



## MEDIA RELEASE

Sunday, 10 April 2022

FOR IMMEDIATE RELEASE

Priority: HIGH

### **Freeport resident celebrates 103, credits hard work, honesty, love and prayer**

Today, Sunday 10th April 2022 might be the 100<sup>th</sup> day of the year but Mrs Bathchee Sumintra Mahabir surpassing that milestone age of 100 is celebrating her 103<sup>rd</sup> birthday today. Mrs Mahabir is also the latest centenarian to be honoured under the Ministry of Social Development and Family Services' National Centenarian Programme, where older persons are recognized for their contributions to the development of Trinidad and Tobago.

Visiting the centenarian at her Jaideo Seudass Road, Freeport home to celebrate the continued milestone was the Minister of Social Development and Family Services, Senator the Honourable Donna Cox. Minister Cox was joined by the staff of the Ministry's Division of Ageing and Corporate Communications and Education Unit.

Presenting the Certificate of Honour and Achievement, Minister Cox told Mrs Mahabir that she was pleased to join the celebration and experience first-hand her secret that contributed to her longevity to which Mrs Mahabir responded "I work hard." Mrs Mahabir also credited honesty, love, and the Father for surpassing the age of one hundred.

Mrs Mahabir told the Minister that she started the day by preparing her breakfast of aloo choka, sada roti and a cup of milo and usually retreats to her hammock as her daily source of comfort. Mrs Mahabir told the Minister that she worked hard in the cane fields and planted rice and cocoa to take care of her family and still occasionally plants in her kitchen garden. "*I worked hard. Now the grandchildren have to watch what the grandmother did. Now is my time to rest and enjoy and let them do it for you,*" said Mrs Mahabir. The mother of five, grandmother to twenty and great-grandmother of eight also told the Minister that she does not smoke or drink.

Also in attendance was Ms Gina Bissoon, District Health Visitor attached to the South West Regional Health Authority (SWRHA). Mrs Bissoon's visit forms part of the *Home Health Check-in* component of the National Centenarian Programme where health checks for the centenarians are conducted, reducing the need for them to visit their health facilities for medical check-ups. Mrs Bissoon was happy to report to the Minister that Mrs Mahabir has no chronic diseases.

Minister Cox also presented Mrs Mahabir with a hamper and a personalised birthday cake sponsored by the Kiss Baking Company.

The Ministry of Social Development and Family Services was pleased to honour our latest centenarian and encourage family and loved ones, Members of Parliament, Local Government representatives, friends, and neighbours to salute our nation's centenarians by registering for the Programme. Persons may 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 2001 to 2009 or 800-OPIC (6742).

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*Mrs Mahabir shares with Minister Cox her secret to longevity.*



*Minister Cox presents the Certificate of Honour and Achievement to Mrs Mahabir. Looking on are relatives and loved ones.*



*Going strong – Minister Cox is escorted by Mrs Mahabir as she shows the Minister where she usually spends her day.*



*Mrs Mahabir receives her health check-in from Ms Bissoon of the SWRHA.*



*Celebrating 103, Mrs Mahabir blows out the birthday candles on her birthday cake.*