



MEDIA RELEASE

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FOR IMMEDIATE RELEASE

Celebrating 100, Ivy Williams credits prayer and humility

July 23rd, 2022 marked a momentous occasion for the Williams' family as its matriarch Ms. Ivy Williams celebrated her 100th birthday. The new centenarian usually spends her days with family, sewing, helping in the kitchen, and playing with her dog. However, to celebrate the milestone, Ms. Williams spent her day marking the occasion with a thanksgiving service hosted by her relatives and loved ones. Referencing her favourite scripture, Ms. Williams' secret to longevity is prayer and humility.

Noting the great achievement worthy of celebrating, her granddaughter Lydia Ali said that the family is simply thankful that the former homemaker achieved the milestone, a first for the family. Ms. Ali also noted that her family is also thankful that her grandmother who sewed her first dress at the age of nine, has retained good mental and physical functioning, still sews, and often assists her mother (Ivy Williams' daughter) in the kitchen and with other household chores.

Recalling times past, the mother of four, grandmother to six, and great-grandmother to three indicated that she grew up in Bonne Adventure and described the landscape as green with an abundance of fruit trees further stating that some trees came from India. She noted that the world has evolved from persons leading a quiet and humble lifestyle to one that is modern, busy, and hectic. She further recalled that the most historic event of her life is man's ability to walk on the moon. With many years of experience, the avid cricket fan who has witnessed many events in her long life had some advice for young people: "Pray and be kind to people."

The Ministry of Social Development and Family Services was pleased to honour Ms. Williams 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).



Ms. Williams receives her Certificate of Honour and Achievement from her granddaughter and M&E Officer at the Ministry, Ms. Lydia Ali.



Ms. Ivy Williams who celebrated her 100th birthday on July 23rd, 2022 displays her birthday cake received from the Kiss Baking Company.



Celebrating 100 – Ms. Williams displays her Certificate of Honour and Achievement.