

# PENSIONER'S DAY

every Tuesday



SEE YOU SOON 072 318 3495

Designed by Errol Theron 082 924 5579

# PENSIONERS FRIEND

Booklet No.2

Free Copy



## WELCOME

To the **NEW** monthly booklet for all South African Seniors electronically delivered to all contacts on our database by email. Printed copies are only available at selected outlets in Alberton where we have a sponsor. Booklets can also be read, downloaded, copied or printed from our website at:

Website:- [www.pensionersfriend.com](http://www.pensionersfriend.com)

If you would like to receive a personal copy, then kindly complete the 'Contacts Form' at the bottom of the web page and we will add your name to our database.

Emails:- [errolandsharon@gmail.com](mailto:errolandsharon@gmail.com)

## PENSIONERS FRIEND - AUGUST 2023

### INDEX

- 1/3 Driving and eyesight
- 4 Palliative care treatments
- 5 Tips for healthy ageing
- 6/7 Loneliness is a terrible word
- 8 The three main types of anxiety
- 9 Sciatica Nerve pain
- 10 I'LL ALWAYS BE WITH YOU
- 11 Proud Sponsors - The Rietvlei Car Wash

### EDITORIAL - Errol Theron

**Welcome** to the August 2023 and 2nd 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 the second issue as much as I enjoyed putting it all together especially for all our special seniors?.

After you have finished reading, kindly forward this copy to a friend or a family member you believe may also enjoy the articles and ask them to tell their friends it can also be read, printed or downloaded from our website at:

THIS BOOKLET WAS PUT  
FOR THE ENJOYMENT  
WITHIN SOUTH AFRICA



TOGETHER WITH LOVE  
OF ALL SENIOR CITIZENS  
AND BEYOND ITS BORDERS

## I'LL ALWAYS BE WITH YOU

We've been promised  
that if we believe ...  
our pain and suffering  
will be relieved.

His Word is true  
and we can depend  
on what it says,  
for comfort to lend.

"Don't you cry ...  
I'll BE with you.  
Forever and always ...  
I'll BE with you."

We'll walk the road together,  
no matter where it takes.  
I'll guide you and protect you.  
You'll see the difference that it makes.

Just be at peace ...  
Be still, be calm.  
Feel the love around you ...  
It's a healing balm.

I'll be your guiding light,  
and your guardian angel, too.  
You'll feel my loving presence,

'Cause.....

I'LL ALWAYS BE WITH YOU.

Rozanne Baker - KZN – South Africa - 06.07.2023

## 9. Sciatica—Nerve pain

Sciatica is a common form of nerve pain caused by compression of the sciatic nerve which runs from the lower back to the knee, where it splits into the tibial and common peroneal nerves. Sciatic nerve compression can result from lower back problems, like a herniated disc or injury to the hip or lower leg. Stretching the hip and leg muscles — specifically the piriformis and hamstrings — can help limit sciatic nerve compression and pain.

**What triggers sciatic nerve pain?** First, let's take a closer look at the sciatic nerve. It starts at the bottom of the spinal cord and extends to the leg. As the largest nerve in your body, that helps control movement and feeling in your lower legs. Sciatic nerve pain is triggered by irritation or compression of the sciatic nerve anywhere along its path from the lower back down to the knee. It can also cause pain and other symptoms — such as numbness or tingling — in the calf or foot.

In the lower back, multiple nerve roots exit the spinal cord to form the sciatic nerve. Bulging or herniated discs can compress these nerve roots. Spinal stenosis can also squeeze your sciatic nerve. It occurs when openings in the lower spine (where nerve roots exit the spinal cord) narrow. From the lower back, the sciatic nerve travels down the back of the buttocks and thigh to the knee. Here, it splits into two branches: the tibial and common peroneal nerves. Tight hips or injury to nearby muscles — like the glutes, piriformis, or hamstring — can also compress the sciatic nerve.

Tumours or infections in or near the spine — may also trigger sciatica.

**Are there other ways to relieve sciatic nerve pain?** Relieving sciatic nerve pain will depend on the underlying cause. Sciatic nerve pain that results from tight or injured leg muscles typically improves with rest and stretching. If issues with your spine cause sciatica, core and low back exercises may ease your pain. Exercises that move your spine into extension, or backward bending, can help ease pressure from a bulging or herniated disc.

Your healthcare provider may prescribe pain relievers or recommend a cortisone injection to limit spinal inflammation. Back surgery may be necessary for severe spinal stenosis or herniated discs. The procedure creates more space in your spine to relieve nerve compression.

## 1. Driving and Eyesight

Of all the five senses, a driver's eyesight is considered the most important for safe driving. The ability to clearly see traffic signs, obstructions, and moving objects on the road ahead is essential to making the right driving decisions and reacting in good time. However, for most of us as we get older, our eyesight changes and becomes weaker. In fact, it is found that the majority of people with vision impairment and blindness are over the age of 50 years.

