



Government of the Republic of Trinidad and Tobago

Ministry of Social Development and Family Services

MEDIA RELEASE

July 29th, 2022

Priority: HIGH

FOR IMMEDIATE RELEASE

Home-grown food, key to longevity says Ms. Telesford

Consuming “*home grown food and going to church*” is the key to longevity according to Ms. Eileen Telesford. The mother of seven, grandmother of twelve, great-grandmother of nineteen, and great-great-grandmother of six celebrated her 102nd birthday on July 26th, 2022. The former seamstress and Grenada native was visited by Ms. Crystal Felix and Ms. Nyiida Andrews of the Division of Ageing who presented the centenarian with her Certificate of Honour and Achievement, a fruit hamper, and a birthday cake from the Kiss Baking Company.

The centenarian now immobile, says she enjoys relaxing with family members. She also urged the younger generation to obey their parents and “never hang your hat where your hand can’t reach it.”

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

Colonial Life Building, 39-43 St. Vincent Street, Port of Spain, Trinidad, W.I.

Telephone: (868)-623-2608

www.social.gov.tt

Follow us: Facebook





Ms. Nyiida Andrews, Inspector I of the Division of Ageing visits Ms. Telesford to honour her under the Ministry's National Centenarian Programme