



MEDIA RELEASE

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FOR IMMEDIATE RELEASE

Priority: HIGH

Centenarian “Phenella” celebrates 102

Peace of mind and a good heart are the keys to longevity according to Ms. Nellie Williams who celebrated her 102nd birthday on September 6th, 2022 and the centenarian said she is proud *to attain the age of 100 plus*. Phenella as she is known to many, said she was born on Mandingo Road, Princes Town but grew up on Coffee Street, San Fernando where it was “quiet and friendly.” She noted that the most important lessons she has learnt is to be humble and kind to people.

She attended the San Fernando Methodist Primary School and said that the best advice she has for this generation is to be respectful to others. Ms. Williams was married to John Joseph Williams with whom she shares two children – one son who resides in the USA and an adopted daughter. The grandmother and great-grandmother of six also said she worked as a domestic worker and in. When asked about her most favourite memory, she said “*There are so many favourites, I cannot pinpoint one at the moment*” said Ms Williams. She further noted that her days are now spent reading the daily newspapers, her bible and watching television

Ms. Williams was visited by Ms. Quelyn Joseph, Inspector I of the Division of Ageing to be honoured under the Ministry’s National Centenarian Programme. She was presented with her Certificate of Honour and Achievement, her birthday cake from sponsor, the Kiss Baking Company and a fruit hamper from NAMDEVCO.

To register your loved one for recognition under the National Centenarian Programme, please visit the Ministry’s website at www.social.gov.tt to 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).



Nellie "Phenella" Williams is presented with her Certificate of Honour and Achievement.