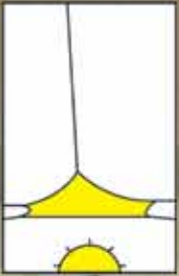


TTARP ... an Association of Responsible Persons



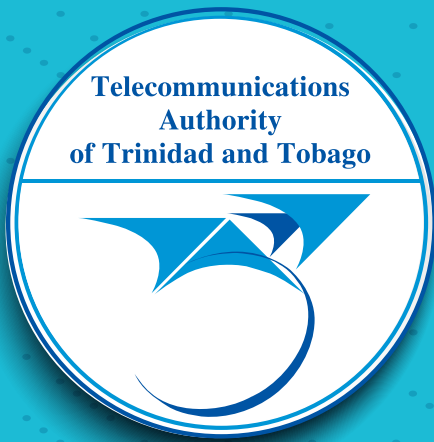
ISSUE #1, 2019

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50Q

Catherine Kumar's
BUSINESS LOVE AFFAIR

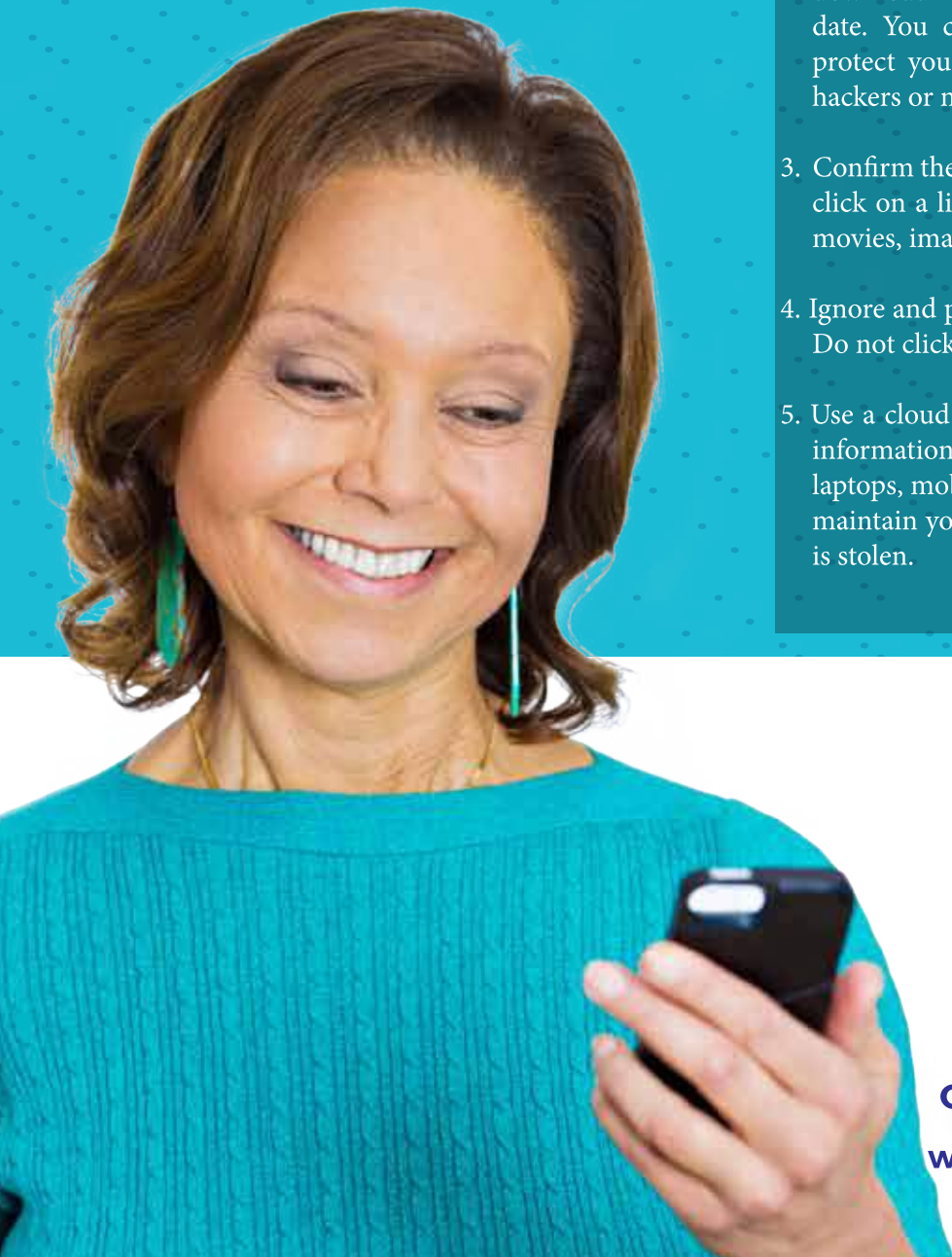




5 CYBER SAFETY TIPS

Here are a few simple cyber safety tips for seniors to become more tech-savvy when using the Internet, smartphones, email, and social media.

1. Use a strong password — a combination of upper and lower case letters, numbers and symbols, e.g. P0wer#146!. Also, do not share your password information by email or on social media.
2. Browse the Internet while feeling a little more secure by downloading and keeping your antivirus software up to date. You can search online for free options that can protect your phone, tablet, and computer devices from hackers or malicious viruses.
3. Confirm the identity of the sender of that email before you click on a link or attachment. Do not download content, movies, images, etc. with strange file extensions.
4. Ignore and promptly delete unsolicited emails of all types. Do not click on the links!
5. Use a cloud service to store your contacts and important information that you have on your smart devices such as laptops, mobile phones and tablets. This is just one way to maintain your data if you lose or damage your device if it is stolen.



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depends on many factors, such as types of activities and weight. Do not perform high impact
activities such as running and jumping unless your surgeon tells you the bone has healed
and these activities are acceptable. Early device failure, breakage or loosening may occur if
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DISCLAIMER

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Please call and let us know your new mailing address and phone numbers. We need to stay in touch !

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Comments from the Board

In an effort to inform our membership about the internal workings of the organization, in this issue we look at our operational structure and procedures.

TTARP is governed by an Executive Board of Directors who are appointed at an Annual General Meeting (AGM) in accordance with the Constitution and Bye Laws and by the membership. The current Executive would present a report to the membership on its performance along with an Audited Financial Report at the AGM.

The Executive Board meets monthly to plan its operations, to receive reports from the various areas of responsibility and to review its work for the previous month. The Board also meets every two months with Zonal Group leaders in a joint meeting to manage the Association's operations nationally.

TTARP's Zonal Groups meet monthly at various communities across the country and elect their leadership through an independent election officer with attending members voting. Zonal groups organize their recreational activities, community work and manage their affairs which are monitored by the Head Office Secretariat.

The Head Office is managed by our Secretariat, a Manager, and three staff with the assistance of full time and volunteer members. Currently we are undergoing a building project to construct a Headquarters at its property in Belmont, with this expansion we shall be able to serve our members much more effectively.

Our relationship with major stakeholders such as the Government and other Agencies has been cultivated over the years, and they have always sought our input and consulted on issues relating to senior citizens.

In conjunction with M&M Insurance Brokers- we offer our members a Hospitalisation Assistance Plan and with Health Net Caribbean Medical & Dental – we offer a Medical Discount Plan. Our four hundred Discount Partners have also been quite supportive in our endeavours to provide a better quality of life for our members by offering preferential prices and products.

We remind members to support our Partners and take advantage of the specials being offered since savings are essential ingredients in everyone's Golden Years.

The Executive Board thank all our members for their contributory role in assisting TTARP to grow as an organization.



SOME BENEFITS FOR TRINBAGONIANS WHO ARE AGE SIXTY AND OVER

Fee Exemption for the renewal of a Trinidad and Tobago Passport.

Fee Exemption for the renewal of a Trinidad and Tobago Driver's Permit.

Exemption from Trinidad and Tobago Airport Departure Tax on Airline Tickets

Tax Exemption on General Insurance Policies (e.g. House and Car)

Free PTSC Bus Pass for bus rides in Trinidad and Tobago.

Free Inter-Island Ferry Pass on vessels on the Trinidad and Tobago sea bridge.

Fee Exemption on certain bank services (e.g. Bank Drafts and bank statements for US Visas)

Preferential rates on fixed deposits at Banks and certain Credit Unions.



EASTERN ANGELS - ARIMA ZONE (EAAZ)

by Annette Young, Public Relations Officer.

CHRISTMAS LUNCHEON 2018

We held our Christmas Luncheon at the Malabar R.C. Church Hall with one hundred and forty (140) members attending. Our Events Committee Chairperson Victoria Williams welcomed all, Host Lynette Maule sang the National Anthem and musical director Justin Subran sang Hallelujah.

Lunch was served and the afternoon entertainment consisted of selecting a female with the biggest safety pin on her clothes and a male wearing red underwear. Winners were Rhona Darka and Aldwyn Brewster.

Our dynamic entertainer Kenwyn Scott delivered a mind blowing monologue. It was addressed to the men. He cautioned the men that they did not need a young woman to "polish their hard drive" but an old experienced woman who knew how to "install their software". He examined the question "why is it that so much

fuss is made about Mothers' Day but Fathers' Day is very low keyed". He suggested that men cannot make a fuss about Fathers' Day because men are never sure of their status as "Father".... What a monologue.

June Alvarez sang "I'll be home for Christmas", "He is more than wonderful" and our "Birthday song" was a special for member Ethan Benjamin. Perry Shade serenaded all with "Falling in love with you", "I am myself" and "Black man feeling to party".

As a demonstration of THANKS, the Chairman Peter Nock designed the certificate "Citation of Appreciation for Services provided", which were presented to some members.

80



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EASTERN ANGELS - ARIMA ZONE (EAAZ)

(cont'd)



PARADE OF BANDS

The Parade of the Bands and individual character portrayal was hosted at the Arima Tennis Club to an appreciative audience of one hundred and sixty-seven members and visitors. Some of the delightful names were :-

1. ALL AH WE IS ONE FAMALEE LEE: with some of the portrayals:

HIGH LEE	CHEEKY CHUNG	JET LEE
LONG TOUNGE	HOW CHUNG	BAIL LEE
LOVE LEE		

presented by Lynette and friends.

