



MEDIA RELEASE

April 24, 2024

FOR IMMEDIATE RELEASE

Rockley Vale, Tobago native marks a century

On Tuesday 22nd April, 2024, Rockley Vale Tobago native Mrs. Amy Ayers or “Mummy Ayers” as she is known to many celebrated one hundred years of life, maintained through a healthy diet consisting of lots of fruits, vegetables, lean protein, ground provision and avoiding unnecessary drama. The new centenarian indicated that “*minding your own business*” is the most important lesson she has learnt is “*getting involved in other people's business can often lead to unnecessary drama and stress.*”

Mrs. Ayers now resides in Pleasantville after relocating to Trinidad during her pre-teen years where she attended the San Fernando Methodist School. It is also in Trinidad where she met her husband Errol Ashby Ayers. According to Mrs. Ayers, casual conversations blossomed into deeper connections and the two got married on Sunday 12th November, 1950, at the St. Paul’s Anglican Church in San Fernando. They were happily married for sixty-two years until his passing on April 30, 2012.

The former seamstress cherishes her memories of river baths, crab fishing, climbing fruit trees, and enjoying plenty of fresh fruit. Today, she embraces the three R’s: resting, relaxing, and reflecting.

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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Mrs. Ayers displays her Certificate of Honour and Achievement received from the Ministry of Social Development and Family Services.



Amy Ayers II - Mrs. Amy Ayers celebrates her 100th birthday with loved ones.