



**Admiralty House, Registered Charity Number 663, Limited by Guarantee**

**February Newsletter 2019**

### **EY Bermuda Limited saluted for Supporting Senior Centre**

**We salute EY Bermuda's managing partners and staff for supporting the Bermuda Senior Islanders' Centre for ten years. EY assisted the Senior Centre during the slumping economy with donations of a mini-van, cash, computers and other valuable services.**

**Our association with EY began with Gil Tucker, a former managing partner and continued with Jessell Mendes and David Brown, while Work Place Service Coordinators Johnette Smith and Shammara Simmons link us with EY community service volunteers.**



**Jessell Mendes and Johnette Smith [EY Bermuda] Fred Hassell, Mrs. Ruby Sampson and her niece, Moira Bean**

**For a decade, EY staff have visited the Senior Centre at Admiralty House Park, to serve festive Christmas meals to seniors and to lavish them with gifts and coveted raffles. Over this period, they have served over 800 meals, provided gifts and door prizes to delighted seniors.**

**The tenth-anniversary luncheon attended by Premier David Burt and Governor John Rankin took place in the Pembroke Community Centre. Premier David Burt accompanied by Cabinet colleagues Kim Wilson, Minister of Health, Lovitta Foggo, Minister of Community Affairs, and Kathy Ann Simmons, Minister of Legal Affairs, served elders a sumptuous meal. The Whitney Institute School Band, Eugene Joell and Maxwell Maybury's lively music kept the gathering hopping.**

**One of the highlights of the luncheon was the celebration of Mrs Ruby Sampson's 100th birthday. Governor Rankin and Premier Burt showered Mrs. Sampson with accolades, a floral bouquet and a birthday cake.**

**The Board and members of the Bermuda Senior Islanders' Centre wish to commend EY Bermuda partners and staff for their generosity; shared with seniors without hesitation or recompense.**



