



Government of the Republic of Trinidad and Tobago
Ministry of Social Development and Family Services

Communications Unit

MEDIA RELEASE

Sunday, March 30, 2025

**Social Development Celebrates Centenarian Dulcie Bholai:
A Century of Faith & Fortitude**

Port of Spain, March 30, 2025- The Ministry of Social Development and Family Services is proud to celebrate the remarkable life of Ms. Dulcie Bholai, who reached the incredible milestone of 100 years on March 28, 2024. Born in Longdenville, Ms. Bholai's journey stands as a shining example of strength, devotion, and the enduring power of faith and family.

Senator the Honourable Donna Cox, Minister of Social Development and Family Services, presented Ms. Bholai with the commemorative centenarian medal during a ceremony surrounded by multiple generations of her family. *"Ms. Bholai's remarkable journey over the past century is a testament to the strength of perseverance, the resilience found in both joy and adversity, and the unwavering love of family,"* Minister Cox stated.

Ms. Bholai entered her birthday celebration clapping and singing "Happy Birthday to Dulcie." She fondly recalled her Longdenville childhood, where the close-knit community meant every neighbour was respectfully called "Uncle" or "Tanty." Her education began at Longdenville Government School and continued at St. Joseph's Convent, where she developed the determination that would carry her through life's challenges. As both a cashier and seamstress, she worked tirelessly to support her family, even through the heart-breaking loss of her first husband and daughter.

When asked about her secret to reaching 100 years, Ms. Bholai credits daily prayer, particularly her cherished "Hail Mary" and "Om Namah Shivaya." Her advice to younger generations reflects her lifelong wisdom: "If you have nothing good to say, say nothing."

Among her most treasured memories are her father preparing special Chinese meals and her mother teaching her to pray after a childhood accident. Today, Ms. Bholai's legacy includes 11 grandchildren, 14 great-grandchildren, and one great-great-grandchild, a living testament to her enduring love and strength.

Through the National Centenarian Programme, the Ministry honours extraordinary citizens like Ms. Bholai, whose century of life embodies the very best of Trinidad and Tobago's spirit. Her story of quiet courage, abiding faith, and family devotion serves as an inspiration to all. The hampers and birthday cake presented to Ms. Bholai were sponsored by the National Flour Mills Ltd. and the Kiss Baking Company Ltd.

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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For more information:
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Photos and Captions:



Photo 1: Senator the Honourable Donna Cox, Minister of Social Development and Family Services, shares a joyful moment with centenarian Dulcie Bholai during today's 100th birthday celebration, presenting her with the National Centenarian Medal.

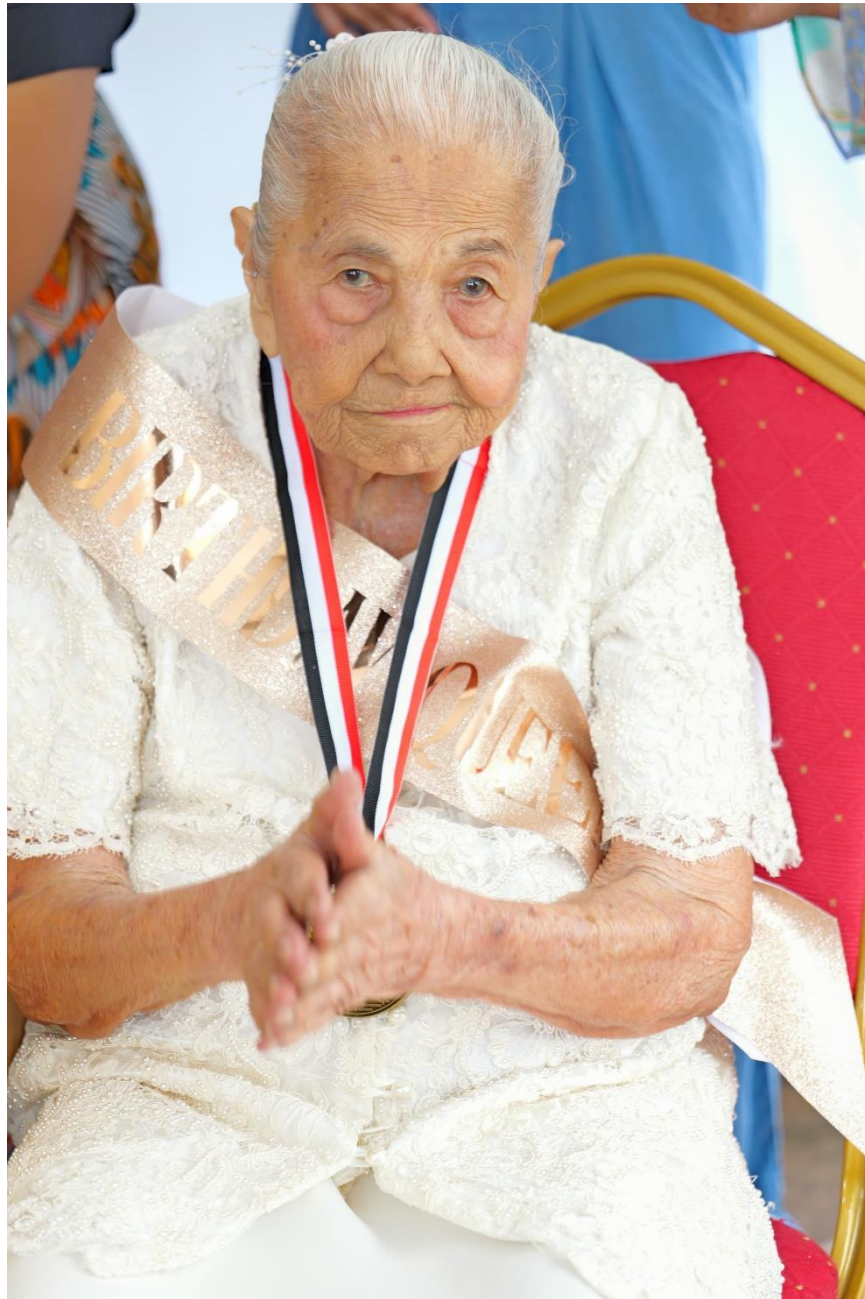


Photo 2: Ms. Dulcie Bholai clapping to the voices of family singing happy birthday during her celebration.



Photo 3: Minister Cox embraces Ms. Dulcie Bholai at her 100th birthday celebration



Photo 4: Minister Cox present Ms. Bholai with her certificate of honour and achievement from the Ministry of Social Development and Family Services.