



MEDIA RELEASE

November 25, 2024

FOR IMMEDIATE RELEASE

Trusting God, Humility, and Obedience: Secrets to Longevity for 102-Year-Old

Ms. Cecilia Lucina James

Port of Spain: Trusting God, humility and obedience to her parents and grandparents, are the secrets to longevity for Ms Cecilia Lucina James, who celebrated her remarkable 102nd birthday on November 23, 2024. A native of Grenada, Ms. James who now resides in Canada, celebrated the special milestone with loved ones at the Radisson Hotel in Port of Spain.

Reflecting on her faith, Ms James, a proud mother of thirteen shared, "I always like to think of what Jesus endured for me. I thought it was not pleasant for him, it made me who I am today."

Her profound faith was reflected in the words of her children, grandchildren, and great-grandchildren, who shared how her faith has guided them and kept them out of trouble. According to her daughter Laura Lee, her family is a living testament of their mother's faith, emphasizing that she consistently prayed for her children, grandchildren, and everyone she encountered. Ms. James also offered advice to this generation: "Keep yourself away from things that will make God turn His back on you."

Ms. Crystal Felix, Inspector II of the Division of Ageing, joined the celebration on behalf of Minister of Social Development and Family Services, Senator the Honourable Donna Cox, to extend birthday blessings to Ms. James. Ms. Felix also presented Ms. James with a Certificate of Honour and Appreciation, a centenarian medal, and a hamper, along with a birthday cake generously provided by sponsors Kiss Baking Company and National Flour Mills.

The Ministry of Social Development and Family Services was proud to honour Ms. James and encourage persons to register for the National Centenarian Programme. To register, please visit the Ministry's website at www.social.gov.tt to complete the online form. For more information, persons may contact the Division of Ageing at 623 – 2608; Ext. 2001 to 2009, or 800-OPIC (6742).

-END-



Ms. Cecilia Lucina James, 102 at her 100th birthday celebration on November 23rd, at the Radisson Hotel.



Ms James is surrounded by some of her children at her 102nd birthday celebration on November 23, 2024.