



Government of the Republic of Trinidad and Tobago

**Ministry of Social Development and Family Services**



## **MEDIA RELEASE**

Saturday, 5 February 2022

FOR IMMEDIATE RELEASE

Priority: HIGH

### **“Stop Smoking” says New Centenarian, Ms. Stella Armour**

She may be 102, but Ms Stella Armour, still goes to the market and enjoys a good game of Rummy and All Fours. Surrounded by family and friends, Ms Armour fondly called “Mami”, celebrated the milestone today, Saturday 5<sup>th</sup> February 2022. Joining the celebration was the Minister of Social Development and Family Services, Senator the Honourable Donna Cox and Member of Parliament for Tunapuna, Mr Esmond Forde. Mr Forde recommended Ms Armour for the Ministry’s National Centenarian Programme, where persons 100 years and over are honoured for their contributions to the development of Trinidad and Tobago.

At the celebration held at the home of her daughter Sharon Armour, in Bon Air West, Arouca, Minister Cox, astonished by her graceful and youthful appearance, asked Ms Armour for the secret to her longevity and the formula for looking quite graceful at the age of 102.

Ms. Armour told Minister Cox that her faith and trust in God played a major role in her attaining her milestone age noting that she reads her bible every night and tries not to hold malice.

She also shared with Minister Cox that when she is not watching The Young and Restless, she is watering her plants.

Ms. Armour also took the opportunity to impart words of advice to the younger generation. According to Ms. Armour, “In order to ensure that you live a healthy life, persons should stay away from bad habits such as smoking and instead, give their mind and heart to the Lord”

As part of the National Centenarian Programme, Minister Cox then presented Ms Armour with a Certificate of Achievement and Honour, a hamper, and other items. Ms Armour also received a personalised birthday cake sponsored by the Kiss Baking Company. Ms Armour will also receive a personalized commemorative pin.

Also present at the celebration was her granddaughter, Jeanelle Armour who added that the fully vaccinated centenarian is her biggest supporter. As a pannist for the Exodus Steel Orchestra, the younger Armour said her grandmother unremittingly supported her at the Panorama Steelband Competitions and was even present for her performance to “Dear Promoter” in 2020.

Also wishing the centenarian a happy birthday, Mr Forde thanked Minister Cox for hosting such a programme that celebrates the foundation of our nation.

Ms Armour who is originally from St. Vincent migrated to Trinidad and Tobago at the age of twelve. She resided in Port of Spain but moved to St Augustine where she lived with her husband for sixty-two years before his passing in 1982.

Growing up, she worked at an English owned restaurant in Las Lomas where she perfected her culinary skills. Her culinary skills caught the attention of Dr Donald Walmsly of the Caribbean Agricultural Research and Development Institute where she assisted and cooked for him until the age of seventy.

Ms Armour who loves animals and plants loves hosting Christmas and New Year's Eve dinners and a "J'ouvert Breakfast" where she would make a variety of foods including saltfish, fry dry, tomato choka with a variety of bread and pastries for her family. She is also the proud mother to nine children, seventeen grandchildren, twenty-seven great-grandchildren and twenty-five great-great-grandchildren.

The Ministry was proud to honour Ms Armour and invites family members and loved ones, Members of Parliament, Local Government Representatives, friends, and neighbours; as well as members of the public, to register information on persons who are 100 years and older, or who will soon be 100 years (i.e. persons 99 years of age).

To register, please visit the Ministry's website at [www.social.gov.tt](http://www.social.gov.tt) and complete the online form or print a downloadable form for completion. Completed forms may be dropped off at the nearest Social Welfare Office or emailed to the Division of Ageing at [opic@social.gov.tt](mailto:opic@social.gov.tt). For more information, persons may contact the Division of Ageing at 623 – 2608; Ext 2002 to 2009 or 800-OPIC (6742).

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



Minister Cox asks Ms. Armour about the secret to her longevity



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



Ms. Stella Armour at the small celebration hosted by her family



Minister Cox, MP Esmond Forde, Ms. Stella Armour and some of her children.