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Designed and printed by Errol Theron 082 924 5579

PENSIONERS FRIEND

Booklet No.4

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PENSIONERS FRIEND - OCTOBER 2023

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EDITORIAL - Errol Theron

Welcome to the October 2023 the 4th 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 putting it together especially for you our special seniors?.

When you are finished reading kindly forward your copy to a friend or family member who you think will enjoy the booklet, and please ask them also to tell their friends. All booklets starting from the July 2023 issue can be read, printed, listened to or downloaded directly from our website at:

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THIS BOOKLET IS PUT

FOR THE ENJOYMENT



TOGETHER WITH LOVE

OF ALL SENIOR CITIZENS

13. When are antibiotics usually prescribed?

But there are some other important things to know before starting an antibiotic.

Antibiotic resistance is real

Antibiotic resistance happens when an antibiotic no longer works against a bacteria. This happens because they've adapted and become resistant to the treatment. Over time, this can turn into a dangerous situation — making it more difficult to treat certain bacterial infections.

There are many causes of antibiotic resistance. In many situations, it can stem from taking antibiotics improperly. For example:

Using antibiotics for viral infections

Not taking the right dose

Stopping your antibiotic sooner than prescribed

Taking old antibiotics that you have at home

Check to see if you should take your antibiotic with food

Nausea, upset stomach, and diarrhea are common side effects that you may experience while taking antibiotics. That's why you should take certain antibiotics with food to help lessen these side effects. For example, you could take doxycycline (Vibramycin, Doryx, others) with food if you experienced a stomach ache after taking it. And in some cases, taking certain antibiotics with food can help them work better.

Certain types of food can also help relieve stomach problems.

Try eating food high in fibre — like leafy greens, beans, and fruit. Bland foods, like rice and toast, could also help.

Reach out to your pharmacist or healthcare provider to see if you should take your antibiotic with or without food if the instructions aren't clear.

I will never be an old man. To me old age is always 15 years older than I am.
Francis Bacon

Every time you smile at someone, it is an action of love, a gift to that person, a beautiful thing.

Mother Teresa

Adversity makes men, and prosperity makes monsters.
Victor Hugo

11. The National Health Insurance

Discovery Health CEO Ryan Noach said it is not feasible to wipe out South Africa's private healthcare sector and nationalize it in a communist-like approach regarding the recently passed National Health Insurance (NHI) Bill. He agrees with the government that the current healthcare situation in South Africa is inequitable and needs change. He added that the NHI has strengths and that most of the National Health Insurance is good and can be worked with.

However, the concern is about Section 33 of the Bill, which states that when the NHI is fully implemented, medical schemes will not be allowed to provide cover provided by the NHI. He said preventing medical aid schemes from providing private healthcare to its members and nationalizing the system can't be done. "It will cause a revolt among the current people whose healthcare spending will drop by over 70% per capita," he said.

There is also no way to fund the NHI. as you cannot raise enough taxes for NHI. It is economically not feasible. Apart from these glaring problems, he said introducing NHI and stopping medical aids from providing private healthcare is "just not smart".

"There is such brilliant support from the private sector in this country. We have a national asset. The smartest way is to work with the private sector," he said.

12. When are antibiotics usually prescribed?

You may be prescribed an antibiotic after a clinic appointment or telehealth visit. You may also be given one during or after a hospital stay. Regardless of the situation, antibiotics should only be prescribed to treat bacterial infections.

In some cases, an antibiotic may be prescribed based on your symptoms. After running tests, your healthcare provider may change or stop the antibiotic when they learn more about what's causing your infection.

Things to know before taking an antibiotic

There are many different types of antibiotics. For instance, penicillin antibiotics treat strep throat, ear infections, and more. Amoxicillin, penicillin, and Augmentin (amoxicillin / clavulanate) are a few examples. Antibiotics also come in many dosage forms, ranging from pills and creams to intravenous (IV) injections.

The antibiotic that's right for you or your child depends on the type of infection you have, your age, and your allergies. These factors also impact on how long you'll take an antibiotic. You may take antibiotics for days to weeks at a time.

1. QUIET INTROSPECTION

I see beauty, I see sadness.
But I can try
within my power,
to turn sorrow into gladness.

I hear words, both bad and good.
But I can try
to listen and to choose
the thoughtful ones,
and not those of "dead wood".