**Common age-related eye diseases and symptoms.** Slight changes in your eyesight that, if left untreated, can become worse. Minimise vision loss and keep a check on eye diseases which affect your vision. As you become older eye diseases can greatly hinder your driving ability. Be sure to look out for signs and symptoms of age-related eye diseases. To help prevent permanent and worsening eye damage, make regular appointments with an optometrist or ophthalmologist for early detection and treatment of vision problems.

**Three of the most common causes of vision loss in elderly people are:**

**Age-related macular degeneration (AMD)** – The macula is the area of the retina responsible for central vision.

Symptoms: Blurred vision, image distortion, central scotoma (a blind spot in the middle of your vision), and difficulty reading.

**Cataracts** – A common cause of vision impairment in the elderly and the most common cause of blindness worldwide, glaucoma is a progressive clouding of the lens inside the eye.

Symptoms: Blurred vision, glare, halos around lights, monocular diplopia (double vision). Difficulty seeing well at night, in bad weather, or in low light conditions.

**Glaucoma** – A chronic, progressive eye disease caused by damage to the optic nerve as a result of a fluid build-up in the front part of the eye.

Symptoms: Loss of visual field and blurred vision. However, often there are no warning signs or obvious symptoms in the early stages.

## 2. Driving and Eyesight

For motorists with degenerating eyesight, examples of vision changes that you could experience are:

1. Taking you longer to read traffic signs
2. Difficulty in detecting movement outside your direct line of sight.
3. Glare from oncoming traffic and street lights at night is interfering with or obstructing your vision.

If you start to experience any of these symptoms or other signs of weakening

vision, make an appointment to see an eye specialist so that you can continue to drive safely. **Note:** Many common eye diseases such as glaucoma, diabetic eye disease, and age-related macular degeneration often have no warning signs.

**Taking care of your eyes is critical at any age.** If you're concerned that your vision may have deteriorated and could be impeding your driving, there are ways you can preserve your eyesight. Try and undertake as many from this list as possible to give your eyes the best chance of longevity:-

**Eye health:** Look after your eyes. Get a dilated eye exam from your eye doctor every one to two years to for detect eye diseases in their early stages. Make sure your spectacle prescription is up to date and correct to avoid eye strain. Wear good quality sunglasses with UV protection to help block harmful ultraviolet radiation.

**Lifestyle:** Staying healthy and fit long into your later years will help lessen the risk of vision loss and eye disease. Eat a healthy diet rich in dark leafy greens and fruit for their zinc, vitamin C, vitamin E, and carotenoid content.

**Regular weekly exercise:** can contribute greatly towards maintaining eye health by lowering the risk of developing glaucoma. If you smoke, consider giving up. Be aware that the development of cataracts, age-related macular degeneration, glaucoma, and diabetic retinopathy are all strongly linked to smoking.

**Prevent accidents – play it safe:** There's no need to tell you to avoid driving when visibility is low, to limit distractions, to keep your eyes on the road, to wear your seatbelt, to avoid talking on your cell phone, or any of the usual "common sense" tips.

## 7. Loneliness is a Terrible word

### **Set yourself Free from being Home-bound and Lonely:**

Spend quality time engaged in planning activities while out in the community or in a nursing home. There are so many to choose from! At the same time, do your best to get outside to simply drink in the fresh air and sunshine.

Take time to wander about exploring your neighbourhood and places like the library have to offer. To conclude close friends and loved ones should make time to monitor older persons friends.

## 8. The Three main types of Anxiety

### **1. GAD or Generalized Anxiety Disorder:**

This is one of the most common forms of anxiety. Those with generalized anxiety disorder experience excessive worry and are unable to control it. Quite often their worries revolve around things that aren't serious. Those with GAD may have muscle tension, sleep disturbances and problems concentrating.

### **2. Panic Disorder:**

Panic disorder is characterized by anxiety so extreme, that those who suffer from it experience what are called panic attacks. During these attacks their heart pounds wildly. They may even have problems breathing and may be unable to think clearly. Panic attacks tend to happen randomly. Those with a panic disorder may eventually develop agoraphobia. This is a fear which leads them to avoid a place or situation where a panic attack occurred.

### **3. Social Anxiety Disorder**

Social anxiety disorder is connected to social situations. It may be mild and cause those with the disorder to worry about meeting new people. It can also be extreme. In extreme cases, those with social anxiety disorder will do whatever they can do avoid others. Overall, socializing is an issue.

If you notice a loved one who tends to have bouts of extreme worry or fear that interferes with living their life in a healthy way, speak with their healthcare provider.



## 6. Loneliness is a Terrible word

**Isolation and loneliness** is a serious, increasing problem reaching almost epidemic proportions among senior citizens in this country. Recent research overseas points to an elderly population as those engulfed in desperate loneliness and isolation. Loved ones and close friends pass away while beloved children move away to manage their own adult lives and this can often leave older people remarkably isolated and lonely which long term can cause serious mental health and immune system issues.

