



MEDIA RELEASE

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FOR IMMEDIATE RELEASE

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Live righteously and live a clean pure life says Centenarian Hubert Lewis

Living righteously and living a clean and pure life are the secrets to living a long life according to Mr. Hubert Lewis who celebrated his 102nd birthday today, Friday 3rd June 2022. To celebrate his continued milestone, Mr. Lewis was visited by the Minister of Social Development and Family Services Senator the Honourable Donna Cox at his Fyzabad home where he has been a resident for the past seventy-seven (77) years. Ms. Lewis told the Minister that he feels honored to celebrate his 102nd birthday.

“It means a lot that God spared my life to make it to 102. As long as the Lord permits me I will be here, might be a day, might be a day and a half. Nobody knows”, he said.

During the visit, Mr. Lewis told the Minister that he was a welder for the Tesoro Petroleum Company for forty-five years before he retired. Sharing fond memories with the Minister, Mr. Lewis said that long ago were lovely days.

“I grew up in Grenada, Forest Reserve, and Fyzabad. In Grenada, I remember taking the animals to the sea and bathing them. I used to ride horses and donkeys there. In the Forest Reserve I spent my days. I went to school there, learnt trade and started working. However, it was in Fyzabad that I spend my working life and played lots of football. School days were lovely days. and I had a good time. My married life, I enjoyed it and now, here I am today,” said Mr. Lewis.

Minister Cox was also surprised to learn that besides cooking, the father of eight (8) children, grandfather of fifteen (15), and great-grandfather to nine completes most of his tasks himself.

He further noted that society has changed over the last 100 years. According to Mr. Lewis “We have more access to infrastructure such as lights, water, phones. Many more communities have developed although we do not communicate as before. People tend to keep to themselves and mind their business. People long ago were more loving and caring. We used to ride bicycles long ago which is now replaced by vehicles. We could have left our houses and gates open and go out but not now. There is so much security in homes now. Prices of goods were much cheaper than now. We never used chemicals in food as is done now. Normally we had to go to Port of Spain for things like birth certificates but now it is centralized. The skyline of Trinidad has changed and technology has transformed the world.”

Minister Cox then commended Mr. Lewis for providing a rich and detailed chronicle of his life stating that she is looking forward to his 103rd birthday celebration to which he responded, “I’ll be here.”

Minister Cox then presented Mr. Lewis with a fruit hamper, his Certificate of Honour and Achievement, and a birthday cake by the Kiss Baking Company. Minister Cox further told the centenarian who suffers from glaucoma, that as part of the National Centenarian Programme, he will receive a health check-in from representatives of the Regional Health Authority in his area.

The Ministry of Social Development and Family Services was pleased to honour Mr. Lewis as part of the National Centenarian Programme. To register 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).



Mr. Hubert Lewis who celebrates his 102nd birthday today receives his Certificate of Honour and Achievement from Minister Cox.



Minister Cox presents Mr. Hubert Lewis with his Certificate of Honour and Achievement.



Mr. Hubert Lewis shares the secret to longevity with Minister Cox.

