



MEDIA RELEASE

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FOR IMMEDIATE RELEASE

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Ms. Mills celebrates 100

On February 28, 2023, Ms. Sylvia Mills celebrated her 100th birthday and according to the new centenarian, “good food” is her secret to longevity. These foods include a slew of local favourites including fish broth, cou cou, and ‘pong plantain’. She also credited drinking porridge and going to church as key secrets to her longevity.

According to Ms. Mills, she grew up on Charlotte Street, Port of Spain before moving to San Juan and then Maloney Gardens where she has lived for over thirty years. Ms. Mills fondly called “Momos”, also recalled attending primary school in Calvary Hill and noted that Carnival in Port of Spain then, is entirely different from the Carnival of today. “I remember children sweeping the yard with a cocoyea broom early on Carnival Monday mornings for a penny” said Ms. Mills.

Besides Carnival, she also noted much has also changed. “People hardly say good morning and back then had a lot more home-cooked food than fast food.” The mother of four (4), grandmother of fifteen (15), great-grandmother of fifteen (15) and great-great-grandmother of one, said she spends her time reading her “word” daily, watching the Catholic Mass on television, taking her daily morning walks before reading the newspaper and, watching news and her favourite game shows including Family Feud.

On her birthday, Ms. Mills was visited by Ms. Nyiida Andrews, Inspector I of the Division of Ageing to honour her under the Ministry’s National Centenarian Programme and presented Ms. Mills with her Certificate of Honour and Achievement, a hamper courtesy of the National Agricultural Marketing and Development Corporation (NAMDEVCO), a mug and a birthday cake from the Kiss Baking Company. The new centenarian was also later visited by MP for the area, the Honourable Camille Robinson-Regis, Minister of Housing and Urban Development and Mr. Stephan Wattle, Councillor for Mausica/Maloney.

The Ministry of Social Development and Family Services encourages persons to register for the 2023 instalment of the National Centenarian Programme. The NCP seeks to promote a sense of social inclusion and esteem among centenarians given their contributions to the development and overall success of our nation. Persons wishing to register 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 2002 to 2009 or 800-OPIC (6742).



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