In addition, in many cases, older people are living on their own and are unable to properly care for themselves.

Below are specific strategies that you can put in place to stave off isolation and loneliness.

### **Add New Friends to your Life:**

Make the effort to introduce yourself to new people, widen your circle by joining a seniors group. Ask questions to get to know them. Share information about your own life. Tell them how you like to spend your time. With a little bit of effort, you might find that you are developing friendships and new connections that you can turn to for emotional support.

### **Give of your time and Talent::**

Volunteering is a great way to pay it forward! Nursing homes are great environments where you can share personal experiences. Giving to help others brings joy!

### **Hobbies occupy your time with productivity:**

Finding a new hobby is exciting and motivates and motivates you to add a new activity to your life. Here are some good hobby ideas: Gardening, model trains, arts and crafts, needlepoint, playing an instrument, reading, writing, puzzles and pen pals, just to name a few.

### **Reminisce About your Life:**

As you age, it brings great pleasure to think back throughout your life and remember all the happy moments that you shared with others. Research shows that people who reminisce have enhanced emotional health and are less likely to be lonely, isolated or withdrawn.

## 3. Driving and Eyesight

**Defensive driving:** is any driver's best tool.

Motorists these days have to contend with so many distractions both inside and outside of their vehicles. That's why it's important to watch out for other drivers around you – and anticipate any potential hazards they could potentially cause. All the more reason to ensure good visual acuity.

**Keep flexible** – Stiff joints and muscles can set in as we age, but exercises and stretches that improve your neck and body flexing will keep you well-oiled when you're reversing and turning, plus elevate your driving comfort.

**Check your vehicle** – When it comes to safety, maintenance is key, both for you and your car, which must also be able to handle adverse conditions should they occur without warning.

**Conclusion** - Driving provides us with a sense of independence and freedom. With good physical mobility and fitness, many people can continue to drive skilfully well past their 80s.

**SODUKO—MEDIUM**

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

## 4. Palliative Care treatments

Palliative care is often misunderstood and some people believe things about it that aren't true.

You can have palliative care in different places, including: your home, a hospital, a care home or nursing home, or a hospice. Your healthcare professional can tell you what palliative care services are available in your area, and where they are based.

**Does having palliative care mean I'll stop receiving other treatment for my illness? No.** You can have other treatments, such as radiotherapy or chemotherapy at the same time as palliative care although sometimes you may stop having other treatments. It can be difficult to cope with stopping treatment, especially if it's because the treatment isn't working. If this happens, it's important to let your healthcare team know how you're feeling. They can explain what palliative care you can have and how that may be able to help.

**Does having palliative care mean I'm going to die soon?**

**No.** You can receive palliative care at any point after a terminal diagnosis.

**Some people can receive palliative care for years.**

Your doctor or nurse may mention or suggest palliative care because they want to make sure you have all the support you need. That might include managing your symptoms, getting emotional support for you or your loved ones, or looking after your general wellbeing.

You do not have to stop seeing other health and social professionals who support you. You can have palliative care alongside care from the specialists who have been treating your particular illness.

**Is palliative care just about treating pain and other physical symptoms?**

**No.** As well as helping with pain and other physical symptoms, palliative care involves caring for all your physical, emotional, psychological, social and other needs.

**This is sometimes called a holistic approach.**

We hope this information will help you to understand more about palliative care, including the differences between it and end of life care. If you have other questions about your care, it is best to speak with your doctor, nurse or healthcare team looking after you.

## 5. Tips for healthy Ageing

**Stay positive.** Try to maintain an upbeat attitude. Avoid complainers and whiners if you can. Cut the conversation short when negative topics are brought up. Keep your news watching to a minimum. There is far too much information and news out there and most of it is depressing.

**How old do you feel?** If you didn't know your real age, how old would you think you were? Most of us would give an answer that is far younger than our biological age. Keep this in mind instead of worrying about how old you are. It's much healthier for you and helps you to be happier.

**Do something creative.** There are so many choices available now. Adult colouring books, adult paint by number kits. Did you used to play an instrument? Think about taking it up again and bringing more music into your life. Music is known to increase the health of your brain.

**Start walking.** This is something we promise ourselves we'll do more of but keep putting off. Start small. Take a 5 minute walk before breakfast. Increase it a little each week and you'll find that it becomes a habit. Don't like walking alone? Look for a walking buddy or take a neighbour's dog for a walk.

. Hobbies are one of the healthiest ways we can spend our time.

### PUMPKIN PIE



250ml flour

250ml sugar

10ml baking powder

250ml cream

4 eggs

850ml cooked pumpkin (any kind) - mashed

Add sugar, flour and baking powder to pumpkin. Beat eggs and cream. Bake for about 1 hour at 160C. Halfway through baking, sprinkle cinnamon sugar over the top.