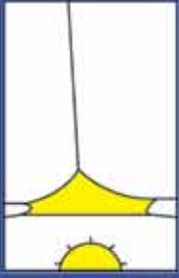


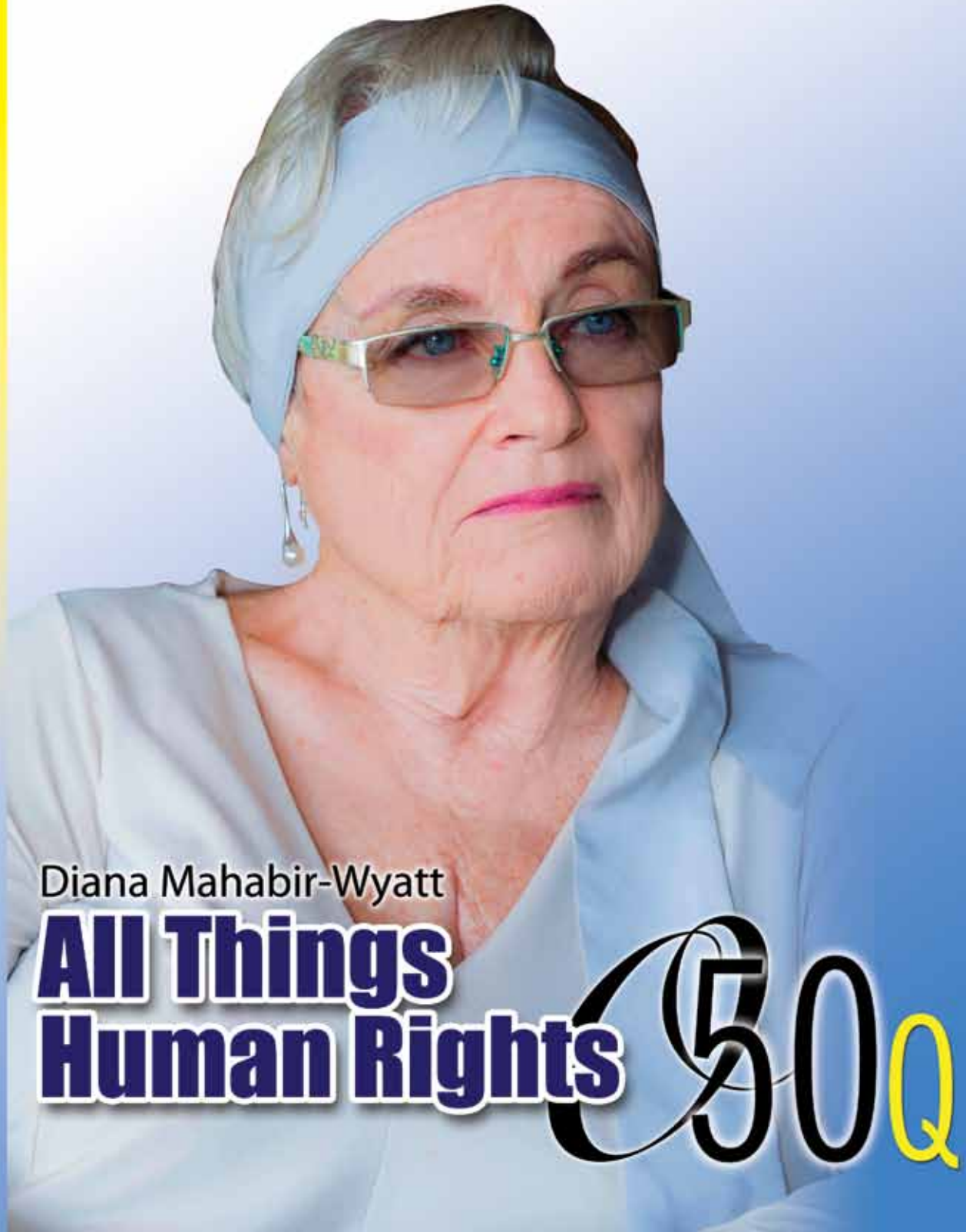
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ISSUE #1, 2020