2. A TRIBUTE TO CALYPSONIANS: with some of the portrayals:

SHADOW	STALIN	KITCHENER
DAVID RUDDER	DESTRA	SPARROW
ROSE		

presented by Maureen and friends :

Characters of importance :

DISCIPLINE: Doh lie Talk D Troot
 TOLERANCE: Horm Meh Buh Doh Leev Meh
 PRODUCTION: Twins only: Eight + 2 In D Oven

Kamla Make Rowley Lose His Sandals In Tobago

There were no judging and at the end of our Carnival event all who participated received a token.



BLACK GOLD - LA BREA

by Ezra Vaughn

Mingle with Sando

It was an impromptu visit in January from our neighbours, the San Fernando Purple Diamonds which brought the Purple Diamonds and the Black Gold gems together at the Carat Shed beach facility. They had a hectic morning touring various places in the south and decided to come for a cool down in La Brea, where we were happy to entertain them with our small contingent.

The two groups mingled seamlessly where many friendships were formed and sealed.



Relocating and Downsizing

Homes in Trinidad and Tobago are designed according to one's personal taste, where one can find a mixture of Colonial, Contemporary, Modern, French, Spanish, and Mediterranean type designs within the same neighbourhood. These homes can come in the form of apartments, duplexes, bungalows, stand-alone houses, condominiums or townhouses.

Its embedded in the Caribbean culture to find many of our people still living within the comfort zone of the community in which they grew up, and many family homes have passed on from one generation to the next, and extended families all live together sometimes.

Real Estate is probably the largest investment one will ever make in their lifetime, and this precious asset should be taken care of and treated as the gem it is. Too often one will see a dilapidated or deserted property and wonder WHY? Sometimes, its simply a lack of TLC (tender loving care), shortage of funds for repairs and maintenance, or family disputes to name a few.

Family homes and marital homes especially, are constructed or bought when persons are in the prime of their life, enjoying their careers, raising the family and generally needing space. As one gets older in the life, the children may leave the home to study abroad or to start their own families, and the parents will experience the empty nest syndrome.

The next stage in life may be the unfortunate circumstances of losing a spouse, and then the surviving spouse may be left all alone in a big house which becomes more of a burden and a chore than a joy. The children or grand-children may live abroad or are simply busy with their own lives that you may feel disconnected from them.

Many of these persons are living below or just above the poverty line, and barely surviving on their pensions, but may own

their own home or other assets which can be transformed into making their Golden Years much more comfortable to pay monthly bills, medical expenses, travel, perhaps even allocate excess funds to family, relatives, the Church or a good Cause. From our interaction with seniors and learning of their experiences, we know that many are reluctant to embrace change, moreso if you have been living in the same house for forty plus years it will be hard to accept a change as drastic as relocating or downsizing.

It is important when making any decision to consider your safety and comfort and to select a property that is conducive for your particular lifestyle needs, bearing in mind the changes as you get older.

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Regardless of your situation, you can count on us to find a solution and to make sure that you receive the best advice and service possible.

Example A:

Ms. Jane owns her 4 bedroom home valued at \$2,500,000. Her kids are grown, and take care of themselves. VSR sells this home and finds her a smaller house for \$1,500,000. Ms. Jane now has \$1,000,000 to take care of her personal needs.

Example B:

Mr. Tom owns his home valued at \$1,800,000 and lives on his social pension. His son invites him to come live with him and his wife. VSR rents his home furnished for \$5,000 which helps with his day to day expenses.



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CENTRAL PRIDE

by Yvonne Knights, PRO.

Bingo

Our In-house Bingo was held at the Arena where two (2) of the lucky winners were Janet Rawlins who won a hamper and Joannette Bertrand who walked away with the Jackpot of \$500. Congratulations to all winners.

The period December 2018 to February 2019 was quite hectic as members and well-wishers juggled their personal Christmas and Carnival activities with that of the Zone's. Nevertheless we were able to achieve many of our goals. The pictures below depict our members as they interacted in some of our various activities.



The Chairman's Pick

Each year a member who goes beyond the 'call of duty' receives 'the Chairman's Pick.' In 2018, that honour went to Portia De Silva -Ifill. Congrats to Portia from the Zone. She truly worked hard and deserved it. Our Chairperson, Faith Calliste and Treasurer, Portia De Silva-Ifill pose at our Christmas Luncheon held at Paria Suites Hotel, La Romaine.



Right: Ms. Faith Calliste hands our tokens at the visit to the Beckles Street Home for Seniors on December 12th, 2018.

Community Work

In keeping with our annual tradition, members of the Board and the 'Golden Voices' (our In House Choir) paid a visit to the Beckles Street Home for Seniors in Chaguanas. We provided a Christmas lunch, some tokens and fun entertainment to brighten the residents' day.

Carnival Entertainment

Despite the fact that that the day was packed with various other carnival activities we were still able to attract a sizeable crowd at our semi inclusive Carnival Lime at the Warrenville Regional Complex. Patrons received lunch and a non-alcoholic drink, and were allowed to walk with their drink coolers.

Some of the highlights were the Entertainment which comprised of ole mas, calypso and catchy music played by our In- house DJ Michael Lawrence, as well as the members themselves who simply had a time.



Erma Hector-La Borde portrayed a Bat in traditional mas costume

Kathleen Meharris portrayed Calypsonian Cro Cro on the phone talking, while driving a CEPEP vehicle and quarrelling with a member of the public who advised him not to talk on the phone while driving. Faith Calliste sobriquet for the day, 'Princess Faith,' entertained patrons with her own calypso composition 'Our Golden Years' in which she sang about the various activities in TTARP which have motivated and energised us in our golden years.



The winner of our Door Prize, received her prize from the Vice Chair, Ms. Janis David.



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Elizabeth Nanton - Vice Chairman

Claudette Smith - Secretary

Aneta George - Assistant Secretary

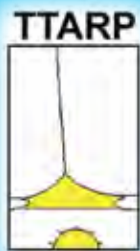
Kathleen Nelson – Trustee

Mayling Younglao -Honorary Secretary of TTARP

George Padia – Trustee.



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PRP (platelet-rich plasma) is a treatment that is becoming a more popular option for being a biological booster in healing processes.

PRP is produced from a person's own blood. Blood is drawn, it is centrifuged and a separation of the different components of the blood results in a fraction that is rich in platelets (this is one type of cell in the blood which circulates through the blood and is critical for blood clotting). The platelets and liquid plasma portion of the blood contain many factors that are essential for cell recruitment, multiplication and specialization which are required for healing.

PRP is given as an injection. It may be given independently or can be done using ultrasound-guidance to assist in precise placement of the PRP in difficult areas or in patients who are well covered with sub-cutaneous tissue. After the injection, the patient should avoid exercise for a short period of time usually approximately a week to ten days prior to beginning rehabilitation.

Nonsteroidal anti-inflammatory drugs (NSAIDs) should also be avoided prior to and for a short period after PRP treatment as it can interfere with the efficacy of the PRP. This can all be done as an outpatient procedure under local anaesthesia and can be applied to any area of concern.

There are different types of PRP and the patient should be advised on the type that is being used for their treatment along with the pros and cons of its use. The use of PRP has been extended from its original recommendations of chronic tendinitis and injuries to ligaments and muscles to use in osteoarthritis in various joints. It has also been used to assist in regenerative aspects of surface damage to the joint, traumatic or otherwise.

PRP is an evolving science which is part of the exciting development of stem cell technology being used to treat diseases, trauma and aging conditions. PRP has now filled the gap between repeated corticosteroid injections and intrusive surgical interventions.

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Submitted by
Mr. Godfrey M. Araujo
B.Sc. MBBS FRCS Ed., Glasg.
Consultant Orthopaedic Surgeon

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Am I too old to exercise?

Many persons still believe that exercise and attending a gym is an activity for young persons who are trying to achieve a particular look, based mainly on the models that flood our various media and social media. This has unfortunately led to many senior citizens leading sedentary lifestyles, thereby accelerating the processes of ageing, and increasing susceptibility to developing or maintaining chronic illnesses and lifestyle diseases.

The United States Centre for Disease Control and Prevention reports that by age 75, one in three men and one in two women engage in no physical activity, a trend that is likely quite similar in Trinidad and Tobago, considering our population's current obesity epidemic.

The fact remains that physical fitness is essential for anyone at any age. Misconceptions of what represents physical fitness can be dispelled by a definition from the President's Council on Physical Fitness and Sports, Washington D.C. It states that physical fitness is "the ability to carry out daily tasks with vigour and alertness, without undue fatigue, and with ample energy to enjoy leisure pursuits and to meet unforeseen emergencies". In other words, the principal purpose of engaging in an exercise regimen should be to enhance and/or maintain one's health and overall quality of life.

To achieve this, it is recommended that one should exercise at a moderate intensity at least three (3) times per week for at least 30 minutes each session. The exercises conducted on a weekly basis should cover key components of physical fitness such as cardiovascular endurance, muscular strength and endurance, flexibility, balance and coordination.



Ms. Rogers at 100 years old at Duro Fitness

Some of the general benefits of exercise, specific to senior citizens include, but are not limited to:-

- maintaining the ability to live independently and reduces the risk of falling and fracturing bones
- reducing the risk of dying from coronary heart disease and of developing high blood pressure, colon cancer, and diabetes
- reducing blood pressure in some people with hypertension
- helping people with chronic, disabling conditions improve their stamina and muscle strength
- reducing symptoms of anxiety and depression and fosters improvements in mood and feelings of well-being
- maintaining healthy bones, muscles, and joints
- controlling joint swelling and pain associated with arthritis.

For those who participate regularly and safely, exercise offers a myriad of benefits to help you to be the best you can be for the rest of your life. It is never, ever too late to start. Do remember to consult with a physician before commencing any new physical activity programme.

*By Gabre-Jesu McTair
Duro Body Fitness
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Duro Body Fitness offers an invigorating physical fitness session dedicated to senior citizens.





