

Tasty Pineapple - Fresh or Canned

Three Easy Recipes

- 1). Cook 1/2 cup orange marmalade, 1/4 cup light corn syrup and a 8 oz can drained crushed pineapple until thickened, spoon warm on cheesecake, sprinkle with toasted coconut.
- 2). Sauté 1 sliced onion, 2 cloves minced garlic and 1 sliced red pepper in 1 tbs oil until onion is tender. Add 1 1/2 tsp curry powder and 2 chicken breast halves cut in strips, sauté until chicken is cooked through. Add one 15 oz can pineapple chunks drained, 1 can chicken broth and 1 tsp salt. Bring to a boil, Add 2 cups instant rice and cover, remove from heat.
- 3). Thread skewers with pork tenderloin cubes and chunks of pineapple and red onion. Brush with equal mix of teriyaki sauce and pineapple juice, grill.

ARE YOU A MEMBER of Age Concern ?

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

- July 1st - Membership Desk
The MarketPlace, Heron Bay 11:00am- 6:00pm

Me Retire.....Never!

Shirley Fredericka Wainwright (Folk) was born in Bermuda and is the youngest of 7 children. She raised 6 of her own children and a niece and a granddaughter; has 22 grandchildren and 9 great grandchildren. Shirley was a former Convention Manager at two of the Island's largest hotels and then became a Destination Manager. She has also lived and worked in New York, firstly as a Production Assistant and then became the first black female unit manager for American Broadcasting Company, a position she held for 15 years. She has also worked in the field of Education in Virginia. She is well known in the Bermuda community, through her work, her family, her church and her commitment to community. She now works with an Event and Project Management company lending her talents to the management of events for the not-for-profit sector.

Life according to Shirley.....
"I need to keep working in order for my synapses and dandroids to continue to fire correctly; in other words; constantly recharging my brain". She encourages others of her generation to become involved and if they already are not to stop. So here's a tip of the hat to Shirley.....you go girl!



Crossing Generations

by Sir Michael Caine



Like people everywhere, I've been excited to watch a family with young children take up residence in the White House. I live in England, and the media here kept us well apprised of the Obamas' moving plans. When I heard that the President's mother-in-law was coming to Washington to help raise the Obama girls, I thought it was wonderful. Every child deserves to grow up surrounded by loving family—and the more generations, the better. To me, family is the most important unit that we've ever invented. Family doesn't only mean blood relations; we all have friends who are just like family to us. It's a situation I've portrayed many times in films. In my new movie, *Is Anybody There?*, my character Clarence is a retired magician who moves into an old-age home run by a couple with a 10-year old son named Edward. Clarence and Edward's relationship grows as they get to know each other. The natural father in Clarence comes out, and by the end, they couldn't feel any closer if they had the same DNA.

The movie relationship couldn't feel more true to my own experience. One of the most important people in my life was my agent Dennis Selinger, who took me under his wing when I was a small-part actor. He was about 15 years older, and while he became kind of a father figure to me, he was also a friend. When things went wrong, I could call him up and we would go have a beer and talk. He was very proud when I became successful. Dennis worked very hard, and was a bachelor for most of his life. After my wife, Shakira, and I married in 1972, he became part of our family and was godfather to our daughter, Natasha. In fact, the children thought he was their grandfather when they were little, because he was always around.

Of course, friendship is about consistency during bad times as well as good. When Dennis was diagnosed with cancer in the 1990's, I did my best to be there for him. One day I went to see him and he was very sick. I had to go to Los Angeles, and Dennis said, "You go, and I will see you when you come back." I got out in the corridor and I thought, "I didn't say goodbye." So I ran back in and said, "Goodbye, Dennis." He said, "Goodbye, Mike take care." We didn't see each other again, I'm sorry to say. But as I sit in my office, I can see photos of me and my closest friend for 40 years, reminding me that family isn't only blood—it's the friends you love, across the generations. (Courtesy of AARP)

"peace of mind"

Age Concern launched with BF&M an insurance product, several years ago, called Peace of Mind.

Danjou Anderson who is the dedicated sales person for Age Concern is often asked questions about this unique policy which basically has no exceptions. The policy is usually taken by individuals to provide a nest egg to a loved one or indeed to cover final expenses. Here are some frequently asked questions about Peace of Mind.

Who is eligible for Peace of Mind?

Individuals from ages 50 to 80 (inclusive) permanently residing in Bermuda are eligible.

What size policies do you offer? You can choose coverage in units of \$1000.00 from a minimum of \$10,000.00 to a maximum of \$25,000.00.

Do I need to get a medical exam? No, if the insured is not terminally ill or bedridden, does not currently receive kidney dialysis or require oxygen use and has not been informed that he/she has an Immune Deficiency Disorder, Acquired Immune Deficiency Syndrome (AIDS) or AID's Related Complex (ARC) a medical exam is therefore not required.

How much will it cost me? This is determined by the amount of coverage required, the age (ALB) and sex (male or female) of the insured.

Where do I pay my premiums? If purchasing a policy from the Age Concern offices, your first premium will be paid with your completed application (cash or cheques only). All subsequent payments will be made to the BF&M offices.

What are the methods of payments? One may walk-in to the BF&M offices paying the cashier directly, call in with a credit or debit card or arrange a standing order payment through one's bank.

Are you interested in finding out more? If so call Danjou Anderson at 238-7525. He will be happy to come and chat with you about this and other LINK products that Age Concern offers or you can come to Age Concern Offices at 25 Point Finger Rd.

Save the Date

50+ EXPO at BUEI
Saturday, November 14th, 2009
10:00am-6:00pm

50+ showcases unique opportunities and offers from exhibitors, keynote speakers & information seminars, vital information on health care, legal and insurance products & services, a raffle and much, much more. Entry Free to all Members. Not a member of Age Concern? Join Now.