



MEDIA RELEASE

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FOR IMMEDIATE RELEASE

Priority: HIGH

Christmas Day supercentenarian says secret to long life is ‘fresh food from the land’

Ms. Una Lardy may quite possibly be the oldest person in Trinidad and Tobago. At 110, she is the oldest person registered under the Ministry of Social Development and Family Services’ National Centenarian Programme where persons one hundred years and over are honoured for their contributions to the development of Trinidad and Tobago.

Born December 25, 1911, there will be double celebrations for Ms. Lardy as she will celebrate both Christmas and her 111th birthday. Celebrations began earlier this year for the supercentenarian as she was visited by Minister of Social Development and Family Services Senator the Honourable Donna Cox. Joined by Permanent Secretary Sheila Seecharan, Dr. Hyacinth Blake, Director of the Division of Ageing and other representatives of the Ministry, Minister Cox, enlightened by the remarkable achievement asked Ms. Lardy what is the secret to her longevity.

“Eat fresh food from the land. Eat plenty of coconut, fish, corn,” said Ms. Lardy. Further adding that “Coconut water is a tonic”

When asked how much has the world changed from then to now, “Plenty!” was the Santa Cruz native’s response who recalled going to the well for water. “I have never missed the opportunity to vote in the general election. In my 80’s when I moved to Cumuto from Piccadilly Street, they would have to take me all the way to Port of Spain to vote as I felt it was very important to exercise my rights.” she continued. Also joining the celebrations was gospel singer Jaron Nurse who sang some local gospel favourites.

As the most senior centenarian on the Ministry’s NCP database, Ms. Lardy was the first recipient to receive the Ministry’s specially curated centenarian commemorative medal to honour her longstanding contributions to the development of the nation. Centenarians recognized throughout 2022 are also scheduled to receive their commemorative medals.

At the end of the celebration, Minister Cox presented Ms. Lardy with a new wheelchair, her Certificate of Honour and Achievement, a nutritional hamper, roses and a balloon bouquet. Ms. Lardy also received a hamper courtesy the National Agricultural Marketing and Development Corporation (NAMDEVCO), and a birthday cake from key sponsor, the Kiss Baking Company.

The Ministry of Social Development and Family Services is again pleased to honour our latest centenarian 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).



Minister Cox visits Ms Una Lardy who celebrates her 111th birthday on December 25, 2022.



Minister Cox pins Ms Lardy with her specially curated centenarian commemorative medal.



Minister Cox is joined by (l-r) Dr. Hyacinth Blake, Director of the Division of Ageing, gospel artist Jaron Nurse, Permanent Secretary Sheila Seecharan and loved ones to celebrate Ms. Una Lardy's 111th birthday.



Gospel artist Jaron Nurse sings a slew of gospel songs to the supercentenarian.



Minister Cox presents Ms Una Lardy with her new wheelchair.