Diana Mahabir-Wyatt

All Things Human Rights

50Q

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Contents

- 4** Comments from the Board
- 5** TTARP Benefits
- 6** Diego Martin Zone
- 8** San Fernando Zone
- 10** Belmont Zone
- 12** What is Covid-19?
- 14** Santa Cruz Zone
- 16** Change is Inevitable
- 18** All Things Human Rights
- 20** Arima Zone
- 22** Some of the 1993 Pioneer Members of TTARP
- 24** Chaguanas Zone
- 26** Princes Town / Rio Claro Zone
- 28** Tobago (Pembroke) Zone
- 29** TTARP Zonal Groups
- 30** Public Grants available to T&T citizens
- 32** Additional Discount Providers
- 34** Recipe: Immune Booster
- 36** Laughter

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TTARP, Editor-Peter Peña

EDITORIAL COORDINATORS

Mayling Younglao, Kern Williams, Denise Joseph and Michelle Nunes

PRODUCER

Sapphire Consultants Ltd

ADVERTISING

Sapphire Consultants, Michelle Nunes

COPY READER

Ruth Frazer-Munroe

DESIGN

RK Designs

CONTRIBUTORS:

Michelle Nunes, Cecil Paul, Emerita Sombrano-Churche, Norma George-Ocha, Lydia Pierre, Dr. Kafi Copleland, Yvette Wright, Anton La Fond, Michelle Eng Leang, Annette Young, Joan Lowhar, Yvonne Knights, Ramchand Kalipersad, Carmen Charles, and Denise Joseph.

COVER PHOTO

Kern Williams



FOR ADVERTISING AND CONTENT PLACEMENT, PLEASE CONTACT:

Michelle Nunes
Sapphire Consultants Limited
Mobile: 868-681-1816 or 868-374-8992
Email: sapphire.consultants.ltd@gmail.com

TTARP Head Office

#45 Tragarete Road, Port of Spain, Trinidad W.I
Tel: 622-9223, 222-7912, 221-7771

Email: ttarp1993@gmail.com Website: www.ttarp.org

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Comments from the Board

Life During and After Covid

In the last months, we have all experienced how unpredictable Life can be. A walk on the beach, a touch, a hug, a kiss on the cheek, blowing out a birthday candle, going to church... are just some of the many ordinary tasks which we have all done countless times without thinking or maybe even appreciating the act.

Covid-19 has changed our outlook on life permanently. The world is scared of an invisible enemy which can't be locked away or easily destroyed. We have witnessed across the Globe, a destruction of life in colossal magnitudes of many elders and those with underlying medical conditions. Many would say our beautiful nation of TnT as a result of local management which has been internationally acclaimed has been spared, in comparison to other countries. The loss of any and every life however is significant, and our hearts go out to the eight (8) persons we have lost to this virus.

We must be thankful for every day and appreciate the little things previously taken for granted. Pray and keep sane by finding at home hobbies and activities as these may be the best solution for now.

Realistically, this pandemic will take a long time to be brought under control and even so life will never be the same. Let us pray together and stand in unity as we await appropriate resolutions.

Be blessed our Members.

Stay Home, Wash your Hands regularly throughout the day, Sanitize, Pray, Be Safe and Save Lives !



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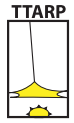
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TTARP BENEFITS

BENEFITS FOR AGE 50 +

- TTARP negotiated /implemented for **its Members** a wide variety of discounts for purchases at numerous Commercial, Medical and Retail enterprises. ***These are being added to on an ongoing basis.***

BENEFITS FOR AGE 60+

- The following are TTARP's Recommendations to GORTT and others on behalf of **Senior Citizens** now in effect :-

