



MEDIA RELEASE

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FOR IMMEDIATE RELEASE

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Putting God first and eating the right foods are the keys to longevity

Putting God first and eating the right foods are the keys to longevity according to Ms. Carmelite Gay who celebrated her 101st birthday on Monday 3rd May 2022. To mark this milestone, her family hosted a small celebration at her Brazil Village home where the staff of the Ministry of Social Development and Family Services were on hand to join the celebrations.

Inspector I of the Division of Ageing Sophia Kennedy while chatting briefly with the centenarian, was told by Ms. Gay that she is pleased to reach 101, stating *“I feeling good, I feeling glad, I feeling happy that I live so long.”*

Ms. Gay also said that she grew up in Brazil Village and described the community as always being quiet though in recent times she has observed that people’s attitudes have differed since then. *“People don't live as they used to at all,”* said Ms. Gay

The mother of nine, grandmother to twenty-three, great-grandmother to twenty-five; and great-great-grandmother to three also provided some words of advice for this generation noting that they ought to submit to God. *“This time, children don't listen, you have to talk to them over and over because they feel they know more than you. Not but long-time children. Long-time children were nice children. However, you must tell them how they must live, how they must love their family and they must serve God”* said Ms. Gay.

Staff at the Ministry was surprised to learn that Ms. Gay keeps abreast of current affairs in the country, noting that she loves to watch the news, and the Beyond the Tape programme and still completes many activities on her own.

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 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. 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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Ms. Gay receives her Certificate of Honour and Achievement from Ms. Sophia Kennedy of the Division of Ageing.



Ms Gay is all smiles as she receives her birthday cake from the Kiss Baking Company. Ms. Gay also received a food hamper.