



MEDIA RELEASE

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FOR IMMEDIATE RELEASE

Priority: **HIGH**

Active Centenarian attributes her Longevity to Prayer & Faith

Prayers, faith, and having an active lifestyle are what Ms. Dora Gibbons, who will celebrate her 100th birthday on January 24th, attributes to her living a long and prosperous life. To mark the occasion, her family hosted an intimate brunch on the eve of her birthday at her Coral Gardens Diego Martin home. Among those specially invited to celebrate the milestone was Minister of Social Development and Family Services, Senator the Honourable Donna Cox.

While speaking, Ms. Gibbons told Minister Cox that she is a devoted Catholic quoting her favourite scripture Isaiah 41:10 - "Fear thou not; for I am with thee: be not dismayed; for I am thy God: I will strengthen thee; yea, I will help thee; yea, I will uphold thee with the right hand of my righteousness." That devotion led to her actively participating in her church where she was the secretary for many years and also involved in the church's Child Welfare League.

Ms. Gibbons also told Minister Cox that her active lifestyle also played a major role in her attaining her milestone age, noting that she has always been active and enjoys doing a variety of activities including gardening, crotchet, sewing, macramé, cake baking, and icing, floral arrangement making and in her later years, crossword puzzles, Sudoku, board games, and adult colouring.

During the celebration Ms. Gibbons also took the time to impart words of advice to the younger generation. "I have plenty of advice for the younger generation" said Ms Gibbons. She stated "Be obedient to your parents, be respectful to your elders and those in authority, choose your friends wisely, focus on your education, set goals and work towards those goals and do not be a follow fashion. Do what is right and put your trust in the Lord."

Minister Cox who was inspired by the conversation with Ms. Gibbons, said that she took notes of the factors which contributed to positive ageing. Minister Cox then presented Ms. Gibbons with a Certificate of Achievement and Honour, a hamper, and a birthday cake courtesy the Kiss Baking Company Limited; noting that the commemoration forms part of the Ministry's National Centenarian Programme, which celebrates and showcases the positive contributions of older persons attaining one hundred years and older.

Born to Atherlene Paul & James Oliver, Ms. Gibbons is an only child and grew up with her grandmother. Her favourite foods include corn pie, provision, lentils, pigeon peas, fish or saltfish, baked chicken, pelau, and bhagi rice and she enjoys local drinks including mauby and passion fruit. While she aspired to be a teacher, she chose to be a devoted wife and mother to her eight children.

The Ministry of Social Development and Family Services was pleased to celebrate another centenarian as we promote a sense of social inclusion and esteem among centenarians given their contributions to national development and the overall success of our nation.

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For more information:

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Ms. Dora Gibbons at a small celebration hosted by her family.



Minister Cox congratulates Ms. Dora Gibbons for reaching this milestone.



Minister Cox brings greetings to Ms. Dora Gibbons and wishes her a happy 100th birthday



Minister Cox presents Ms. Dora Gibbons with a certificate of honour and achievement



Minister Cox presents Ms. Gibbons with a cake, sponsored by Kiss Baking Company



Ms. Gibbons gives Minister Cox the secret to her longevity



Ms. Gibbons celebrates her 100th birthday with her family at her Diego Martin home. She turns 100 tomorrow, January 24, 2022.