



MEDIA RELEASE

Friday 27th October 2023

Priority: **HIGH**

FOR IMMEDIATE RELEASE

Beeman “Mada” Bodhi celebrates 100th birthday Ms Winnifred John celebrates 101

On Friday 27th October 2023, Mr Beeman “Mada” Bodhi celebrated his 100th birthday in the home of his birthday - Gajadhar Road, Sangre Chiquito. Though Mr. Bodhi attributes his longevity to “doing good, eating wild meat, fresh fruits and provisions”, lately, his favourite food has been KFC.

His family marked the occasion with a small celebration at his home. Mr Bodhi was also visited by Mr. Rennie Mohammed, PRO II, and Ms Sophia Kennedy, Inspector I of the Division of Ageing who asked the centenarian what advice he has for this generation to live a long and prosperous life. Mr Bodhi responded “Don’t do no evil to nobody” further adding that the youths have lost respect for one another.

Staff visiting the new centenarian also learned that Mr Bodhi delivered newspapers for the Guardian and Newsday newspapers for fifty (50) years before retiring at the age of seventy-two. Mr Bodhi also was a hunter and farmer and recalls an incident where a deer he caught was stolen.

The father of five, grandfather of fifteen, and great-grandfather of twenty also noted that the most impactful event of his lifetime was witnessing the World War. And noted that though he is now unable to walk, he is grateful to spend time with his family.

Representatives also visited and celebrated 2022 National Centenarian Programme inductee Ms Winnifred John, 101, of Point Fortin who also celebrated her birthday today. Ms John still attributes her long life to prayer and living well with neighbours. The mother of seven and grand and great-grandmother to many also loves fruits and still goes to her garden to tend to her bodi, tomatoes and sweet potatoes.

The Ministry of Social Development and Family Services was proud to honour Mr Bodhi and Ms John under the Ministry’s National Centenarian Programme and encourage persons to register for the Programme online via Ministry’s website at www.social.gov.tt. For further information, persons may call the Division of Ageing at 623-2608 ext. 2001-2009/2012 or email opic@social.gov.tt.



Mr Beeman "Mada" Bodhi celebrates his 100th birthday today.



His Worship the Mayor of Point Fortin Clyde James and Ms Sophia Noel visit Ms Winnifred John for her 101st birthday in Point Fortin.

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For more information:
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