I think thoughts, of sometimes varied kinds.
But I can try
through mindful purpose,
to retain those worth keeping,
in my mind.

I can feel, for those around me,
their hunger and their hurt.
But I can try
from empathy within,
to give a little food,
or a poorer man, a shirt.

I can speak, in gentle tones, or not.
But I can try
with care and understanding,
to make others feel loved, a lot

I can't change my inner soul.
That's how I'm meant to be.
But I can try
through quiet introspection,
within my heart,
to be the best that I can be.

By: Rozanne Baker

2. Medical care for your red eyes

When should you seek medical care for your red eyes?

Although red eyes aren't always a big deal, some causes of red eyes can be serious. It can be difficult to know when to visit a provider. But any of the following symptoms should prompt a visit to your eye doctor:

- Changes in vision, such as blurriness or difficulty seeing
- Pain in the eyes
- Severe headache
- Nausea and vomiting
- Fever
- Unusual light sensitivity or halos around lights
- Feelings of having something in your eye
- Eye injury or chemical exposure
- Swelling around the eye
- Inability to keep your eye open
- Thick pus coming from your eye

The bottom line: Red, bloodshot eyes are pretty common. But there's good news. Red eyes often aren't usually the result of serious or dangerous causes. But it's important to know the signs to look out for that need medical attention. Treatments include preventative measures, home remedies, prescription eye drops, and oral

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. What happens if you get scared half to death twice?
6. The worst time to have a heart attack is during a game of charades.
7. Why do psychics have to ask you for your name?
8. Nostalgia - how long has that been around.
9. Don't drink and drive, you may hit a bump and spill some.

10 . What are the symptoms of long Covid

People with Long COVID may experience a wide range of symptoms. The most common symptoms in older adults include:

- Extreme tiredness or lack of energy (fatigue)
- Trouble breathing or shortness of breath
- Coughing
- Joint pain and weakness
- High blood pressure
- Changes in smell or taste
- Difficulty thinking, concentrating, and remembering (you may see this described as “brain fog”)

Other possible symptoms include heart problems, headaches, dizziness or vertigo, sleep disorders, mental health disorders, and digestive upset. The health problems associated with Long COVID can be mild or severe. It is not yet known how long symptoms usually last, although it appears they can linger for months or even years. These health issues can significantly affect a person's quality of life, including their ability to work, care for themselves and others, and participate in their communities.

Because Long COVID has such a wide range of possible symptoms, it's not always easy to diagnose, and few diagnostic tools or tests are currently available. Long COVID can be particularly challenging to recognize in older adults, who are more likely to have existing health problems. It can be difficult to tell whether certain symptoms, such as fatigue and shortness of breath, are related to Long COVID or another health condition. Even in older adults without underlying health conditions, the symptoms of Long COVID can be mistaken for “normal” signs of aging.

In some older people, Long COVID seems to make existing chronic diseases worse. People with disorders such as heart failure, lung disease, or dementia may develop more serious symptoms of those conditions after having COVID19. Courtesy on NIA (National Institute on Aging)

9 . Debunking Myths about Hospice

MYTH: Hospice and palliative care are the same **FACT:** Both provide comfort care during a serious illness. Hospice only begins after the decision to end treatment for a terminal illness and when it is clear the person will not survive. Palliative care can begin at diagnosis and happen at the same time as treatment

MYTH: Hospice requires a DNR to receive services. **FACT:** Hospice does not require a Do Not Resuscitate order (DNR) for patients to receive hospice care. While many patients on hospice elect to have a DNR in place, it is not the right choice for everyone. The goal of Hospice is patient comfort with the patient directing care.

MYTH: Palliative care is just for seniors. **FACT:** Palliative care is provided to people of ALL ages from infancy to adulthood. Adults also die in their prime, and we need to make sure that them & their families are properly supported and prepared for end of life, no matter their age.



The Pensioners Friend seniors Group meet once a month on the **third Monday of every month at 10:30am** to play Bingo and socialise. Everyone is most welcome to come and join this friendly group of seniors at the **Brackenhurst Bowling Club**, not only for the Bingo, but also to socialise and even to make new friends. Two Bingo cards cost R10 and are valid for 6 games. Prizes are in the form of small gifts. There is also a gift hamper to be won. Should you feel peckish there are toasted sandwiches and bottomless cups of tea or coffee on sale at R40. **No Prior Booking Required.**

3. Wet Macular Degeneration and treatment

What are the symptoms? Macular disease affects older people in different ways:

Gaps or dark spots (like a smudge on glasses) may appear in your vision, especially first thing in the morning. Objects in front of you might change shape, size or colour, or seem to move or disappear.

