

Age Concern's mission is: *"To determine the needs of Seniors and link them to necessary resources"*. Age Concern Membership offers the highest level of advocacy possible in Bermuda. We want to ensure that Bermuda's seniors receive and retain all of the benefits they are entitled to and strive to provide goods and services through our link partners for others.

Did you know that there are over 7,000 Seniors in Bermuda? The results of the STATS report have highlighted those areas most important to you. In subsequent issues of The Back Page we will highlight those key topics and provide answers and advice. Like the MarketPlace there are many companies who have provided links specifically designed and developed for the 50+ population; those links, forged by Age Concern, will have direct benefit for you.

### ARE YOU A MEMBER?

Anyone over the age of 50 can take advantage of the links, products and services we have negotiated on behalf of Bermuda's Seniors.

Call today 238-7525 or sign up online at [www.ageconcern.bm](http://www.ageconcern.bm) or sign-up at the LINK partners noted below where we will have a membership desk for the day...special offers planned

- May 5th, The MarketPlace, Main Store
- May 12th, WOW, The Washington Mall, Church Street Level
- May 29th, Cellular One, Reid St.

#### Coming this Summer

- The Bank of Bermuda
  - HWP
  - Crimestoppers
- A free eye care seminar with Dr. Teye-Botchaway

### Eat Smart, Think Smart

by Martina Navratilova (courtesy of AARP)

Want to be more mentally alert? The right fruit and vegetable combinations can help you think more clearly especially if those combos are raw, with their nutrients intact, says AARP health and fitness ambassador Martina Navratilova.

#### Some examples:

- Add veggies to everything. For example, augment spaghetti sauce with green peppers, spinach, or zucchini, or throw chopped broccoli onto wild rice.
- Put crunch into your sandwiches with dark green lettuce, tomato, and cucumber.
- Keep raw vegetables on hand to eat as snacks or with meals. Serve them alone or with fat-free dips or hummus.
- Add at least one large salad to a daily meal. Use a variety of dark, leafy greens and a light olive oil dressing.

### Are You Ready For Summer?

With the 24th of May around the corner and summer close by our featured recipe is for that great season we all love. Do you need a new bar-b-que? If so The MarketPlace has a great Age Concern Exclusive offer for you. Purchase a Nexgrill Stainless Steel BBQ Grill (67,000 BTU) from the PriceRite store, you will get a free empty propane tank, Value \$40.00 or a 7pce Premium Gourmet Grilling Set, Value \$65.00. You must present your Age Concern Membership card and photo ID at the time of purchase. Valid between May 5th though May 13th, 2009.



### BERMUDA INTERNATIONAL EYE INSTITUTE

#### 'EyeSmart' Foods for Healthier Eyes

Everyone knows that a good diet will help you stay healthy. But eating foods high in certain antioxidants may also help to protect your eyes from reduced vision or even blindness. The antioxidants lutein and zeaxanthin are highly concentrated in the pigment of the macula, the light-sensitive cells in the middle of the eye's retina. Some research suggests that a diet rich in those antioxidants may be linked to a lower risk for eye diseases. One recent large study found that people whose diets were high in lutein and zeaxanthin were at lower risk of developing age-related macular degeneration (AMD) and of progression to advanced AMD, the vision-threatening form. Another large study found that people with high lutein and zeaxanthin dietary intake were at lower risk for cataracts.

Lutein and zeaxanthin are found in dark, green leafy vegetables like spinach, kale and collard greens. The yolks of eggs also contain lutein. The antioxidants are also present in yellow and orange vegetables and fruits, like sweet potatoes, carrots and peaches. National health organizations recommend from five to 13 servings of vegetables and fruits per day, depending on age and gender. One serving equals one cup of salad greens, or one half a cup cooked vegetables or cut fruit, or one medium-size piece of fruit, or six ounces of juice. So far, the jury is still out as to whether high dietary levels or supplements of these substances prevent or just slow the progression of age-related eye diseases. More than one study has shown that vitamins, minerals and phytonutrients found in food offer advantages that are not available in pill form. Still, eating fresh, whole foods supports a person's general health, and taking a balanced multivitamin supplement is usually considered a good general health "insurance" practice.

This article reprinted with permission from the American Academy of Ophthalmology's EyeSmart Campaign ([www.geteyesmart.org](http://www.geteyesmart.org))

The Bermuda International Eye Institute is a LINK partner of Age Concern

TheMarketPlace  
TheMarketPlace  
TheMarketPlace

### Dry Rub Beef Ribs with Smokey Honey-Mustard Bar-b-Que Sauce

#### Method: Indirect Grilling

- 2 racks of beef ribs (5 to 7 pounds, total)
  - Basic Barbecue Rub
  - 3 cups wood chips or chunks (preferably apple or hickory), soaked for 1 hour in water to cover, then drained
  - Smokey Honey-Mustard Barbecue Sauce
1. Generously season the beef ribs on both sides with the Basic Barbecue Rub.

2. Set up the grill for indirect grilling. If using a gas grill, place all the wood chips (optional) in the smoker box or in a smoker pouch. Preheat the grill on high until you see smoke, then reduce the heat to medium low. If using a charcoal grill, set up for indirect grilling, then toss 1 cup of the wood chips on the coals.

3. Place the ribs in the center of the hot grate, meat side up, over the drip pan and away from the heat. Cover the grill and cook the ribs until dark brown, very crisp on the outside, and tender enough to pull apart with your fingers, 2 to 2 1/2 hours. If using a charcoal grill, every hour add 12 fresh coals and 1 cup of the wood chips or chunks to each side.

4. Transfer the ribs to a cutting board and cut the rack into individual ribs. Serve with Smokey Honey-Mustard Barbecue Sauce.

#### Smokey Honey Mustard Bar-b-Que Sauce

- 1 tablespoon salted butter
- 1 slice bacon, cut into 1/4-inch slivers
- 1 medium-size onion, finely chopped
- 1 to 2 jalapeño peppers, seeded and finely chopped (for a hotter sauce, leave the seeds in)
- 2/3 cup grainy mustard
- 2/3 cup honey
- 1/2 cup cider vinegar
- 1/4 cup brewed coffee

Coarse salt (kosher or sea)  
Freshly ground black pepper

1. Melt the butter in a heavy saucepan over medium heat. Add the bacon and cook, stirring often, until the fat starts to render, about 3 minutes. Add the onion and jalapeño and cook until the bacon is crisp and the onion is soft and translucent, 3 to 5 minutes.

2. Stir in the mustard, honey, vinegar, and coffee. Let the sauce simmer, uncovered, until thick and richly flavored, 6 to 10 minutes. Season with salt and pepper. Let the sauce cool to room temperature before serving. If not serving immediately, transfer to a clean glass jar. Place a piece of plastic wrap between the jar and the lid to keep the lid from corroding. The sauce will keep, refrigerated, for at least a week. Bring to room temperature before using.

#### Basic Bar-B-Que Rub

- 1/4 cup coarse salt (kosher or sea)
  - 1/4 cup dark brown sugar, packed
  - 1/4 cup paprika
  - 3 tablespoons freshly ground black pepper
  - 1 tablespoon garlic powder
  - 1/2 to 1 tablespoon dried onion flakes
- Combine all the ingredients in a bowl and stir or whisk to mix. Transfer to a covered jar and store away from heat and light. The rub will keep for several months

Nutrients per serving of ribs with sauce: calories 1,570, protein 78g, carbohydrates 34g, fiber 4g, fat 123g (saturated fat 51g), cholesterol 326mg