



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

National Centenarian Programme continues Una Griffith and Rookmin Ramesar celebrate 100

Ms. Una Griffith became a member of the esteemed centenarian club upon attaining the graceful age of 100 on March 9, 2024. Born on March 9, 1924, in Laventille, as a child she spent some of her youthful years in the communities of Laventille, Cascade and Calder Hall in Tobago. She credited “trusting in God and being committed and pleasant” as the keys to her longevity. Simply called by her first name Una, Ms Griffith loved globetrotting. According to relatives, Ms Griffith along with her sister Eutrice embraced travelling as a hobby visiting Sweden and England during one of their many travels.

On advice for the younger generation, Ms. Griffith emphasized the importance of trusting in God and being kind to one another. Recalling her own time, she expressed that people were kinder to one another. She lamented that this attribute rarely exists today as the current atmosphere is filled with anger, bitterness, violence, and selfishness.

The former employee of WITCO and mother of one daughter (now deceased) and grandmother to one, said her days are now spent in bed praying and singing her favourite hymn, “Be still and know that I am God.”

Also celebrating was Ms Rookmin Ramesar who turned one hundred on January 24. Originally from Maturita, Arima, she reminisced about her marriage to Mr. Ramesar Algoon in 1938, marking their 60th wedding anniversary in 1998 before his passing in 1999. The mother of eleven (11), grandmother of eighteen (18), and great-grandmother of twenty-two (22) also loves fruits and vegetables. Despite experiencing mobility challenges due to falls in 2008 and 2014, Ms. Ramesar maintains "a very healthy appetite."

To register for the National Centenarian Programme, please visit the Ministry's website at www.social.gov.tt to complete the online form or print a downloadable form for completion. 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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Ms. Una Griffith who turned 100 on March 9 displays her Certificate of Honour and Achievement.



Ms Rookmin Ramesar who turned 100 on January 24 displays her Certificate of Honour and Achievement.