



MEDIA RELEASE

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FOR IMMEDIATE RELEASE

Social Development celebrates two centenarians – Ms. Fredrika Joseph and Mr. Joseph Woods

The Ministry of Social Development and Family Services recently celebrated two centenarians under its National Centenarian Programme. They are Ms. Fredrika Joseph and Mr. Joseph Woods, who celebrated their 100th birthdays during the month of August.

Hard work, worshipping God, a good diet, restful sleep, and having supportive neighbors and friends are the keys to a long and fulfilling life, according to Ms. Fredrika Joseph, who officially joined the centenarian club on August 9, 2024. Ms. Joseph was honored at a special anniversary service on Sunday, August 18, 2024, hosted by St. Charles Presbyterian Church in Chaguanas, which celebrated its 134th year of service. The church recognized Ms. Joseph as its oldest member. During the sermon, Reverend Dr. Daniel Teelucksingh commended the centenarian for her contributions to the church. Adding that he is 83, he emphasized that for senior citizens, life, friendship, and companionship are of greater value than money and material possessions.

“Tanty Laylay,” “Sister Frederika,” and “Prunzin,” as she is fondly called by many, was born in Redhill D’badie, where she said nothing was wasted, values instilled in her by her amiable mother and stern father. When asked what she is proudest of, the petite centenarian indicated that she is overall content. “[I am] proud of being 100 years old, proud of having worked in the Caroni Cane Field and as a roti maker in a shop. Also, as a temporary worker in the Caroni County Council and proud to be a church member of St. Charles Presbyterian Church.” She further advised this generation to “live good, serve Jesus and God, and do not live like a hooligan.”

Mr. Joseph Woods, on the other hand, advised the generation to “*stay in your corner and behave.*” Mr. Woods, who officially joined the centenarian club on Monday, August 19, 2024, celebrated the milestone among family and friends on Saturday, August 17, 2024, in a beautiful black and gold celebration at the Sr. Paul Clarke Outreach Centre in La Brea. The former painter and compressor mechanic credits his longevity to “*behaving himself.*”

The father of five, grandfather of fourteen, great-grandfather of twenty-six, and great-great-grandfather of two also indicated that his proudest moment and favorite memory was when he became a father.

Staff of the Ministry's Division of Ageing attended both celebrations to convey congratulations on behalf of the Minister, Senator the Honourable Donna Cox. Ms. Joseph and Mr. Woods both received their Certificate of Honour and Achievement, birthday cake, and hampers from sponsors Kiss Baking Company Ltd., National Flour Mills, Vemco, and HADCO Ltd.

To register for the National Centenarian Programme, persons are encouraged to visit the Ministry's website at www.social.gov.tt to complete the online form. For more information, please contact the Division of Ageing at 623-2608, Ext. 2001 to 2009, or 800-OPIC (6742).

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Mr. Joseph Woods is all smiles as he receives his birthday cake from Kiss Baking Company Ltd in celebration of his 100th birthday.



Ms. Fredrika Joseph, surrounded by loved ones receives her Certificate of Honour and Achievement from Ms. Crystal Felix, Inspector II, of the Ministry's Division of Ageing.