Pembroke Cultural Star (Tobago Zonal) *By Carmen Charles*

Joyous Christmas

The members of the Pembroke Cultural Star (Tobago Zonal) celebrated Christmas with a Luncheon at the Fairways Restaurant and Bar on Thursday 20th December 2018.

Forty-four (44) members travelled all the way from Delaford, Argyle, Belle Garden to Scarborough in two maxis to the Restaurant at Lowlands. Upon arrival we were greeted by the staff and escorted to our seats. The restaurant was beautifully decorated for the occasion, with soft music. We participated in a delicious buffet lunch and dessert.

We had a short cultural programme, exchange of gifts among members while



some members moved on to the floor to show off their dancing skills. Far too soon it was time to depart for our journey home.

We all had an enjoyable time.



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THE CRUZZERS - SANTA CRUZ ZONE

By Yvette Wright

Serving others within the Community

Though our group would engage in various fun filled activities designed to enhance our social lives, we are also very passionate about our outreach programmes, where we diligently continue to contribute to the lives of others. In the latter part of last year, we presented food hampers to select members and to needy families from five schools in the community.

The schools were: San Juan Boys and Girls R. C - La Pastora Govt - Bourg Mulatresse R. C - Santa Cruz R.C



A family at La Pastora Gov't stand with a teacher after presentation of hamper by Trustee Euphemia Durant.



Chairman Yvette Wright presents a food hamper to a student at San Juan Girls' R.C School



Sisters Inez and Eileen were recipients of a fruit basket, a gesture of love and care from Cruzers.



Eighty-one (81) year old Annette Alfred models in fine style at Cruzers Tea and Fashion Show in July 2018.



Cruzers enjoy relaxation at Balandra Beach Resort in September 2018.



Members display their attractive door prizes at Cruzers Tea and Fashion Show

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San Fernando Purple Diamonds
“Reflections at Salybia”
 by Norma George-Ochoa - Member

*The clouds shift and reform ,
 symbol of changing yet constant times.*

*The sea has its own story to tell, its own mysteries to reveal,
 as it carries news from lands far away connecting and disconnecting.*

*The rocks, remnants of lost generations and conquered worlds,
 a reminder to man that as he destroys so too can he be destroyed.*

*And even as the rocks wage fierce battles with the sea,
 the sea remains undaunted not fearful of any erosion by time as she closely
 guards the centuries of memories she carries.*

*In their majestic splendour, the trees constantly bow in homage to the Creator,
 As their branches whisper of man's hopes and longings in the breeze*

*Holding the keys to his dreams and to his atrocities past and present.
 Clouds, sea, rocks, trees and their branches,
 all living their Eternity in the Now and the Hereafter ,*

*Visible impermeable witnesses
 Of God's Omnipotence .*



CSO



ROYALS - PRINCES TOWN/RIO CLARO

By Ramchand Kalipersad, PRO.

Compassion is Important for Elders

The members of the TTARP Princes Town Rio Claro 'Royals' visited the J'S Home for the Elderly in Princes Town on the 23rd March 2019.

The home is owned and operated by Mrs Joan Ash, a member of the "Royals". The patients at this home ranged in age from 59 to 93.

We commenced the visit with prayers and singing of hymns which was enjoyed by the patients and staff alike. We served the refreshments to the patients, then we had an interactive session with them. Some of them displayed some humour as they reminisced on their younger days, while some poured out their hearts.

Although the patients were well taken care of and seem quite comfortable, some of them rarely get to see their families either because they've passed away or they don't have the time to visit.

At the end of the visit the group made a presentation to the home.

The visit left a deep impact on us and we left more sensitive towards the feelings towards elderly than when arrived



Members making a presentation to the home



Members of the Royals with home staff and three patients



Carol Ragoonanansingh (Trustee) with a patient

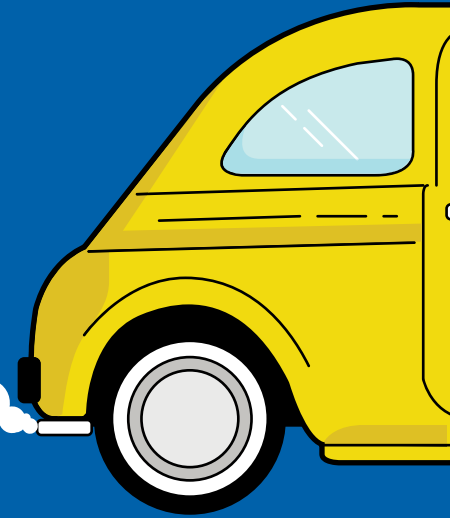


Patricia Noel (Treasurer) with a Patient

LEFT: From left, Ms Joan Ash owner of the home and member, Mr Ramchand Kalipersad PRO, a nurse at the home, Betty Boland, & Judy Griffith members, Maureen Lewis Trustee, Veronica Khan member, Carol Ragoonanansingh Trustee, Patricia Noel Treasurer, and Annmari Paul-Roberts Secretary.



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CATHERINE KUMAR'S BUSINESS LOVE AFFAIR

By Peter Campbell



As she speaks of her past sojourns within the business and corporate worlds, Catherine Rukmini Kumar exudes modesty, honesty and humility. And while her stories tell of sacrifices, challenges, uncertainties and fears, little did she know she was blazing a trail for women within traditionally male-dominated territories and inspiring a nation.

It was a burning desire to taste success which pushed opened many doors for her in becoming the first woman to have filled several male-dominated roles within this country's business spheres - from insurance to banking to major business groups. Hers was a difficult time for women who were challenged in climbing the corporate ladder. Kumar broke that glass ceiling!

"This was never a focused vision of mine initially. While I always had a fiery ambition and dream to succeed and climb to the top of the corporate ladder, the real jump to really breaking the glass ceiling only started later in my career," said Kumar.

For her pioneering work and corporate accomplishments, and the countless women to whom she continues to serve as a mentor, Kumar was conferred the Degree of Doctor of Laws (LLD) by the Senate and Council of The University of the West Indies in 2014.

In 2009, she was also inducted into the Hall of Excellence at St Joseph's Convent POS for outstanding achievements in business and in 2015 received the national award medal for the Development of Women (Gold).

She is always quick to point out that while her impressive track record and accolades might appear to look like she was born with the proverbial golden spoon, it's far from that! Rather, her achievements came at a very high price.

"Many know me as a successful business leader. What they don't know are the many challenges, the many sacrifices and the sometimes scary feats which left me wondering what in the world I was doing," said Kumar.

When one looks at Kumar's business conquests today, they surely belie her pre-teen years, many of which she spent a greater portion in and out of hospital or in the sick bay than at class in school. ***"I was a very sickly child – asthmatic at that- which left me in hospital beds a great deal of the time and out of school. At that time people would often comment that I was a friend of the hospital ... known by all the nurses, doctors and patients,"*** quips Kumar, the second of nine children.

Despite her illness, it was during those formidable years that Kumar received her soundest training for future reigning. And it came from the only mentors she ever knew – her parents.

"I can remember daddy sitting with my siblings and I every afternoon at the living room table and helping us all to do our homework. Daddy seemed to know everything and that instilled in me and my siblings the desire for learning. He also always insisted on sound ethical values and doing things the proper way. Mummy was nurturing, humble and caring ...all those qualities really stuck with me and laid the solid

foundation for my career success” said Kumar.

As fate would have it, despite Kumar’s class absenteeism she did beat the odds and passed for her first choice, St Joseph’s Convent, Port-of-Spain. **“It did come somewhat as a surprise,”** said Kumar, who acknowledged it was her father’s teachings that helped bridge the learning gap. During her ensuing Convent years, however, she exhibited nothing out of the ordinary that would have pointed to the trendsetter she was destined to become. That soon changed.

Before University, Kumar did a banking stint and it was there, she says, “my eyes were opened to the business world.” It was an immediate business love affair. This resulted in a switch from her intended Natural Sciences pursuits to Industrial Management and with mental stimulation, encouragement and support from her lecturers, it was a love she nurtured eventually earning her a Bachelor of Science Degree in Management Studies. She then went on to become a Chartered Accountant and a Fellow of Certified and Corporate Accountants as well as earn a Postgraduate Diploma in Computer Systems and Design.

Such was her passion for success in business that in her twenties she wrote a vision: “To become the leader of a large organization where my skills and knowledge can be utilized.”

It was a vision for which she would face many challenges and slips as she climbed to the top.

She recalls one of the most challenging feats was being constantly overlooked for the CEO’s post of a major company, despite always acting in the position. She eventually sought advice from successful business people on why this was so and the answer did give her a bit of shock. It was networking!

“I was told to network more. That was a key turning point in my climb and I started building my circles of influence within business, including NGOs, and this led me to joining in 1997 the American Chamber of Commerce (AMCHAM)” said Kumar, adding that the Chamber was male-dominated at that time.

Three years later, Kumar took over AMCHAM’s rein as President and from there her voice became known speaking out on behalf of the country, businesses and women.

Her challenges, both personal and business-related did continue especially with the raising of her daughter Cian. Relying on the support of her loving mother and extended family, she continued the corporate climb from Senior Executive of a large international insurance company to the first female Inspector of Banks and Financial Institutions, regulating banks and insurance companies which were nearly totally led by males.

In 2006, thirty (30) years after it was penned, her vision to lead a large organization came to fruition following her ascension as CEO and President of RBTT Bank Limited. This posting made her the first woman to lead a large bank in Trinidad and Tobago at top level.

Her final career ascent was to the helm of the Trinidad and Tobago Chamber of Industry and Commerce in 2009 as its Chief Executive Officer. It was there she commenced and participated in several initiatives including the introduction of the Code of Political and Ethical Conduct to assess parties and their behaviours.

Make no mistake about it, her climb had no shortage of naysayers. How did she deal with it? She dug deep within and would always remember her parents’ teachings of holding true to her values.

“I never went into any position as a powerhouse. Never! And I also never felt less than in a Boardroom where many times I was the only woman,” she says emphatically.

In 2016, however, she decided to end her tour of duty and threw in her hat as CEO of T&T Chamber of Industry and Commerce, shedding what was undoubtedly a hectic and grueling pace within the corporate landscape.

“My life became simpler and more manageable,” said Kumar.

