



MEDIA RELEASE

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FOR IMMEDIATE RELEASE

Priority: HIGH

“Ma” Carabia celebrates 100

“Sister”, “Auntie”, “Ma”, strong, independent and hardworking are a few words which were used to aptly describe Ms. Amelia Carabia at her 100th birthday celebration held at the Arima Community Centre on Saturday 11th March, 2023. The new centenarian walked into her celebration donning a cream gown, sheer sequin blazer and a crown upon her head to her rustic themed celebration. The event was attended by scores of relatives, friends and loved ones who shared some of their fondest memories of the centenarian.

In her response, Ms. Carabia indicated that despite many challenges, she was indeed thankful for achieving this special milestone. “All I can say is thank God, because I never expected to reach ah hundred. Many times, I cried telling God I wouldn’t reach sixty because I worked so hard, but He knows and He gave me the strength to do it, and look where I am, so all I could do is thank Him” she said. She further stated that she is happy that her children and grandchildren were able to celebrate the milestone with her, as she further encouraged them through one of her favourite songs, “Trust and Obey.”

Also joining the celebration was Ms. Reena Dass-Ramkissoon, Inspector II from the Ministry’s Division of Ageing. On behalf of the Minister of Social Development and Family Services Senator the Honourable Donna Cox, Ms. Dass-Ramkissoon extended congratulations and best wishes to Ms. Carabia for achieving the milestone. Ms. Dass-Ramkissoon then presented Ms. Carabia with her Certificate of Honour and Achievement, a hamper and 100th birthday cake.

Born and raised in Valencia Quare Vaga, Ms. Carabia once babysat, cooked and cleaned for five dollars before working as a Labourer in Aripo tending to livestock for twenty-four (24) years.

She is the mother of five (5) children, grandmother of eight (8), great-grandmother of twenty-two (22), and great-great grandmother of seven (7).

The Ministry of Social Development and Family Services encourages persons to join us as we recognise and salute our nation's centenarians for recognition under the National Centenarian Programme. Persons may visit the Ministry's website at www.social.gov.tt for more information or contact the Division of Ageing at 623 – 2608; Ext 2001 to 2010 or 800-OPIC (6742).



Ms. Amelia Carabia celebrates her 100th birthday.



Ms. Carabia and her daughter Joyce at her 100th birthday celebration at the Arima Community Centre.



Ms. Dass-Ramkissoon, Inspector I of the Division of Ageing presents Ms. Carabia with her Certificate of Honour and Achievement.

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