



Government of the Republic of Trinidad and Tobago

Ministry of Social Development and Family Services

MEDIA RELEASE

Thursday, 16 September 2021

Priority: HIGH

FOR IMMEDIATE RELEASE

Live in Moderation and Pray says New Centenarian

“Live in moderation, pray and have faith in God” said Ms Leonora Webster as she celebrated her 100th birthday today, Thursday 16th, September 2021. Ms. Webster officially turned 100 on Friday 10th September, 2021. On the heels of the 31st anniversary of the United Nations International Day of Older Persons, Trinidad and Tobago’s newest centenarian sat down with the Minister of Social Development and Family Services, Senator the Honourable Donna Cox to share her secret to living a long and fulfilling life.

“My secret to living a longer and healthier life is moderation. Everything I did in life, I did it moderately. Faith in God is also important. Even when I strayed, God was always with me” said Ms. Webster.

Minister Cox joined Ms. Webster following a small celebration hosted by the Couva arm of the Persons Associated with Visual Impairment (PAVI), Ms. Webster has been a member of this organisation for the past 11 years, having lost her eyesight.

Ms. Webster told Minister Cox that her disability does not deter her from living a fulfilling life sharing with the Minister that she travelled to Curacao for her birthday in 2017. Ms. Webster explained to the Minister that she enjoys travelling, having been to Jamaica, Venezuela, and Barbados and enjoys partaking in her favourite dish of salmon and provision.

Presenting a plaque to Ms. Webster, Minister Cox stated that she was pleased to join the celebration, experience the rich dialogue and draw upon lessons from Ms Webster, especially as the Ministry intends to commemorate International Day of Older Persons on October 1st. Minister Cox also presented Ms. Webster with a food hamper and other tokens.

Minister Cox further indicated that the recognition of seniors falls under the Division of Ageing’s soon to be reconstituted Salutation to Centenarians Programme, aimed at recognizing and paying tribute to older persons.

“I feel happy knowing that persons in Trinidad and Tobago are living longer. Prayer is truly the key to living a long and prosperous life.” said Minister Cox.

Colonial Life Building, 39-43 St. Vincent Street, Port of Spain, Trinidad, W.I.

Telephone: (868)-623-2608

www.social.gov.tt

Follow us: Facebook



Ms. Leonora Webster has one son, one adopted daughter, four grandchildren, seven great grandchildren and one great-great grandchild. The Ministry of Social Development and Family Services was pleased to observe this milestone and celebrate Ms Leonora Webster and encourages persons to contact the Division of Ageing to inform the Ministry of similar occasions at 623 – 2608; ext: 1403 – 1409.

-End-

For more information:

Corporate Communications and Education Unit
Ministry of Social Development and Family Services
(868) 623-2608; Ext 5405/5431//5432
cceu@social.gov.tt



Minister Cox presents a certificate to Ms. Leonora Webster in recognition of her valuable contribution to Trinidad and Tobago. Ms Webster's daughter was also present at the birthday celebration.



Minister Cox presents a certificate to Ms. Leonara Webster in recognition of her valuable contribution to Trinidad and Tobago



Ms. Leonara Webster during her 100th birthday celebration.