But yet she couldn’t tune out. The free time made way for another passion... mentoring managers and young entrepreneurs and especially females - encouraging them to pursue their dreams despite age or circumstance.



CATHERINE KUMAR'S

BUSINESS LOVE AFFAIR (cont'd)

"I love mentoring women more than ever, since they have a lot to offer in leadership. As women we have to do it that much better than men did but we must do it together," said Kumar.

She holds nothing back in her mentorship counseling, making it clear from the outset that success, is not for the faint-hearted.



She particularly admonishes young people to be prepared for sacrifices and inconveniences, including times away from children, husbands and/or wives and giving up some of their social life for a period.

Kumar underscored that keeping the overall balance, however, is important as true success extends beyond one's career and office, always admonishing women colleagues and peers to make time for life outside the office.

"Each person has to strike that individual balance, especially for women as wives and mothers. I therefore advise unmarried women to carefully seek out partners who can understand and support their vision and who can be comfortable with them moving up the corporate ladder," said Kumar.

She counsels career women to lean on the extended family or close friends for support with the children and to understand that a great deal of work can be accomplished outside the office walls.

She also admonishes them to fully embrace their femininity and not be sidetracked by warped views on how they feel they should be to gain acceptance.

"God created women and men and I believe both are needed to bring their God-given skills and attributes to the table which the business world needs to be truly successful...so there is no need to change who you are. No one gender must be in control," said Kumar.

Gratified today that her life's successes have not been in vain, Catherine Kumar only now hopes that other women will be inspired to blaze their own trails.

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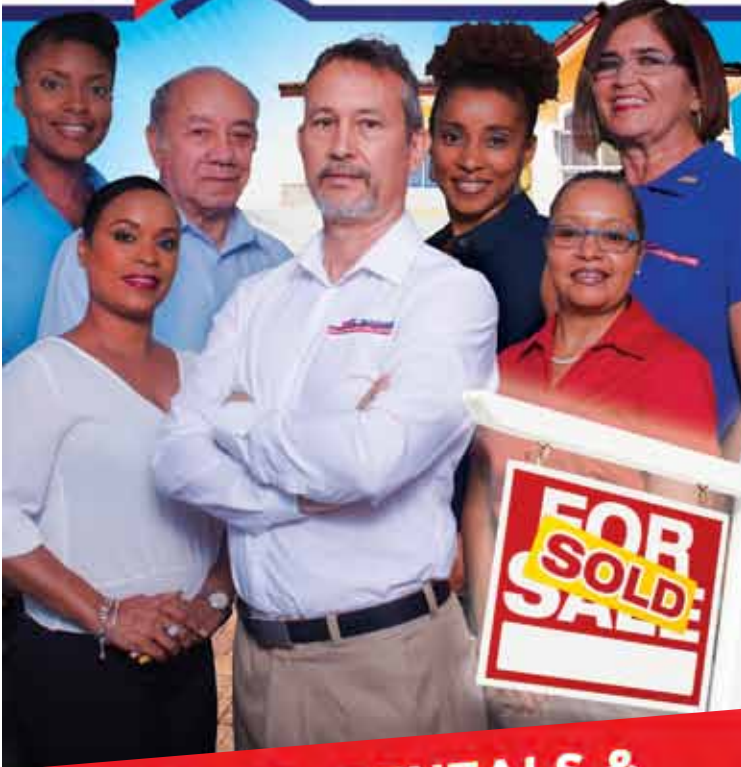
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ORAL CARE IN THE ELDERLY

Proper Oral hygiene, is the practice of keeping ones mouth clean and free of disease by the act of regular brushing and cleaning of the teeth, gums, the tongue and oral tissues.

Similar to physical or general health, proper oral care is important for having a good quality of life. This holds true to all ages, but is particularly important in the elderly or geriatric population.

As we age, a number of changes take place in our bodies. Often, persons may lose dexterity or movement in limbs, making simple procedures much more difficult. Diseases such as osteoporosis and arthritis affect simple daily activities, for example brushing ones teeth. The use of medications that treat certain conditions such as diabetes and hypertension could lead to problems such as dry mouth, resulting in increased instance of decay and halitosis (bad breath).

Common dental problems that occur in the elderly include, and are not limited to

1. Tooth Decay or cavities “holes” forming on teeth
2. Gum Disease such as periodontitis, resulting in bleeding around teeth
3. Tooth Loss, which may result due to untreated gum disease, trauma or advanced decay
4. Increased Tooth Sensitivity
5. Tooth Wear
6. Gum Recession

As a result of these common issues, Elderly persons should do the following.

1. Brush their teeth with toothpastes containing fluoride
2. Brush teeth at LEAST twice a day (Morning and Night)
3. Use a SOFT bristled tooth brush, which must be replaced every 3 months OR after any sickness such as the flu
4. Brush for at least 2 minutes

Below are some guidelines for the ideal method of brushing:-

- Angle tooth brush towards gums
- Brush in CIRCULAR motions
- Cover each tooth along the gum line
- Brush the tongue
- Spit out toothpaste but DO NOT RINSE with water after toothpaste is used
- Flossing is advised twice a day

In some cases, due to limited dexterity, the elderly are not able to adequately carry out all of the aforementioned guidelines. In some instances a caregiver may need to assist.

Also a number of oral care aids are available that would make the process slightly easier.

- Electric toothbrushes, Toothbrushes with flexi grip handles or toothbrushes with smaller heads
- Single tufted or Interproximal brushes - to clean areas where teeth may be spaced or missing
- Fluoride Mouthwashes
- Plackers or floss picks



or calculus build up, (usually difficult to remove at home) is addressed. A general exam is also required every 6 months to ensure the health of the teeth and oral tissues.

Remember, Poor oral health care can lead to poor overall health.



Article Written By:
Dr. Krystle- Gaye Stewart
 BSc/DDS
 HealthNet Caribbean Limited

DENTURES AND DENTURE CARE

In most cases, the elderly have to wear a prosthetic device known as a denture or plate.

Dentures act as replacements for lost or missing teeth, therefore aiding in manipulation of food or mastication (chewing). This is important to ensure that necessary nutrients are gained from the diet, thus promoting overall health.

Proper Denture care is very important. If left uncleaned, dentures could act as sources of bacteria within the oral cavity for already susceptible individuals.

- Dentures should always be removed in the night. Never sleep with them in the mouth
- Remove the denture and rinse it in warm water before bed
- A special Denture brush can be used and are available in pharmacies
- Avoid brushing denture with the same toothbrush used for teeth
- Place the denture in a container overnight with warm water and any denture cleaning agent e.g. Polydent

REGULAR DENTAL VISITS

It is necessary that at home care be done daily, but it is advised that the elderly should visit the Dentist regularly. Professional cleanings should be done every 6 months, or as recommended by the Dentist, to ensure that plaque

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BELMONT B's

Submitted by Lydia Pierre

Belmont B's Calypso Competition



Edmond Romany presents her prize to Marcia Hall-Johnson



Obioma Bankole wins second place



Allan Shallow took home third place

TTARP Belmont B's started the year 2019 with a BANG on Tuesday 22nd January. Over 100 members attended the monthly meeting which featured our annual Calypso competition.

This keenly contested event provided a wealth of entertainment and laughter with members expressing vociferous support for their favourite performers, demanding to see the judges' score sheets to justify the final result.

Marcia Hall-Johnson retained her crown this year with her rendition of "Earthquake", a really humorous recount of our members' reaction when the last 6.8 earthquake struck during one of our monthly meetings last year. She walked with her own musical accompaniment, including her 8 year-old grandson. We do recognize and gave thanks that we were fortunate that it did not cause any catastrophic loss and we can all look back and poke fun now.

Obioma Bankole came a close second with his amusing calypso "The Other Side Of The Coin " about an unfortunate one-sided relationship. He also took home the titles of "Most Humorous Calypso" and People's Choice.

Allan Shallow came in third with an extempo-style piece extolling the benefits of TTARP to the community in general and of the Belmont B's zonal group in particular.

Michael Riley led us in a journey down memory lane with his rendition of some ole-time calypsoes.

The event was so successful that more members are sharpening up their chops determined to wrest the crown next year.





PURPLE DIAMONDS - SAN FERNANDO

By Norma George-Ochoa



The First People's Museum

Tucked away in Santa Rosa is the quaintest and most delightful of Museums. Our group was enthralled by the vast knowledge of the Chief, the magnificent intricate carvings and artistry displayed accompanied by the warm hospitality of the First People at Santa Rosa.

We then journeyed to Lopinot where another history lesson awaited as we danced the cocoa accompanied by melodious parang and enjoyed sumptuous pastelles. What a truly exhilarating day!

We left feeling we had tasted briefly of our island's extensive history and had been exposed to a different reality.

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TTARP Christmas Winterland 2019

by Kern Williams

*W*OW!...is one of the many words used by scores of members to describe an evening of pure elegance, sophistication, beauty, mouthwatering lunch and desserts as they were in complete and total awe of TTARP's annual Christmas Luncheon held on the first Sunday of December last year at the Centre of Excellence.

As members entered the Centre of Excellence which was transformed into a spectacular winter wonderland, they were greeted by our wonderful, courteous staff and dedicated volunteers. Each person was given a token along with a complimentary glass of wine to wet each and everyone's appetite of what was to come. In addition, they were given an opportunity by UShare to capture that special moment in time with a picture they can take home.

The evening started with members enjoying their delicious Christmas lunch and ambrosial dessert while being serenaded by Harpist David Singh. Afterwards the very funny Nikki Crosby got them laughing and singing; and in between, assisted with the drawing and distribution of over 30 door prizes. We would like to sincerely thank our sponsors who made our Christmas Luncheon memorable for our members.

Topping off the unforgettable evening was Gerald Prudence, who got the members out of their seats dancing. Ending the show was the famous Alicia Jagerssar and the Los Alumnos de San Juan with a repertoire of their parang songs.





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An anatomical diagram of the human torso, showing the internal organs. The liver is highlighted in a bright orange color, while the rest of the body is in a light blue/green hue. The diagram includes the lungs, stomach, and intestines.

