



## MEDIA RELEASE

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FOR IMMEDIATE RELEASE

Priority: HIGH

### **Moderation is key says 104-year-old Ivan Mendonca**

Everything in moderation is one of the keys to longevity says Ivan Mendonca who celebrated his 104<sup>th</sup> birthday on June 23<sup>rd</sup>, 2022. He also attributed faith and belief in God as attributes to his longevity. To help him celebrate the occasion, Mr. Mendonca was visited by Deputy Permanent Secretary Jasmine Pascal accompanied by Ms. Janinka Gomes, Inspector I of the Division of Ageing at his Pointe-A-Pierre home

In attendance also was his daughter Camille Mendonca who told representatives that though he occasionally enjoyed his favourite drink of Harvey's Bristol Cream, her father lives a health-conscious and active lifestyle and would abstain from fast foods, rice, and flour only consuming soy products including milk and cheese, vegetables and provision.

*"I am proud of my health because I chose to live a healthy lifestyle; I am without any serious ailments,"* said Mr. Mendonca.

Ministry officials also learned that the father of five, grandfather of six, and great-grandfather of two is an avid cricket fan having in his collection many books on his favorite sport. Mr. Mendonca even listed some of his favorite cricketers. *"Clive Lloyd, Gordon Greenidge, Frank Worrell, Vivian Richards, and Brian Lara, he (Brian Lara) was a good one,"* he said.

Mr. Mendonca also indicated that his first job was as a store clerk in Steven's and Johnsons and worked as a refinery operator for Texaco until his retirement further noting that growing in, he was well-liked. *"In my days I was a heartthrob. I stole a lot of hearts. Even snagged my wife's heart at 22 when I was 55."*

With many years of experience, Mr. Mendonca's advice to the younger generation is to "Stay in school to get a good education, always be respectful to your elders and never squander and never put all your eggs in one basket."

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



*Mr Mendonca reads his Certificate of Honour and Achievement received from Deputy Permanent Secretary Jasmine Pascal.*



*Mr Mendonca receives his Certificate of Honour and Achievement from Deputy Permanent Secretary Jasmine Pascal.*



*Moderation is key says Mr Mendoca revealing his keys to Deputy Permanent Secretary Pascal.*





*Avid cricket fan – Joined by his daughter Camille Mendonca, the centenarian lists his favourite players for DPS Pascal.*