



MEDIA RELEASE

Sunday 7th April, 2024

FOR IMMEDIATE RELEASE

St Joseph woman celebrates 100, made possible by ‘God and the food of the land’

Point Fortin native Fanny Parris marked a huge milestone today (Sunday 7th April, 2024). She celebrated her 100th birthday. Relatives and loved ones from as far as England and the USA gathered at her Maracas Gardens, St. Joseph home in honour of the momentous occasion. Also joining the celebration was Senator the Honourable Donna Cox, Minister of Social Development and Family Services.

During the celebration, Minister Cox asked the centenarian if she ever imagined celebrating her 100th birthday. In her response, she admitted that she hadn't, but expressed her gratitude adding "If in case I live to see one hundred and one, I would be glad." Trinidad and Tobago's latest centenarian also attributes her longevity to "eating the food of the land." This includes dasheen, yam, fig, fresh fish, yard fowl, fresh cow's milk and more, concluding that "we planted and ate what we reaped." She also credited God for the milestone occasion stating "Everything is possible with God, once you keep him as your bosom body."

Mrs. Parris or "Fan Fan" is the mother of six (6), grandmother of seven (7), great-grandmother of sixteen (16), and great-great-grandmother of fourteen (14). When humourously asked who is her favourite, with a hearty response she declared she has no favourites. "I love all my children, all. My grandchildren, great-grandchildren, I love all of them, the same amount" she said.

Minister Cox then presented the new centenarian with her Certificate of Honour and Achievement in recognition of her valuable contributions to Trinidad and Tobago. Mrs. Parris also received her centenarian medal, a birthday cake courtesy of platinum sponsor, the Kiss Baking Company, and a food hamper.

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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Minister Cox and the “Birthday Girl” Mrs Fanny Parris. Mrs Parris celebrates her 100th birthday today. (Sunday 7th April, 2024)



Minister Cox presents Mrs Parris with her Centenarian Medal.



Minister Cox, the birthday girl, Mrs Fanny Parris and two of Mrs Parris' children take a photo at the 100th birthday celebration.



Some relatives and loved ones take a photo at the 100th birthday celebration of Mrs Fanny Parris.