“My Hike to Seniority”



Author, Anton La Fonde

The old saying “Nothing happens before its time” is so true. The reason for expressing this serious statement is because in December 2018, the Gerontology Ward at the St. James Medical Clinic held its First Annual Short Story and Poetry Competition for its elderly patients. I was asked to write and publish an article on the program, but somehow for one reason or another, it did not happen. Under the astute competence of Dr. Williams, a Specialist Medical Officer at the Clinic, and her staff, the experience was unforgettable. It is only fair therefore that I share some of the memorable highlights of that morning’s event.

The quality of the presentations of Short Stories and Poetries could only be described as outstanding. In the majority of the performances, the repeated reference to and comparison with the former and present times were quite noticeable. The story which stood out among the others was titled “My Hike to Seniority” which was written by Golinda Sylvester.

Ms. Sylvester began by expressing her love for hiking and quickly delved into the trials and tribulations that were so much a part of her hiking experience. In her opening paragraph she identified her most fulfilling hike, “her hike into seniority.” She reminisced how, as a child, she used to study her grandmother, the matriarch of the household, with her silver hair and wrinkled skin, which seemed to earn her the respect of everyone with whom she came into contact.

In her childish innocence, she surmised that the elderly were born that way, in the same way that children were born their way. Her [Sylvester’s] own silver strands however started to reveal themselves at the tender age of sixteen. She noted “I was aging prematurely, despite the fact that I still looked like a twelve year old girl in my petite frame.” Mathematically, she realized that she would turn sixty in the year 2018. As a child looking into the future, that summit seemed so far-fetched - like a hundred years away. She envisaged that humans would probably be living on the moon by then. Consequently, she refused

to be derailed by the increasing presence of her silver ‘visitors’ and remained committed to her youth.

Sylvester distinctly recalls at age forty, looking into the mirror and seeing her mother looking back at her. She was literally startled. It seemed to her that she had entered a crossroad where her mind was seemingly frozen. This prompted her to enter a long-lasting relationship with “Pennywise” in an effort to retrieve or at least maintain some of her fading youth. By age fifty, she could feel “the summit” closing in on her as she became acutely conscious of the way she was now being addressed as “Tantie” and “Mudder” by the younger generations, and that she was rapidly approaching her destination.

In conclusion, Sylvester said at sixty, she is extremely happy to embrace her status as the new senior citizen on the block, and all the associated perks which that honour brings. As she looks back at her journey, she smiles with pride, acknowledging that she made it with some minor cuts and bruises: “...yes, but basking in the euphoria of having accomplished this great milestone, and with the burning desire to conquer yet another challenge, as I continue to becoming that silver matriarch.”

Words fail me to adequately express the depth of this short story by Golinda Sylvester. But the concept of “Hike into Seniority” will remain with me a very long time.

As a member and patient of this remarkable institution, the St. James Medical Clinic, it gave me great pleasure to have experienced this exercise. I do hope that the high level of hospitality that is present at the Gerontology Ward will continue to grow and foster great relationships among all who attend. May we all grasp the opportunity to “Hike into Seniority” with grace.

*In the spirit of growth,
Anton La Fond*

Advocate for the Elderly and Disabled.





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- April 11th - Annual Health Fair
- May 5th - Mothers Day Sip & Toast
- May 18th – 28th – Alaska Cruise
- July - Friendship Gathering (Bring a sharing or drinks)
- Sept 12th - Annual General Meeting
- Sept 13th – 19th – Trip to Las Vegas – City of Lights
- Oct - Annual 5K
- Dec 1st - Christmas Luncheon

ARIMA “Eastern ANGELS”

Meeting Place: Arima Tennis Club – Railway Road, Arima
Contact Person: Peter NOCK (Chairperson) 718-9571 / 310-5929
Meeting Date and Time: Every Friday (except Public Holidays)
from 1:00 pm – 6:00 pm

- Apr 5th - Monthly Meeting
- Apr 24th - Sports & Family Day
- Apr 26th - Easter Bonnet Parade
- May 10th -16th – Trip to Panama Cancun, Mexico
- May 31st – Mothers/ Fathers' Day Function
- Jun 7th – Monthly Meeting
- Jun 28th - Quarterly Birthday Celebrations

BELMONT “B’s”

Meeting Place: Colm Hall - Belmont Circular Road, Belmont
Contact Person: Gloria JONES (Chairperson) 620-1596
Meeting Date and Time: 4th Tuesday of each month @ 5:00 pm.

- Mar 30th - Family Fun/ Sports Day in the Hollows
- Apr 23rd - Monthly Meeting
- Apr 27th - Thanksgiving Prayer Breakfast
- May 3rd - 5th Exchange Visit to Tobago
- May 25th - Monthly Meeting
- May 30th - Indian Arrival Day Lime
- June 15th or 19th - Mothers'/Fathers' Day Function
- June 25th - B's Annual General Meeting
- June 27th - Know Your Country Tour to Icacos
Coconut Oil Factory
- July 23rd - Monthly Meeting; Emancipation Day
Celebration
- July 7th/9th or 15th – 25th – Overseas Travel
Every third Saturday – Fun and Games

DIEGO MARTIN “Western Pearls”

Meeting Place: North Diego Martin Community Centre, Church Street,
Diego Martin.
Contact Person: Barbara ANDALL-FRANCIS (Secretary) 637-8954
Meeting Date and Time: 2nd Saturday of each month @ 3-5 pm.

- Mar 30th - Breakfast at Santa Cruz Green Market
- Apr (TBA) - Meeting with Princes Town/Rio Claro
- May 11th - General Meeting & Easter Parade
- May 25th - River Lime & Cook - Valencia
- Jun 8th - Mothers & Fathers Day Celebration
(Traditional East Indian Style)
- July 13th - General Meeting 7 Dutch Auction
- August 10th - General Meeting & Independence Written Word
Competition
- Sept 7th - Cake Sale & Breakfast Sale

- Sept 14th - General Meeting & Raffle
- Oct (TBA) - Meeting with TTARP Tobago
- Nov 9th - General Meeting & Lecture
- Nov 30th - Christmas Luncheon

CHAGUANAS “Central Pride”

Meeting Place: Central Indoor Sports Arena – Manic Street, Chaguanas
Contact Person: Faith CALLISTE (Chairperson) 386-8623
Meeting Date and Time: Every other month @ 11:00 am.

- Mar (DTBA) - Trip to Tobago
- Apr (DTBA) - Games Lime
- Apr 27th - Hat Parade
- May 7th - Interactive Meeting
- May 23rd - Chaguanas AGM
- May (DTBA) - PTSC Bus Tour/Petting Zoo
- Jun 6th - Games Lime
- Jun 26th - Mothers'/Fathers' Day Event – Jaffa's
- July 6th - Fashion Show
- July 11th /18th - Interactive Meeting
- August - VACATION
- Sept 17th - Interactive Meeting
- Sept (DTBA) - Republic Day Free Show
- Oct 24th - Cultural Appreciation Day/Thanksgiving
- Nov 14th - Interactive Meeting
- Dec 5th - Christmas Luncheon

FYZABAD “Forever Green”

Meeting Place: Fyzabad Regional Community Complex
Contact Person: Errol BAPTISTE (Chairperson) 753-9862 or Kay
FRANCIS (Sec) 742-0229 or FFGZ- 329-5052
Meeting Date and Time: 3rd Thursday of each month @ 10:00 a.m.

- Mar 28th - Wild Fowl Trust - PaP
- Apr 18th - Monthly Meeting
- Apr 25th - Birthday Celebration (Jan – Apr)
- May 16th - Monthly Meeting
- May 21st - Visit to Grenada (8 days)
- Jun 20th - Monthly Meeting
- Jun 27th - Mothers'/Fathers Day Tea Party
& Fashion Show

LA BREA “Black Gold”

Meeting Place: La Brea Community Centre
Contact Person: Dennis MARCHAN (Chairperson) 774-2701 or Angela
CARTY-JOSEPH(VChair) 747-3927 or
Meeting Date and Time: 3rd Thursday of each month @ 5-7 pm.

- Apr 12th - Cake Sale
- Apr 18th - General Meeting
- May 16th - General Meeting
- Jun 8th - Mother's Day/Father's Day Extravaganza
- TBA - In House BINGO
- TBA - Visit to Tobago
- TBA - Lectures

PRINCES TOWN/RIO CLARO "Royals"

Meeting Place: - Senior Activity Centre, High Street, Princes Town, St. Stephens Anglican Church Compound.

Contact Person: Stanley, JOSEPH (Chairperson) 348-0956 or Annmarie, PAUL-ROBERTS (Secretary) 322-6723 / 754-5361

Meeting Date and Time: 3rd Saturday of each month @ 2:00 p.m.

- TBA - Birthday Celebrations
- TBA - Trip to Tobago
- TBA - Visits to Aged homes

SAN FERNANDO "Purple Diamond"

Meeting Place: - Pleasantville Community Centre, #2, Prince Albert Street, Pleasantville, San Fernando

Contact Person: Norma GEORGE-OCHOA (Chairperson) 374-0701 / 225-6979 or Maureen TAYLOR-STEPHENSON (Secretary) 776-6411

Meeting Date and Time: 1st Tuesday of each month @ 10:00 a.m.

- Apr - An Easter Affair
Charitable Outreach
Visit to La Brea Pitch Lake, coupled with
Visit to Mayaro and Manzanilla
- May - Informative Talks on: Financial & Legal
Affairs / Indian Arrival Day
- June - Celebrating Caregivers
Day trip to Tobago
- July - Emancipation & Independence Lectures
Physiotherapy / Birthday Celebration
Visit to Salybia
Visit to Rancho Quemado, Icacos &
Coconut Oil Factory
- Aug - Visit to Emancipation Village in POS
- Sept - Informative talks on: Mental Health;
Alzheimer's & Drug Addiction
Visit to Cunaripo & Lopinot

SANTA CRUZ "Cruzers"

Meeting Place: - Bourg Mulatresse Parish Hall, Santa Cruz

Contact Person: Yvette CUPIDORE-WRIGHT (Chairperson) 386-7350 or
Chairman MAULE (Secretary) 784-6934

Meeting Date and Time: 4th Friday of each month @ 5:00 p.m.

