



Government of the Republic of Trinidad and Tobago

Ministry of Social Development and Family Services

## MEDIA RELEASE



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### FOR IMMEDIATE RELEASE

Priority: HIGH

#### **Three Centenarians celebrate 100<sup>th</sup> birthdays**

Ms. Lucille Nurse, Ms. Olga Regis and Mr. Wosley Murray possess something in common. They celebrated their one-hundredth birthday this year. Another common thread among the new centenarians is their secret to longevity – *Spirituality*.

Representatives from the Ministry of Social Development and Family Services Division of Ageing visited Mr. Wosley on April 8, 2023, the day of his birth in San Souci home where he has lived since birth. According to the father of eleven (11), grandfather of forty-four (44), great-grandfather of fifty-seven (57) and great-great grandfather of eight (8) told representatives that he did not party but spent his life preaching the word of God. “I know partly the whole of Trinidad. Preaching and thing. So I lived a full life. I preached God’s word. I preached, I taught when people would come down here so my name is all in America and Canada” said Mr. Wosley.

Ste. Madeline native Ms. Olga Regis celebrated her 100th birthday on April 11, 1923 and credited her longevity to prayer. Fondly called “Sydney” and “Mamito”, Ms. Regis also taught at the Ste. Madeleine RC School, the same school she attended as a girl growing up. The mother of seven said the proudest achievement of her lifetime is her seven children. She is also the grandmother of eleven and great-grandmother of ten.

"Healthy foods, a calm spirit based on her belief, faithfulness in God, showing love and generosity" are the secrets to longevity for Ms. Lucille Nurse who celebrated her 100<sup>th</sup> birthday on April 12, 2023. The mother of fifteen (15) and former nursing assistant indicated that having faith is one of the most important lessons she has learnt. “Faith is a powerful source of strength and comfort in life’s ups and downs. A steadfast anchor that keeps us grounded during times of uncertainty and turmoil” said Ms. Nurse.

Ms. Nurse added that her favorite memories include travelling to Europe and Africa and she especially enjoys her annual family vacation to Tobago with her children and grandchildren – a family tradition for the past 26 years.

The Ministry of Social Development and Family Services was proud to honour Ms. Regis, Ms. Nurse and Mr. Wosely and encourages persons to continue 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](http://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](mailto: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).



*Ms. Olga Regis is surrounded by loved ones as she celebrates her 100<sup>th</sup> birthday on April 11, 2023.*





*Mr. Wosely Murray who celebrated his 100<sup>th</sup> birthday on April 8, 2023*



Ms. Lucille Nurse who celebrated her 100<sup>th</sup> birthday on April 12, 2023.

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**For more information:**

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