Colours can fade. You may find bright light glaring and uncomfortable or find it difficult to adapt when moving from dark to light environments.

Words might disappear when you are reading.

Straight lines, such as door frames and lampposts may appear distorted or bent.

Diagnosing wet AMD: The optometrist at your local optician's practice can test sight, prescribe glasses and check for eye disease. Some optometrists use photography or other imaging to detect early signs of macular degeneration. These might include Optical Coherence Tomography (OCT) scans which create cross-sectional images of the retina. You may be charged for these tests.

If your optometrist suspects you have wet AMD, you should be referred to a retinal specialist at a hospital directly and seen within one to two weeks, and if applicable be treated within two weeks after initial detection. You should not be sent to your GP. This causes unnecessary delay.

At hospital, further tests will be carried out to confirm the diagnosis. The specialist may use:

Eye drops to dilate the pupils to clearly see the back of the eye. These may make your vision blurred and sensitive to light for a short time, so consider taking someone with you to your appointment.

OCT scans. Fluorescein dye angiography. A dye injected into a vein in the arm travels to the eye, highlighting the blood vessels in the retina so they can be photographed. The dye temporarily changes the colour of your urine, so be prepared.

Treating wet AMD: Wet AMD can be treated if caught early. Drugs are injected into the eye to stop the growth of the abnormal blood vessels. Following diagnosis people will usually have a loading dose of three injections, once a month for three months. A patient will then be assessed to see if more injections are required.

The injections are not as bad as they might sound. The patient's eye is anaesthetised, and the needle goes into the corner of the eye so the patient does not see it.

A small number of people may respond better to a combination of injections and a form of laser treatment. There are a range of treatments and options.



The Pensioners Friend seniors Group meet at the Cafe65 to socialise and something light to eat or drink every Tuesday morning at 11:00am. If this sounds interesting, you are most welcome to join us there on any Tuesday morning. The Group also holds a **FUN** Bingo morning at the Brackenhurst Bowling Club on the 3rd Monday of every month from 10:30am to about 12:30pm. Everyone welcome - Prizes to be won.

4. Sudoku Puzzle

Sudoku—Medium

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

8. Debunking Myths about Hospice

MYTH: Hospice is only for people with cancer: **FACT:** All people who are diagnosed with a life-threatening illness can benefit from hospice and palliative care. Adults with chronic conditions such as HIV/AIDS, drug-resistant TB, chronic respiratory diseases, emphysema, Alzheimer’s, cardiovascular and neuromuscular diseases, MND (motor neuron diseases) all benefit from palliative care.

MYTH: Does receiving palliative care mean the patient is dying? **FACT:** No the principal aim of palliative care is to control pain and other symptoms so that the patient can remain as comfortable and enjoy good quality of life as much as their illness will let them.

MYTH: Hospice is only for people who can accept death **FACT:** While those affected by terminal illness struggle to come to terms with death, hospices gently help them find their way at their own speed. Many hospices welcome inquiries from families who are unsure about their needs and preferences. Hospice staff are readily available to discuss all options and to facilitate family decisions.

MYTH: Hospice is only for people who only have a few days to live **FACT:** Hospice provide palliative care from the time of diagnosis of a life threatening disease. Patients can live with that illness for a long time and still benefit from hospice care. Unfortunately, many people enter the program too late to fully benefit from the many services available to them and their families.

MYTH: Choosing comfort care means giving up control **FACT:** You are always in control of the level of your care and may come off of hospice care at any time. Patients and families make the final decision about when to choose hospice and who provides care.

MYTH: Hospice is for need a high-level of **FACT:** Hospices offer and advanced or alleviate distressing



people who do not care. specialised knowledge technologies to prevent symptoms.

7 . Debunking Myths about Hospice

To learn about hospice, it is useful to start with debunking the common **MYTHs** that in themselves create barriers to hospice care.

MYTH: Hospice is a place: **FACT:** Hospice is a philosophy of care, not a place. Approximately 98% percent of hospice care takes place where the patient lives – usually in their homes, but also in nursing homes and adult care facilities.