- Apr 26th - General Meeting / Birthday Pot Luck
- May (TBA) - Trip to Grenada
- May 24th - General Meeting / Mother's, Father's Day Talent Show
- Jun 8th - Breakfast at Santa Cruz Green Market
- Jun 28th - General Meeting / Lecture - Alzheimer's disease
- July 17th - Trip to Clifton Hill Beach Resort
- July 26th - General Meeting / Lecture - Health & Wellness
- Aug 1st - Lidj Yasu Omowale Emancipation
Village visit, Q.P. Savannah
- Aug (TBA) - House of Angostura visit
- Sept 20th - Fun and Games Day
- Sept 27th - General Meeting / Birthday Pot Luck

Tobago "Pembroke Cultural Stars"

Meeting Place: Pembroke Community Centre - Todd Street

Contact Person: Leccia ROSS (Chairperson) 780-3761/391-2228 or
Carmen CHARLES (Secretary) 759-4244

Meeting Date and Time: 2nd Monday of each month @ 4:00 pm.

- Mar (TBA) - Know Your Country
- Apr 3rd - Sick Visit
- Apr 7th - Church Visit
- Apr 8th - General Meeting
- Apr (TBA) - Social Activities
- May 9th to 18th - Caribbean Cruise
- May (TBA) - Pembroke Annual General Meeting
- May (TBA) - Church Visit
- May 27th - Social Activities

- June 5th - Sick Visit
- June 10th - General meeting
- June 19th - Celebration of Mothers' & Fathers' Day
- June (TBA) - Church Visit
- June 24th - Social Activities

TOBAGO "Corals"

Meeting Place: Happy Haven - Signal Hill Main Road, Signal Hill, Tobago
Contact Person: Selby COLE (Chairperson) 753-2760 / 390-0142 or
Carol QUASHIE (Secretary) 781-8828

Meeting Date and Time: 2nd Saturday of each month @ 3:00 pm.

- Apr 13th - TBA
- May 11th - Mothers' Day Luncheon
- June 8th - Visit to Pigeon Point Resort to Celebrate Fathers' Day

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<p style="font-weight: bold;">Dubai Land Package</p> <p>8 Nights 9 Days Nov. 4th - 12th</p>	<p style="font-weight: bold; color: red;">Come Sala!!!! with TTARP SABOR LATINO</p> <p style="font-weight: bold; color: red;">7 Day Caribbean Cruise July 19th - 27th 2019</p>
<p style="font-weight: bold;">South Africa - 2020</p> <p>Dates TBA</p>	<p style="font-weight: bold;">11 Days European Land Tour</p> <p>Starting from - London / Belgium Frankfurt / Austria / Venice Switzerland / France / Paris / London Dates TBA</p>

5% Discount to TTARP Members for Additional Cruises & Land Packages

Email: info@astravel.co.tt Ph# 622 7664

Additional Discount Providers

MARCH 2019

A. De Freitas Marketing Limited

(Meat Shop/Food Products/ TrinidadDiscount Partners)

Lp. #32, Morne Coco Road, Four Roads, Diego Martin.

Website: artiesmeats.com

Facebook: artie's meats

3% Discount except on wholesale products.

Art Academy (Drawing & Painting Workshops)

#24, Pacific Avenue, Paradise West, Tacarigua
Tel: 640-5321 / 485-4473

15% Discount for Individuals

20% Discount for groups of 3 and more

Big Sal's Auto Rental & Transport Ltd.

(Trucking Transport – Relocating and Disposal)
#29, Zaman Avenue, Petit Bourg, San Juan.

Tel: 687-4679 / 396-0844

Facebook: Salome John

10% Discount

Bones and Joints Surgery Ltd

(Trauma, Orthopaedics & Joint Replacement)
Medical Associates Hospital

Corner Albert & Abercromby Streets, St. Joseph
Tel: 645-5769 / 731-7067

Email: bonesandjointssurgery@gmail.cpm

Website: www.bonesandjointssurgeryclinic.com

20% Discount on all joint replacement surgeries and fracture fixation surgeries.

Building Smiles Dental Clinic

Apt. #4, Corner Church Street, Southern Man Road, Carapichaima

Tel: 237-6194

10% Discount off All visits.

Car Vision Ltd

#36, Agra Street, St. James - Tel: 789-7781

Facebook: Car Vision Ltd

5% discount off on ALL products and Services offer!

Caribbean Fashion & Arts Feature Festival

East Yard, Apartment #4, #27, Prince Street, Arima

Tel: 491-3684

Website: caribbeanaff.com

25% Discount off on all ongoing arts & Craft courses

25% Discount off on event space rental at East Yard.

Caribbean Smiles Dental Place Ltd. (Dental)

Lp. #254 Southern Main Road, Cunupia – Tel: 693-0844

#47, Rodney Road, Chaguanas

Highland Plaza, Glencoe

Facebook: Caribbean Smiles Dental Place

10% Discount off on dentures and crowns

20% Discount off on all other dental services

Clamens and Associates 2000 Ltd

(Air Conditioning Sales)

#24, Belle Smythe St. WOODBROOK

-Tel: 622-7714

#4, Ibis Acres, Off Bhagoutie Trace, San Juan – Tel: 674-1824

#4B, Harmony Hall Road, Gasparillo – Tel: 791-1824

Website: www.clamens.co.tt

Facebook: www.facebook/clamenstt

Up to 25% on Selected Parts/Tools

5% Discount on Toshiba AC Units

10 % Discount on Ciac AC Units

Club Royal Caribbean (Club & Restaurant)

#60, Ariapita Avenue, Woodbrook

Tel: 628-7938

10% discount off on Tickets Purchases

Daily. Limit one (1) per customer Daily

CYLO Tracking Limited (GPS Tracking)

#40 Carlton Avenue, St James- Tel: 228-2385

Website: www.cylotracking.com

10% Discount off Device and Activation

Dolly Smiles Ltd. (Dental Services)

#27, Petra Street, Woodbrook, POS - Tel: 627-4359 or 681-4359

15% discount off on All Dental Services

(but does NOT apply to any services / procedures that include a lab fee).

Edgemore (Private In-home Caregiving Services)

#5, La Seiva Road, Maraval - Tel: 786-5240

Facebook: edgemore

Website: www.edgemoreltd.com

10% Discount off First month of services.

Fabric Land Trading Co. Ltd.

(Fabric & Household)

Lot #1-3, BWIA Boulevard, Piarcó – 669-8626/7

#54 & 65 Queen Street, POS – 623-2635 /

623-5234

#84, High Street, San Fernando – 657-0178

#51, Eastern Main Road, Tunapuna – 663-1564

Shops of Arima - 664-2669

Ground Floor, Gulf City Mall - 657-2220

Facebook: homelandtt.com

5% Discount off Original Price

NO discount on Sale items.

Guardia Security Advisors Limited (Security)

#33-35, French Street, Woodbrook

Tel: 235-5040 / 628-7403

Website: www.guardiatt.com

10% Discount off Alarm Monitoring System

10% Discount off on CCTV Systems.

Health Image Pharmacy

#12 Guapo Cap-de-Ville Main Road, Point

Fortin - Tel: 648-1922

5% Discount.

Island Smiles Dentistry Ltd. (Dental Office)

#4, Sumaria Trace East, Charlieville, Chaguanas

Tel: 234-9320 / 362-5914

Email: islandsmilesdentistry@gmail.com

Exam with xrays – 50%

Clean & Polish – 20%

All other Procedures 15%

Island Wash Laundry

#10 Western Main Road, Chaguaramas

Tel: 724-9553 / 634-1294

10% Discount on Comforter sets

10% Discount on Wash Loads (wash, dry & Fold)

5% Discount on Pressing services

Free Pickup & Delivery

Joyful Smiles Dental Solutions Limited

Xtra Food Complex, O'Meara Road, Arima

Tel: 222-5080 / 7846889 / 286-1769

Facebook: Joyful Smiles Dental Solutions Limited

10% discount off ALL Cleanings and restorations

5% discount off root canal treatment

5% discount off procedures that require lab fees

KDF & Associates Limited

(Security & IT Services)

#9, EmeraldDrive, Diamond Vale, Diego Martin - Tel: 767-7376

#84, Eastern Main Road, St. Augustine - Tel: 767-7376

Website: www.kdfassociates.com

Email: info@kdfassociated.com

10% Discount on all IT Services.

5% Discount on all Security Systems installations.

L&M Services Ltd (Windshield Repairs)

#15, Third Street West, Cassleton, Trincity.

Tel: 754-4780

10% Discount off all windshield repairs.

Len K's Auto Spares & Accessories

#8, Mainfield Road, Pt. Fortin - Tel: 648-0454

10% Discount off.

Lifecare Medical and Dental Center

(Health Clinic)

Lp. #2, Backchain Street, El Socorro Main

Road San Juan

Tel: 225-2633 / 322-5387 / 287-5040

#213 Southern Main Road (Opp. Mode Alive)

Spring Village, Valsayn - Tel: 348-7789

Facebook: Lifecare Medical and Dental Center

Website: www.victoria-clinic.net

5% Discount on all services.

Medical Home Visits (Medical Services)

Lp. #31, Eastern Main Road, Sangre Grande

Tel: 366-2012

Discount Vist to groups of patients with

Diabetic.

Neuropathy for treatment - 20%.

My Doctor Limited

(Doctor – General Practice – 24/7; 365 days)
Gordon Street, St. Augustine – Tel: 333-7474
Website: mydoctortt.com
Facebook: @my doctortt
10% Discount off on All Services.

Noel Sales and Services Co. Ltd

(Sales of Appliance and Parts)
#21, Adventure Road, Point Fortin
- Tel: 648-4044
Email: nsscl2007@gmail.com
5% Discount on Parts and Appliances.

Nuvachi Health & Wellness (Medical Spa)

St. Louis Drive, Longdenville Chaguanas - Tel: 727-2282
Facebook: Nuvachi Integrated Wellness Center
10% Discount off Body Care Services

Rodney's Supermarket Limited

(Supermarket)
#71, Cocorite Road, Arima – Tel: 667-6843
Shops of Arima -Tumpuna Road, Arima – Tel: 225-6776
#189, Eastern Main Road, Mt. Hope
- Tel: 222-1076
2% Discount on before VAT, TTARP cannot be applied along with other loyalty plans that we offer.

