



MEDIA RELEASE

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FOR IMMEDIATE RELEASE

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Vivian Adams Celebrates 100 Years of Life: Honored by the National Centenarian Programme

Port of Spain- The Ministry of Social Development and Family Services (MSDFS) proudly joined the celebration of the life of Vivian Adams, who marked her remarkable 100th birthday on Saturday, February 1, 2025. Vivian, fondly known as ‘Payne’ and ‘Vivi’ was born in D’Abadie and has lived a full and inspiring life. She was honored as part of the National Centenarian Programme (NCP), which recognizes and celebrates the milestones of individuals who reach the extraordinary age of 100.

Vivian’s dedication to her family, her community, and her life of simplicity was celebrated by her family, friends, and relatives at the Omardeen’s Reception Hall, Ciper Street San Fernando. Staff from the Division of Ageing, were on hand to present her with a beautiful cake courtesy KISS Baking Company, hampers from HADCO and the National Flour Mills and a Certificate of Achievement. The certificate honors her enduring spirit, remarkable contributions, and the lessons she has imparted over the years.

A proud mother of six children, eleven grandchildren, and fourteen great-grandchildren, Vivian has lived through many significant moments in history. She reflects on her life with gratitude and grace, remembering fondly her childhood years in D’Abadie. “My children and grandchildren are my proudest achievements,” she shared with a smile. “I believe everything happens in accordance with God’s perfect plan.”

Vivian, who worked as a seamstress for much of her life, offers sage advice for today’s generation: “Have respect for yourselves and others.” She attributes her longevity to her simple life philosophy of “living one day at a time.” As she relaxes in her recliner, enjoying music in her gallery and taking in the gentle breeze, Vivian remains a shining example of the power of faith, family, and resilience.

The National Centenarian Programme continues to shine a spotlight on individuals like Vivian, whose lives are filled with wisdom, love, and perseverance. The initiative not only celebrates their age but also helps ensure that their needs are met, and their experiences are valued within the community.

In her 100 years, Vivian Adams has witnessed extraordinary changes in the world, yet her advice remains timeless. She believes in the importance of honoring one's parents, as echoed in her favorite scripture, Ephesians 6:1: "Children, obey your parents in the Lord: for this is right."

The NCP is an initiative of the Ministry of Social Development and Family Services, aimed at celebrating the lives of centenarians across Trinidad and Tobago. Under the purview of the Division of Ageing, the programme provides recognition, support, and health monitoring to individuals who reach the milestone of 100 years.

For more information on the National Centenarian Programme, please contact the Ministry of Social Development and Family Services.

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Caption: Director of the Division of Ageing, Kathleen Sarkar, presents a cake courtesy Kiss Baking Company to Vivian Adams.



Caption: Centenarian Vivian Adams at her 100th Birthday Celebrations



Caption: Vivian Adams displays her "Certificate of Achievement" from the MSDFS