor. There are options that can help keep your eyelids closed overnight. Lubricating eye ointment can protect your eyes from drying out overnight. Work with an eye doctor to figure out what's causing you to wake up with dry eyes

## 8. How do you Fix brittle nails?

**There's no quick fix for brittle nails.** But there are things you can do to protect your nails so they grow back stronger.

**Wear gloves:** Protect your hands from exposure to moisture and chemicals by wearing gloves when cleaning and washing dishes. Depending on your job, wearing gloves can protect your nails from overexposure to moisture.

**Opt for natural nails:** Give your nails a break from nail polish removers and adhesives. If you can't give up manicures entirely, try to limit how often you get them and opt for shorter nails, which are less likely to dry out. Ask your nail technician to skip cutting your cuticles, too. This helps avoid infection and damage.

**Moisturize your nails:** Moisturizing protects your nails from drying out and adds back some of the natural oil lost from exposure to chemicals and hand-washing.

**Apply a hand cream to your nails and cuticles:** Pick a cream that's fragrance-free and contains ingredients like urea or lactic acid. You can also apply petroleum jelly, like Vaseline to your cuticles, fingertips, and nails to help lock in moisture.

**For a moisture boost::** add a weekly paraffin wax bath to your nail care routine.

Use gentle nail care: When it's time to trim your nails, be gentle. Don't trim down too far because this can increase your risk for ingrown nails.

**Buff your nails only in the direction they grow:** Buffing in a back-and-forth motion can cause nail splitting. If you file your nails, use a very fine file and round the tips in a gentle curve.

**Clean your nails with a soft nail brush:** Avoid sharp instruments to clean under your nails because it can lead to infection or injury.

You can top off your nail care routine with a once-a-week clear nail polish that contains nylon fibers. This adds artificial hardness to your nails without causing damage. Don't remove the varnish with nail polish remover, simply add a new layer the next week.

**Eat more biotin:** Biotin (vitamin B7) is a B vitamin that's found in many foods, such as fish, meat, seeds, and some vegetables (like sweet potatoes). There's evidence that biotin supplements can help strengthen nails. But it's not clear how much biotin people should take or whether biotin will help everyone. You can try getting more biotin into your diet naturally. Biotin supplements are also available over the counter.

**If you have iron deficiency,** you can also add an iron supplement to your daily routine.

## 7. We are Creatures of Habit

**I admit to being a creature of habit**, both good and bad. Strange as it may seem I'm pretty happy with the situation as it is, even though I do realise that some of the bad ones are real terrors and inclined to annoy others intensely.

**So what is a habit?** Habits are basically your small decisions that are taken daily, or at least on a regular basis. How you manage these can play a major part in your happiness and good health, they can also play a role in your career and your success in sport. I believe that researchers have come up with the important finding that habits can affect up to 40% of your behaviour in any given day. Perhaps just by changing your habits for good or bad can transform your whole life in the same way.

But an entrenched habit can be extremely difficult to break even if you do become sensible enough to realise that it is doing you no good. It has become a set part of your life that happens automatically, without much thought and may even give you great pleasure or perhaps even have been set in your rather distant childhood.

I feel sure that many of you out there will know of some habits in others that, in your view, are in desperate need of treatment from a member of the medical profession. In my much younger days I was cured of the habit of smoking about 60 cigarettes a day by hypnotism and I never have had the desire again, but I do believe that, whatever path you may take, the desire to quit must be convincing.

I once got myself into a state of almost total exhaustion by watching the Comrades Marathon on TV. Thousands of lean and hungry looking people alleager to prove that their own personal habit and routines had set them up to achieve success in this gruelling event.

Listening to the winners after the race I learned of the training dedication that is required to be established as a habit of their daily life.

So bless you all and ask yourselves, "Am I really trying"?, or Are bad habits holding me back". If we don't get out there and make an effort, I for one don't want to hear your complaints. It can be fun out there.