Roxhands Massage & Wellness

(Massage, Pain Management & Laser therapy)
#47, Forde Street, Arouca. - Tel: 717-3709
50% Discount for Massage Services – Pay \$200. Per hour
20% Discount for Laser Pain Relief therapy – Pay \$240. per visit one site.

San Juan Dental Clinic

#50, Eastern Main Road, San Juan
– Tel: 224-3368 / 675-8997
#29, Carlos Street, Woodbrook
- Tel: 223-8778
10% discount.

Suddies Electronics Co. Ltd

(Electronics Electrical & Accessories)
#43, Adventure Road, Point Fortin
Tel: 648-0513
3% Discount.

TECU Coral Reef (Guesthouse and Accommodation)

#21, Allfield Trace South, Lowlands, Tobago
Tel: 639-2536 / 730-4283
Website: tecutt.com/resorts
Facebook: Tecu Coral Reef Hotel
10% Discount off total room nights on presentation of TTARP membership card.

The Smile Experts Dental Clinic

(Dental Clinic)
Gasparillo Junction (next to KFC)
– Tel: 220-8000
Rio Claro (opposite Republic Bank)
– Tel: 223-DENT (3368)
Facebook: The Smile Experts Dental Clinic
10-30% Discount off all dental procedures (call office to clarify).

Trans Office Limited (Psychiatry, Mental Competence)

#18, Quamina Street, St James
- Tel: 628-8049
15% Discount off.

Tropikist Beach Hotel Resort Ltd

78-79 La Clave Street, Lange Park, Chaguanas
- Tel: 671-9143
Facebook: <https://www.facebook.com/tropikistbeachhotel>
Website: <https://www.tropikist.com>
15% Discount to All TTARP Members.
Restrictions/Blackout Dates: Carnival Week/Weekend: Easter Holiday Week Weekend; Summer 01 Jul-31 Aug; Xmas 15 Dec-15 Jan: All Other Public Holiday Week/Weekends

Turning Heads (Hair Salon)

#4, Hamilton Holder Street, Woodbrook
Tel: 351-3502
Facebook: Turning Heads
10% Discount

Ultrasound Today

Apt. 3, #10, Railway Road, San Juan
Tel: 327-5465
15% discount off on ALL Ultrasound services and ECG

Victoria Clinic Limited

#54, Gallus Street Woodbrook
Facebook: Victoria Clinic
Website: www.victoria-clinic.net - Tel: 622-2221 / 622-0683
10% Discount off on Bone Density Scans
5% Discount off on General and TCM (Traditional Chinese Medicine) Consultations.
5% Discount off on Herbal Products.

Wellmart RX Limited (Pharmacy)

#91, SS Erin Road, Palmiste, San Fernando -
Tel: 657-9100
Website: www.wellmartrx.com
3% Discount off Pharmaceuticals and OTC for Credit card Payments
5% Discount for Cash or Linx Payments.

Yin & Young Food & Drink

#18, Elizabeth Avenue, St. Clair
Tel: 375-4874
Fridays after 2:00 pm. 10% Discount off.

AMENDMENTS

Abel Building Solutions Ltd.

#2, Maingot Street, Mt. Hope - Tel: 665-2235 ext 3102/3
Longdenville ext 3107/1308
CR Highway, Arouca ext 2116/2117/2118/2119
San Fernando ext 1321
Tobago ext 1315
Email: abel.sales@ansamcal.com
Website: www.abelbuildingsolutions.com
7% discount on Equipment Only
PLEASE NOTE CHANGE IN DISCOUNT

Bridgewater Nursing and Caring Home

(In home Caregiving Services)
#370, La Horquetta Boulevard, Arima.
Tel: 750-7901; Facebook: Bridgewater Nursing and Caring Home
15% on ALL Services
PLEASE NOTE CHANGE IN PHONE NUMBER

Damus Building Solutions

(A Division of General Packaging Ltd.)
Caribbean Drive, Point Lisas Industrial Estate – 636-3112 / 3
Tool Free – 866-ROOF (7663)
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Website : www.damusbuildingsolutions.com
Facebook : Damus Building Solutions
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5% off White Guttering, 5% off Under Ceiling (white)
5% off Radiant Barrier, 10% off Flashing, 10% off Paints (Penta & Glidden) 15% off Windows Blinds and 3% off Windows.
PLEASE NOTE CHANGE IN DISCOUNT

Dental Solutions

#39, Petra Street, Woodbrook
Tel: 628-7787
5% Discount off
PLEASE NOTE CHANGE IN ADDRESS

Gentle Dentistry & Implant Centre Ltd.

#35, Ramsaran Street, Chaguanas
Tel: 672-6725, 221-0279, 747-7598
#6, Dick Street, Les Effort East.
Tel: 222-0362, 747-7603, 298-5763
Royal Palm Plaza, Unit 48 & 49, #7, Saddle Road, Maraval
Tel: 228-6725, 628-1456, 226-0040
Free examination
25% discount off on digital xrays
10% -20% various dental and cosmetic procedures
PLEASE NOTE CHANGE IN ADDRESS for Maraval

L' Image Parfaite Day Spa.

#48, Park Street, Port of Spain
Tel: 624-1452 or 720-7474
Website – www.lparfaite.com
5% discount off on Services.
PLEASE NOTE CHANGE IN DISCOUNT

Scott and Associates IT Services

#221, National Avenue, Mt. Hope
Tel: 772-8995 / 295-5788 / 220-3066
10% discount off on extra time on 2 hr tutoring session
PLEASE NOTE CHANGE IN PHONE NUMBER

The Avenue Pharmacy

#95 Ariapita Avenue, Woodbrook
Tel: 222-1343
5% discount off. Except on Snacks and Newspapers
PLEASE NOTE CHANGE IN DISCOUNT

DELETIONS

Christine Morgan-Cox (Attorney-At-Law)
Kris n Tony Shoe Store

Healthy Foods

Moringa

Moringa is a plant that is native to the sub-Himalayan areas of India, Pakistan, Bangladesh, and Afghanistan. It is also grown in the tropics. The leaves, bark, flowers, fruit, seeds, and root are used to make medicine.

Moringa is used for “tired blood” (anemia); arthritis and other joint pain (rheumatism); asthma; cancer; constipation; diabetes; diarrhea; epilepsy; stomach pain; stomach and intestinal ulcers; intestinal spasms; headache; heart problems; high blood pressure; kidney stones; fluid retention; thyroid disorders; and bacterial, fungal, viral, and parasitic infections.

Moringa is also used to reduce swelling, increase sex drive (as an aphrodisiac), prevent pregnancy, boost the immune system, and increase breast milk production. Some people use it as a nutritional supplement or tonic.

Moringa is sometimes applied directly to the skin as a germ-killer or drying agent (astringent). It is also used topically for treating pockets of infection (abscesses), athlete’s foot, dandruff, gum disease (gingivitis), snakebites, warts, and wounds.

Oil from moringa seeds is used in foods, perfume, and hair care products, and as a machine lubricant.

Moringa is an important food source in some parts of the world. Because it can be grown cheaply and easily, and the leaves retain lots of vitamins and minerals when dried, moringa is used in India and Africa in feeding programs to fight malnutrition. The immature green pods (drumsticks) are prepared similarly to green beans, while the seeds are removed from more mature pods and cooked like peas or roasted like nuts. The leaves are cooked and used like spinach, and they are also dried and powdered for use as a condiment.

The seed cake remaining after oil extraction is used as a fertilizer and also to purify well water and to remove salt from seawater.

How does it work?

Moringa contains proteins, vitamins, and minerals. As an antioxidant, it seems to help protect cells from damage.



Risks

Some of the medications to be particularly aware of are:

- **Levothyroxine:** Used to combat thyroid problems. Compounds in the moringa leaf may aid the thyroid function, but people should not take it in combination with other thyroid medication.
- **Any medications that might be broken down by the liver:** Moringa extract may decrease how quickly this happens, which could lead to various side effects or complications.
- **Diabetes medications:** Diabetes medications are used to lower blood sugar, which moringa also does effectively. It is vital to ensure blood sugar levels do not get too low.
- **High blood pressure medication:** Moringa has shown to be effective at lowering blood pressure. Taking moringa alongside other drugs that lower blood pressure may result in it becoming too low.

Moringa can be consumed via capsules, powder form, or natural leaves.

