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## **Acclaimed Actress Dame Helen Mirren Speaks Her Mind On Sex, Love, Solitude and 'Stripper Heels' In The June/July Issue of AARP The Magazine**

**WASHINGTON, D.C. (May 29, 2014)** — Down-to-earth, sassy, self-deprecating and devilishly opinionated to the core, Oscar® winner Helen Mirren is every bit the wise and witty Dame she appears to be. And while at 68, Mirren can fool people into thinking she's the picture of British reserve, the acclaimed actress is ready to reveal her irrepressible spirit in the June/July issue of *AARP The Magazine*. Discussing everything from high tea at her Italian villa to her favorite pair of "stripper heels," as she refers to them, the star of the upcoming film, *The Hundred-Foot Journey* reveals why she'll never slow down for anyone.

The following are excerpts from the June/July issue of the *AARP The Magazine* cover story featuring Dame Helen Mirren, available in homes today and online NOW at [www.aarp.org/magazine](http://www.aarp.org/magazine).

### **Why she'll never join social media:**

"It reminds me of a stinky old pub. In the corner would be this slightly disgusting old man who sits there all day, every day. If you went up and talked to him, you'd get the kind of grumpy, horrible, moldy, old meaningless crap that you read on Twitter."

### **On still being considered a sex symbol at 68:**

"[Sex appeal]...becomes less relevant with age, which is a good thing. Everything changes as we get older, and we have to applaud that fact, don't we?"

### **On her acting career:**

"I pursued the kind of career that I wanted to pursue which was not to do with fame and fortune. I was a pretty successful actress...but didn't become a household name because the kind of material I did was quite esoteric."

### **On the solitude acting lends her:**

"It's a very lonesome operation. I'm perfectly happy being on my own. It doesn't make me crazy."

### **On her legacy:**

"I'd like to be remembered as a productive person and someone who at least did no harm. And certainly as a great artist, because that's been my primary motivating force. And also, as a nice person—though I'm sure a lot of people don't think I'm nice!"

### **On having a family:**

"I never felt the need for a child and never felt the loss of it. I'd always put my work before anything."

### **Husband, Taylor Hackford on Mirren:**

"Helen has an innate sense of who she is, and a confidence and directness. She doesn't play it safe. What's sexy is how she is in the world even more than how she looks, though she certainly looks beautiful."

### **On her relationship with Hackford:**

"I used to say to Taylor, 'Oh why didn't we meet earlier?' But it's a really good thing, because we probably wouldn't be together now. I couldn't have dealt with him earlier on."

### **On her charity work:**

"I am very concerned with our aging population...sacrifices they made for my generation. It seems very unfair that they shouldn't be looked after."

For the complete interview, along with behind the scenes video, check out <http://www.aarp.org/magazine/>.

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## **About AARP The Magazine**

With more than 35.2 million readers, AARP The Magazine is the world's largest circulation magazine and the definitive lifestyle publication for Americans 50+. AARP The Magazine delivers comprehensive content through health and fitness features, financial guidance, consumer interest information and tips, celebrity interviews, and book and movie reviews. AARP The Magazine was founded in 1958 and is published bimonthly in print and continually online. Learn more at [www.aarpmagazine.org](http://www.aarpmagazine.org).

## **About AARP**

AARP is a nonprofit, nonpartisan organization, with a membership of nearly 38 million, that helps people turn their goals and dreams into real possibilities, strengthens communities and fights for the issues that matter most to families such as healthcare, employment and income security, retirement planning, affordable utilities and protection from financial abuse. We advocate for individuals in the marketplace by selecting products and services of high quality and value to carry the AARP name as well as help our members obtain discounts on a wide range of products, travel, and services. A trusted source for lifestyle tips, news and educational information, AARP produces AARP The Magazine, the world's largest circulation magazine; AARP Bulletin; [www.aarp.org](http://www.aarp.org); AARP TV & Radio; AARP Books; and AARP en Español, a Spanish-language website addressing the interests and needs of Hispanics. AARP does not endorse candidates for public office or make contributions to political campaigns or candidates. The AARP Foundation is an affiliated charity that provides security, protection, and empowerment to older persons in need with support from thousands of volunteers, donors, and sponsors. AARP has staffed offices in all 50 states, the District of Columbia, Puerto Rico, and the U.S. Virgin Islands. Learn more at [www.aarp.org](http://www.aarp.org).

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