



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

Ms. Acosta says credits longevity to prayer

For this Toco-born centenarian, her secret to longevity is that she simply “asks for what she wants in Prayer.” Celebrating her 102nd birthday on December 15th, 2023, Ms Lucy Acosta is lovingly called "Doods" and "Babsy" by family, relatives and friends. Leaving Toco at just nine (9) days old, she grew up in Port of Spain, surrounded by the warmth of family and fond memories of her parents' shop and parlour, where her father would be busy at the shop during the week but spent his entire day at home on Sunday, and her mother would cook pelau, because it was her father's favourite.

Life led her through various places –Toco, then to Port of Spain, Point Fortin, then back to Port of Spain, then to Siparia, and now San Fernando, where she resides with her daughter Patsy. Her secret to a long life? A simple yet significant answer: Prayer, “She asked the Lord for it and received it.”

Ms. Acosta noted that society has undergone tremendous changes. According to Ms. Acosta, “People have changed ... they don't have patience, want everything right now...too busy, more stress now. People used to work hard and honestly for what they want, now it seems like money and power is important.” Ms. Acosta's journey started off as a Telephone Operator but later ventured into entrepreneurship as she too owned a shop and a parlour. Now, in her serene days, the mother of six (6), grandmother of twenty-five (25), great-grandmother of twenty-two (22), and great-great-grandmother of four (4) finds joy in relaxing, taking in her favourite game shows, watching daily Mass services and listening to music.

The Ministry was pleased to honour Ms. Acosta under the Ministry's National Centenarian Programme and encourage persons to register via the Ministry's website at www.social.gov.tt to 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).

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Caption: All dolled up. Ms Lucy Acosta celebrates her 102nd birthday.



Caption: - Family, relatives and friends join Ms Acosta for her 102nd birthday celebration.