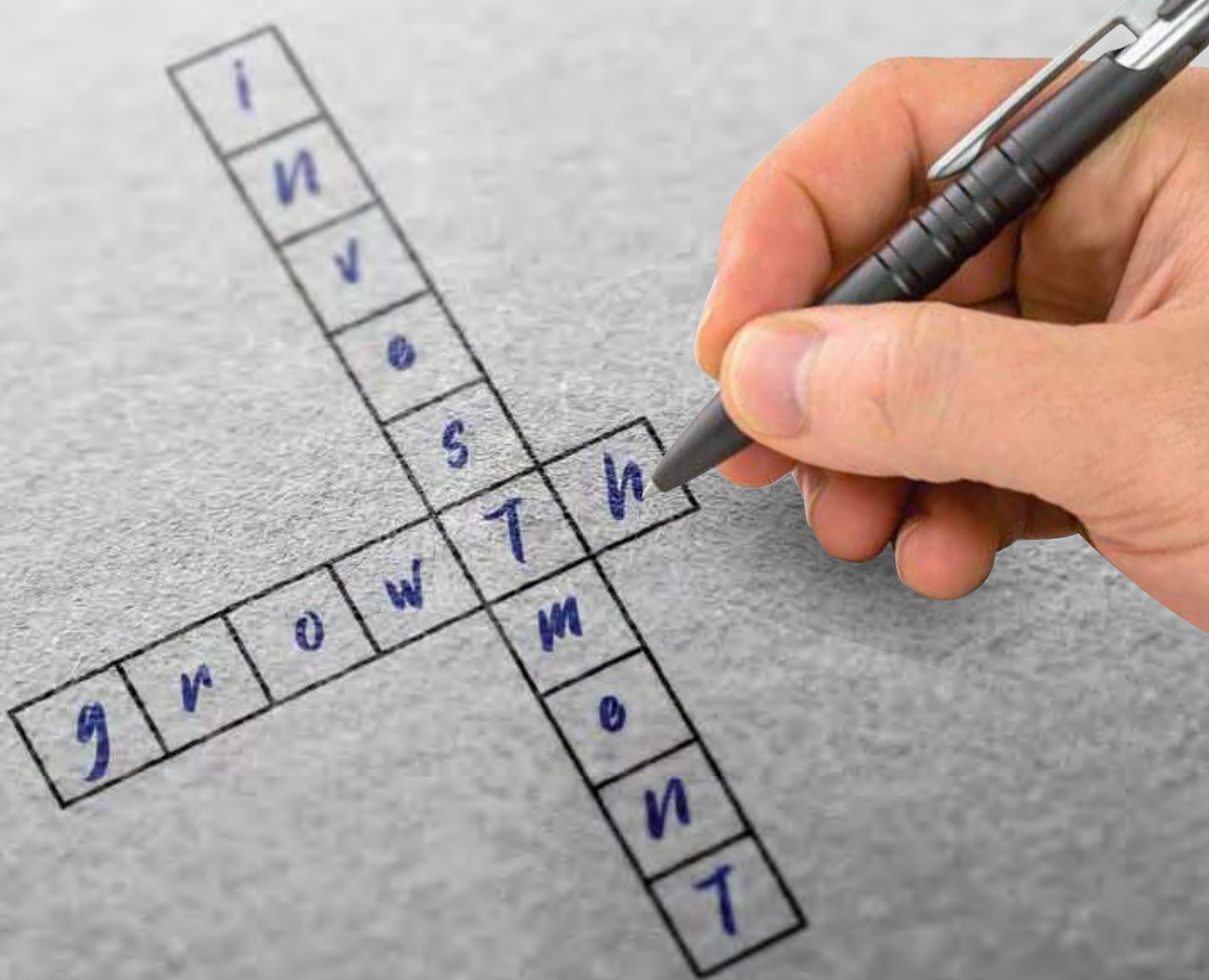
Moringa Tea is quite popular, and the natural leaves can be used in smoothies, in sandwiches, salads or soups or just about any meal.

Source

www.wedmd.com

www.medicalnewstoday.com





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Laughter



The couples therapist asked, "So, tell me what brings you here today?"

The wife said, "It's really difficult to live with him. He's so literal."

The husband replied, "My truck."

I once fell in love with a girl who only knew 4 vowels. She didn't know I existed.

My wife keeps telling me that I'm the cheapest person she has ever met in her life.

I'm not buying it.

Ladies, if he can't appreciate your fruit jokes... You need to let that mango.

My husband said he was leaving me because of my obsession with wearing different clothes every couple hours.

I said, "Wait, I can change."

Riddles

1. I speak without a mouth and hear without ears. I have no body, but I come alive with wind. What am I?
2. You measure my life in hours and I serve you by expiring. I'm quick when I'm thin and slow when I'm fat. The wind is my enemy.
3. What word in the English language does the following: the first two letters signify a male, the first three letters signify a female, the first four letters signify a great, while the entire word signifies a great woman. What is the word?
4. If you have me, you want to share me. If you share me, you haven't got me. What am I?
5. What has many keys, but can't even open a single door?

Answer :

1: An echo, 2: A candle, 3: Heroine, 4: A secret, 5: A piano



TOBAGO CORALS

By Selby Cole



Treating ourselves at Christmas

At the end of every year, we Corals members and some of our friends have become accustomed to treating ourselves to a sumptuous Christmas lunch, some delicious cake and ice cream, and some good old light-hearted togetherness. December 2018 was no different, as over fifty (50) of us gathered at our favourite Café Coco Restaurant, in Crown Point, Tobago. Instead of a band or other live Performer, this year, members opted to entertain themselves with some impromptu singing. Several door

prizes were also handed out, to add to the festive occasion. It was a joyous occasion and time well spent!



TTARP Zonal Groups

All members are encouraged to join a Group convenient to you!

ARIMA "Eastern Angels"

Meeting Place - Arima Tennis Club – Railway Road, Arima
Meeting Date and Time - 1st Friday of each month @ 3:00 p.m.
- Every Friday (except Public Holidays)
from 1:00 pm – 6:00 pm
Chairman - Peter NOCK, 718-9571 / 310-5929
Secretary - Carol BAIN
Treasurer - Margaret ISAAC
Email - harrypeters@yahoo.com or
1nocksypetes@gmail.com, annette_d55@yahoo.com
Colour T's shirt - LIME GREEN

BELMONT "Bees"

Meeting Place - St. Andrews Home, Belmont Circular Rd., Belmont
Meeting Date and Time - 4th Tuesday of each month @ 5:00 p.m.
Chairman - Gloria JONES, 620-1596
Vice Chairperson - Genevieve HOLDER, 348-5051 / 629-0932
PRO - Louise QUAMINA, 792-3017 / 623-7453
Email - patcrossley95@yahoo.com or
quaminalouise@yahoo.com,
lydia.pierre@yahoo.com
Colour T's shirt - GOLD

CHAGUANAS "Central Pride"

Meeting Place - Central Indoor Sports Arena – Manic Street,
Chaguanas.
Meeting Date and Time - Every other month @ 11:00 am.
Chairman - Faith CALLISTE, 386-8623
PRO - Yvonne KNIGHTS, 665-7315
Treasurer - Portia DE SILVA-IFILL, 786-4084
Email - ttarpcentral@yahoo.com - y.knights59@yahoo.com
- portiadesilva@yahoo.com - faithcalliste51@yahoo.com
Colour T shirt - ORANGE

DIEGO MARTIN "Western Pearls"

Meeting Place - North Diego Martin Community Centre, Church St.,
Diego Martin
Meeting Date and Time - 2nd Saturday of each month @ 3-5 p.m.
Chairman - Emerita SAMBRANO-CHRUICHE, 758-4601
Vice Chairman - Elizabeth NANTON. 789-7058
Secretary - Claudette SMITH, 694-1608
Email - keyevents14@gmail.com
- claudette238@gmail.com
Colour T's shirt - BURGUNDY

FYZABAD "Evergreen"

Meeting Place - Fyzabad Regional Community Complex
Meeting Date and Time - 3rd Thursday of each month @ 10:00 a.m.
Chairman - Errol BAPTISTE, 753-9862 / 649-2132
Vice Chairman - Monica NELSON, 394-5571 / 649-1866
Secretary - Kay FRANCIS, 742-0229 / 389-9180 / 649-5761
Email - earlynbaptiste@gmail.com - kaygf@hotmail.com
Colour T's shirt - GREEN

HEAD OFFICE:

45 Tragarete Road, Port of Spain.

Tel: 622-9223 / 221-7771 Email: ttarp1993@gmail.com

LA BREA "Black Gold"

Meeting Place - La Brea Community Centre
Meeting Date and Time - 3rd Thursday of each month @ 5-7 p.m.
Chairperson - Dennis MARCHAN – 774-2701
Vice Chairman - Angela CARTY-JOSEPH – 747-3927
Secretary - Yvonne HENDRICKSON-MARCHAN – 744-7049
Email - dennismarchan110@gmail.com
- yvonnehendrickson6@gmail.com
Colour T's shirt - LILAC

PRINCES TOWN/RIO CLARO "Royals"

Meeting Place - Princes Town Senior Activity Centre, Cor. High Street &
Lathan Junction, Princes Town, St Stephens Anglican
Church Compound.
Meeting Date and Time - 3rd Saturday of each month @ 2:00 p.m.
Chairman - Stanley JOSEPH, 446-6359 / 348-0956
Vice Chairman - Barbara PAYNTER, 731-4479
Secretary - Annmarie PAUL-ROBERTS, 322-6723 / 754-5361
PRO - Ramchand KALIPERSAD, 359-3042
Treasurer - Patricia NOEL, 779-3459
Email - anniepr89@gmail.com - rkalip@gmail.com
Colour T's shirt - WHITE

SANTA CRUZ "Cruzers"

Meeting Place - Bourg Mulatresse Parish Hall, Santa Cruz
Meeting Date and Time - 4th Friday of each month @ 5:00 p.m.
Chairperson - Yvette CUPIDORE-WRIGHT, 386-7350
Secretary - Donna ROSALES GRAY, 724-5302
Email - yvettewright123@yahoo.com or drosalesgray@gmail.com
Colour T's shirt - TURQUOISE

SAN FERNANDO "Purple Diamond"

Meeting Place - Pleasantville Community Centre, Pleasantville, San Fernando
Meeting Date and Time - 1st Tuesday of each month @ 10:00 a.m.
Chairperson - Norma GEORGE_OCHOA, 374-0701 / 225-6929
Secretary - Maureen TAYLOR-STEPHENSON, 776-6411
Email - tbeverly45@yahoo.com - ngnormav@gmail.com
Colour T's shirt - PURPLE

TOBAGO "Corals"

Meeting Place - Happy Haven School - Signal Hill, Tobago
Meeting Date and Time - 2nd Saturday of each month @ 3:00 p.m.
Chairman - Selby COLE, 753-2760 / 390-0142
Vice Chairperson - Winston GORDON, 678-9393
Secretary - Rawle ANDERSON, 374-8677
Email - ttarptobago@yahoo.com - selby_co@yahoo.com
- andersonrawle@yahoo.com
Colour T's shirt - BLUE/YELLOW

TOBAGO (Pembroke "Cultural Stars")

Meeting Place - Pembroke Community Centre, Todd Street
Meeting Date and Time - 2nd Monday of each month @ 3:30 p.m.
Chairperson - Lecia ROSS, 780-3761 / 391-2228
Vice Chairperson - Agnes ALFRED, 398-6045
Secretary - Carmen CHARLES, 759-4244
Email - understatedbrilliance@hotmail.com
- carmencharles27@hotmail.com
Colour T's shirt - ORANGE/GREEN

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