**Bermuda Senior Islanders' Centre Luncheon  
Admiralty House**

**Thursday, February 21, 2019, 12:30 p.m., \$7.00**

**Takeout Meals after 1:30 p.m. \$10.00**

Calendar of Events February 4-8, 2019

**Mon.** Feb. 4, 11:00 a.m. Devonshire Circle, Devonshire Adventist Hall

11:00 a.m. Sunshine Club, Southampton Adventist Hall

**Tues.** Feb. 5, 11:00 a.m. 50 Plus Social Club, St. James Church Hall

11:30 a.m. Hamilton Happy Seniors' Club, Hamilton Adventist Hall

12:30 p.m. Senior Islanders' Craft Class, Admiralty House

**Wed.** Feb. 6, 10:00 a.m. Golden Hour Club, Peace Lutheran Hall, Paget

**Thurs.** Feb. 7, 11:00 a.m. Season Seniors, St. George's Adventist Hall

12:30 p.m. Young at Heart Club, St. James Church Hall

12:30 p.m. Paget Luncheon Club, St. Paul's Church Hall, Paget, \$5.00

1:00 p.m. RAA Club, St. George's

**Fri.** Feb. 8, 2:00 p.m. Teen Advisory Board Valentine Tea, St. Mary's Hall, Warwick, \$10.00

**February 11-15, 2019**

**Mon.** Feb. 11, 12:00 Noon, Golden Elite, Allen Temple Church Hall, Somerset

**Tues.** Feb. 12, 11:00 a.m. 50 Plus Social Club, St. James Church Hall

11:30 a.m. Hamilton Happy Seniors' Club, Hamilton Adventist Hall

12:30 p.m. Senior Islanders' Craft Class, Admiralty House

**1:15 p.m. Island Wide Social Committee Meeting, Admiralty House Park**

**Wed.** Feb. 13, 11:00 a.m. Each One Teach One, Warwick Adventist Hall

**1:00 p.m. Joy Club Valentine's Tea, RAA, for tickets call 505-9150, 599-3723**

**Thurs.** Feb. 14, 11:00 a.m. Crown of Glory, Somerset Adventist Church

**Fri.** Feb. 15, 12:30 p.m. Special Peoples Club, St. Mary's Church Hall

February 18-22, 2019

**Mon.** Feb. 18, 11:00 a.m. Sunshine Club, Southampton Adventist Hall

11:30 a.m. Senior Circle Club, Devonshire Adventist Hall

**Tues.** Feb. 19, 11:00 a.m. 50 Plus Social Club, St. James Church Hall

11:30 a.m. Hamilton Happy Seniors' Club, Hamilton Adventist Hall

**Wed.** Feb. 20, 10:00 a.m. Golden Hour Club, Peace Lutheran Hall

11:00 a.m. Each One Teach One, Warwick Adventist

**Thurs. Feb. 21, Senior Islanders Luncheon Club, Admiralty House Park, \$7.00**

**Fri. Feb. 22, 12:30 p.m. Island Wide Social, Devonshire Recreation Club (\$5.00)**

**Tues.** Feb. 26, 10:00 a.m. 50 Plus Social Club, St. James Church Hall

12:30 p.m. Senior Islanders' Craft Class, Admiralty House

11:30 a.m. Hamilton Happy Seniors Club, Hamilton Adventist Hall

**Wed.** Feb. 27, 11:00 a.m. Each One Teach One, Warwick Adventist Hall

**Thurs.** Feb. 28, 10:00 a.m. Mount Zion Senior Club, Southampton

**Avoid This — Memory Decline**

To protect your powers of memory of recall when you're not actively learning, engage your mind with simple mental exercises. Lack of stimulation may be a major contributor to age-related memory loss. Try brushing your teeth or holding the phone in the hand you don't normally use.

**Teen Advisory Board of the Youth Library**



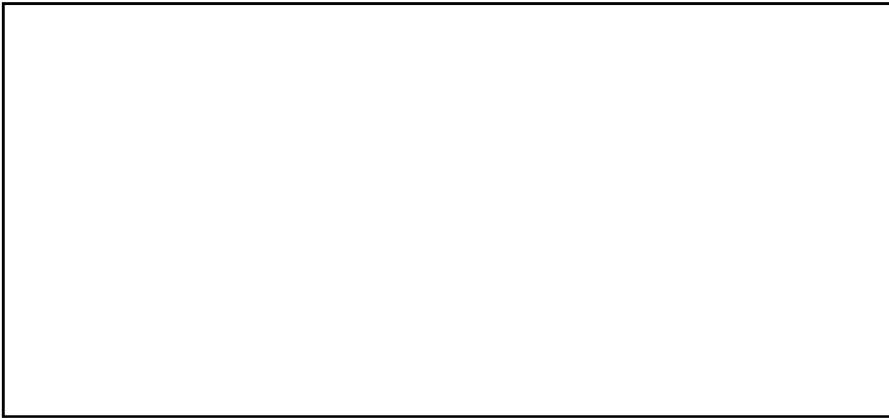
***Seniors are invited to the Youth Library's Valentine Tea, Friday, February 8, 2019, 2:00 p.m.- 4:00 p.m. at St. Mary's Church Hall, Warwick. Tickets are \$10.00 and can be bought at the Youth Library (295-0487), Hamilton.***

**National Health Accounts Report**

**The NHAR from 2017-2018 reports that Bermuda's total public and private spending on health care reached \$737 millions. However, Bermuda has a life expectancy of 81.3, lower than countries that spend less on health care. Switzerland 's life expectancy 83, Norway 82.4 and the OCED 80.5 years. (RG)**

“Life’s but a walking shadow, or poor player that struts and frets his hour upon the stage, then is heard no more. It is a tale told by an idiot, full of sound and fury, signifying nothing.”—Shakespeare, 1564-1616

The quote is of Macbeth’s dark view of life, which he feels is futile and meaningless. We need to be more caring of loved ones who feel life is hopeless and not worth living.



### Joy Club Valentine’s Day Tea



The Joy Club is planning a Valentine’s Day Tea on Valentine’s Day Wednesday, February 13, 2019, 1:00 p.m.– 4:00 p.m., (\$10.00) RAA Club, St. George. For more information on the Tea contact Marva Bridgewater 599-3723, 505-9150.

### Walk more if you can



**Above all, do not lose your desire to walk. Everyday, I walk myself into a state of well-being and walk away from every illness. I have walked myself into my best thoughts, and I know of no thought so burdensome that one cannot walk away from it. But by sitting still, and the more one sits still, the closer one comes to feeling ill. Thus if one just keeps on walking, everything will be all right.”— Søren Kierkegaard, 1847**

### Seniors Health Nuggets

**As seniors age, their muscles and joints may get stiff, making them less flexible.**

#### Move Carefully

**Use handrails for going up and down stairs. Wear nonslip shoes and slippers that are sturdy.**

#### Stay fit

**Exercise at least three times a week, it helps to keep your muscles and joints strong and flexible.**

**Adapted from Krames Communications, by Emily Outerbridge, 99 years young**



**A special thank you to Ms. Judith Woodley for making Mrs. Ruby Sampson’s 100th birthday luncheon so enjoyable for everyone.**

*Thank you!*



**Bermuda Senior Islanders’ Centre Newsletter**

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