MYTH: I have given up. **FACT:** Palliative care and hospice is not about giving up. It is about living life as fully as possible with your condition. You can have palliative care while you are undergoing treatments that may cure or reverse the effects of your illness. In fact, palliative care can help you cope with aggressive treatments by getting your pain and symptoms under control to help you fight the disease. Multiple research studies show those with a terminal illness who choose hospice often live longer and have a better quality of life than those who choose aggressive end-of-life medical care.

MYTH: Hospice makes death come sooner. **FACT:** Hospice neither hastens nor postpones dying. The aim is to improve the quality of remaining life so patients can enjoy time with family and friends and experience a natural, pain-free death. In some cases, hospice care can extend life.

MYTH: Can pain medicine hasten my death?. **FACT:** Appropriately prescribed medicine will not hasten death. Your palliative doctor has the expertise to devise a medication plan that makes you comfortable and is safe.

MYTH: Can I become addicted to my pain medication? **FACT:** Addiction to medication prescribed for pain relief is a common fear, but does not frequently occur. Palliative doctors are experts in preventing problems and side effects of strong pain medications. They also can help patients with addictions to get pain relief.

MYTH: A hospice patient cannot change his or her mind and return to curative treatment even if their prognosis has not changed. **FACT:** A patient can go on and off a hospice care program as needed. They can change their mind and decide to return to curative treatment. They may also enter hospital for treatment.

5. Bonanza -The iconic TV Show

BONANZA centred on the Cartwright family and is set in 1860s Virginia City, Nevada. The show has become iconic in American popular culture and is known for having one of the most recognizable theme songs of the 20th century. In fact, the theme song for the show was so popular that it became a hit song! Here are some other things that you probably never knew about the hit television series.

The creators of Bonanza decided the women were not the focal point of the series. It's also historically accurate because men usually outnumbered women in the wild west. It wasn't until later that women went westward to take advantage of opportunities they didn't have in the east. One of the most notable things about the show is that it focused on a family unit with no mother and no female children. All of the main twelve cast members in the 431 episodes filmed were men.

Of course, there had to be some women on the show. If there weren't any women in the west, there's no way Ben would have managed to have three sons. Each of his sons was from a different mother and each one who met with a different sad end. Because each of Ben's sons had a different mother, it makes sense that the Cartwright brothers all looked so different from each other.

Women on the show tended to have an untimely demise, leading fans of the show to dub it "the Cartwright Curse." The boys of the family also had bad luck with women; their love interests tended to die of disease, be killed, or run off with another man. The show remained focused on the ranch and the relationships between the brothers. It was considered a typical western TV show for its time. Something that you may not have noticed if you watched Bonanza as a kid is how closely the television series parallels the legendary stories about King Arthur and his knights of the round table. The father of the family, Ben Cartwright, is based off of King Arthur himself, while his sons Adam, Hoss, and Little John are meant to portray his knights.

The Cartwright family also had their own version of Camelot in the form of the Ponderosa Ranch. The show was known for presenting moral dilemmas, with the Cartwright clan always seeking justice—much like King Arthur and his knights.

6. Bonanza the Iconic TV show

++The show became so popular that it was turned into a short-lived theme park.

A couple called Bill and Joyce Anderson owned a ranch which kept receiving visitors asking for directions to the Ponderosa Ranch. In 1965, they formed a plan with NBC executives to build a replica of the Bonanza set on the ranch.

The theme park was opened to the public a couple of years later. The show was even filmed there for a while, but the cost of transportation became too high so after fifteen episodes were filmed they went back to filming on the original set.

What many people do not realize about Bonanza is that it really was filmed in the actual wild west, at least in the beginning. The show was originally shot at Lake Hemet, and after moved to Lake Tahoe.

While the sets certainly gave some authenticity to the show, filming in the middle of nowhere for extended periods has many challenges.

As the show gained popularity and its budget increased, the set was eventually moved to the back lot of Paramount Studios, and later Warner Studios. With the brief exception of the episodes shot at the Ponderosa Ranch theme park, the remainder of the series was shot on a studio lot.

Another notable aspect of the show is that it was the first to be filmed in colour. Bonanza aired on NBC, a company owned by the Radio Corporation of America, a leading electronics company from 1919 to 1986. When Bonanza aired, black and white television sets were in most households. Bonanza was filmed in colour in order to boost the sales of colour television sets. The show ended up becoming a hit, and the sale of color television sets went up.



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