



MEDIA RELEASE

July 1st, 2022

FOR IMMEDIATE RELEASE

Priority: HIGH

Born in 1922, Alfred Liverpool celebrates 100th birthday

Eliminate junk foods from your diet. This is the advice of Alfred Liverpool who celebrated his one-hundredth birthday on June 30th. According to the new centenarian, consuming fresh foods and fruits, and avoiding junk food is his secret to longevity.

Mr Liverpool also noted that exercise played a major role in his attaining the age of one hundred. “I wake up at 7 am every day, and exercise by either walking the community or using the spin bike. I spend the rest of the day watching games shows, westerns, news or playing lotto.”

The father of five, two daughters and three sons, grandfather of eleven and great-grandfather also noted that “family always comes first.” Further stating that he is proud of the successes of his children and grandchildren.

With many years of experience, Mr. Liverpool’s advice to the younger generation is to “Listen to your parents and believe in God so you can stay on the straight path.”

Mr. Liverpool was visited by Ms. Nyiida Andrews, Inspector I of the Division of Ageing who presented him with his Certificate of Honour and Achievement, birthday cake, sponsored by the Kiss Baking Company and a fruit hamper, sponsored by NAMDEVCO.

The Ministry of Social Development and Family Services encourages family members and loved ones, Members of Parliament, Local Government representatives, friends, and neighbours to salute our nation’s centenarians by registering for them for the National Centenarian 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. Liverpool celebrates his 100th birthday on June 30th.



Ms Nyiida Andrews of the Division of Ageing presents Mr Liverpool with his Certificate of Honour and Achievement and birthday cake