## 3. Managing Chronic Pain

**Being a senior** is something that many of us will do in our lives. No matter how much life experience or knowledge you have, you might feel ill-prepared for what is to face you during these years and how best to navigate them.

As we begin to slow down and take life at a much slower pace than previously, there are bound to be obstacles to overcome, which might catch you off guard. Take chronic pain, for example. While you might have gone your entire life without experiencing issues with your joints, this might well be something you are experiencing now. Knowing how to manage this pain is paramount; read on for our top tips on how to do just that in your senior years!

**Listen To Your Body:** This one is for those people who are a little bit stubborn in their approach to any ailments they are experiencing. Listening to your body when you are in pain is important and will minimise the chances of you giving yourself a worse injury or making the existing pain any worse.

**Taking regular breaks:** when partaking in bouts of exercise and exertion will ensure that you are doing what you can to look after your physical well-being. At the same time, should you be experiencing an injury or worsened joint pain, refraining from overdoing it is also important and will go a long way in ensuring your continued good health.

That being said, there are other ways that you can minimise the effects of chronic pain on other aspects of your lives, which takes us to the following point.

**Implement Pain Relief Products Into Your Routine:** While we understand some people would rather not rely on medicine to manage their pain, there are other products out there that can positively affect the pain you are experiencing.

**CBD products**, for example, are thought to contribute greatly to chronic pain and can be easily implemented into your daily routine. Numerous businesses provide a wide variety of CBD products, which suit a number of budgets and lifestyles. CBD oil, sweets and ointments are available from outlets or on-line. Exploring the options that are out there and finding what suits you the best is an ideal way of managing the chronic pain you are experiencing..

## 4. Managing Chronic Pain

**Seek Professional Intervention:** Should you have exhausted all the other options available to you and discovered that nothing is helping alleviate the pain you are experiencing, it might be worth your while booking a trip to your doctor's surgery. They will help you get to the bottom of what is causing you pain and work with you to develop a management plan.

For some people, this is the last resort when managing chronic pain, but for others, this might be the first avenue they explore. No matter when you feel the time is right, seeking a professional opinion and help from a doctor is an ideal way of combatting the chronic pain you are experiencing.

You will be able to get the best advice and leave the doctors feeling assured that you will be right as rain in no time.

## 5. Sudoku Puzzle

Sudoku—Medium

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

## 6. Heartburn and Shingles

**1. Heartburn:** People often describe heartburn as a burning sensation that starts at the bottom of the chest and moves up toward the throat. And it's a common cause of chest pain. Acid reflux, or gastroesophageal reflux disease (GERD), frequently causes heartburn. It occurs when acid or stomach contents come back into the throat. Nausea, vomiting, and a metallic taste in the mouth are some symptoms that can occur with GERD.

Sometimes people mistake a heart attack for GERD. Your pain is more likely to be from GERD than a heart issue if:

It usually occurs after eating, especially a spicy or fatty meal.

It occurs after lying down or at night.

You notice a metallic taste in your mouth.

It usually goes away after you take an antacid (like Tums).

You have no trouble breathing, sweating, or numbness of any part of your body.

**2. Shingles:** is a painful condition caused by the varicella zoster virus. Varicella attacks groups of nerves in one area of the body. And sometimes it happens in the chest area. This can cause burning chest pain. After a few days, there is commonly an outbreak of a rash with fluid-filled bumps. When you get chickenpox, you're infected with this virus. It can then live in the body in an inactive state for a long time before becoming active again. When it becomes active again, you can develop shingles. It's not always clear why the virus becomes active. Sometimes it can be caused by stress, infection, aging, or anything that weakens the immune system.

Shingles pain can be so intense you may feel like you're having a heart attack. Your pain is more likely from shingles than from your heart if:

You have a rash in the same location as the pain (the rash often shows up later),

You don't have any trouble breathing, nausea, vomiting, or sweating.

You have a greater risk for shingles if you're at least 50 years old or you're an adult with a weakened immune system. Talk to your provider to see if the shingles vaccine is an option for you.