1. Fee Exemption for the renewal of a Trinidad and Tobago Passport.
2. Fee Exemption for the renewal of a Trinidad and Tobago Driver's Permit.
3. Exemption from Trinidad and Tobago Airport Departure Tax on Airline Tickets
4. Tax Exemption on General Insurance Policies (e.g. House and Car)
5. Free PTSC Bus Pass for bus rides in Trinidad and Tobago.
6. Free Inter-Island Ferry Pass on vessels on the Trinidad and Tobago sea bridge.
7. Free rides on the Water Taxi between POS and San Fernando.
8. Fee Exemption on certain bank services (e.g. Bank Drafts and bank statements for US Visas)
9. Preferential rates on fixed deposits at Banks and certain Credit Unions.
10. Widening the range of CDAP medications for ailments common to Senior Citizens.
11. Extended Medical Care at community Centers from 7am to 4pm, then from 7am to 7pm, and in certain areas from 7am to 10pm.
12. Increased non-taxable annual income allowances from \$60,000 to \$72,000 for all citizens.
13. The Senior Citizen Grant has been increased to \$3,500 (max) dependent on other Retirement Income from NIS and Occupational Pensions.
14. Special discounts on Application for Electricity and Water Rates for Senior Home Owners only.
15. Retiring Government employees will now receive an interim pension of three thousand dollars (\$3,000), while their work records are processed, when verified, the employee will start receiving the correct pension and will be given a lump sum for arrears.
16. Removal of semi-annual Life Certificate for NIS Pensioners.
17. Retired Government Pensioners will no longer be required to present themselves as proof of life existence as an online link will be established with the Registrar General's office.
18. Walk-Over to be constructed to assist Seniors and others travelling to and from the Tobago Ferry Port.
19. Government Pensioners to have their pensions adjusted based on the cost of living schedule of the Central Statistical Office.

* * * *

November 2019



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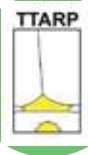
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WESTERN PEARLS (Diego Martin Zone)

Poem and Spoken Word Competition

1st Place Poetry

GRANDE RIVEIRE - Written by Greta Frank Dedicated to her mother – R. M. Lindsay

It lies between three mountains
A peaceful little glen
So calm and sweet and dreamy
T'll inspire the hearts of men

And in this little village
There's many a cosy nook
Where one can sit and wonder
Beside the running brook

It shows the work of nature
Too big, too great, too small
The sights and streams and
stature
Of streams so great and tall

The mighty little river
Tells tales too big and small
And 'tis the administration
Of strangers when they call
I love thee little village
From the bottom of my heart
And thee I'll love forever
Though from thee my steps depart.



2nd Place Winner

Trinidad & Tobago – My Land

**written by Ms. Annette Vidale, former principal of
Crystal Stream Government School, Diego Martin.**

Hail Trinidad and Tobago Twin-Island Nation
Iere Land of the humming bird
Re-named Trinidad in honour of the Blessed Trinity
Our sister isle Tobago, Crusoe's world
A paradise on earth
What unspoilt beauty!

From 1962 to the present date
We have good reason to celebrate
Fifty seven years of Independence
Free from Britannia's rule
With Constitutional changes in our laws
Great has been our experience!

We honour the memory of our forefathers
Who paved the way for what we have become today
One nation, one people
Living together in peace and harmony
A land endowed with plenty of food
And mineral wealth in the form of black gold

A rainbow country cosmopolitan, though it be
A plethora of cultures, rich in diversity
A people endowed with the ability to create
A leader, exemplar, none dare estimate
Pioneer in the steel pan music and calypso
Originator of that sensuous dance called the limbo

A blessed country, who can contradict?
Except the small minority
Bent on escalating the statistics on crime
Brought about by their own despicable acts
But we love our country
So let's join with repentant hearts in thanksgiving
And with boundless faith in our destiny
Pray to God Almighty to cancel the plans of the enemy
To remove the scourge from our society
And heal our land, Trinidad and Tobago – My Land
Will one day, like the proverbial phoenix rise again from
the ashes
To become once more the beautiful country it was
meant to be

And May God Bless Our Nation!





Western Pearls Easter Parade

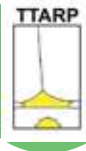
By Emerita Sambrano-Churche

The 2019 Annual Easter Parade of The Western Pearls had twelve contestants which also included a few grandchildren. Participants were judged on Traditional Hat Category and an Original Hat Category.

There was a display of talent and craft work exhibited by members – from floral to paper and local fauna. The men were coaxed to strut down the aisle, entertaining with comical antics or dance.

The winner of the Traditional Hat Category was the fashionable Ms, Myrna Chapman who bouncingly paraded before the judges (Mayling Younglao, Yvette Wright and Euphemia Durant). The Traditional Hat winner – (grandchildren) was Zion Mc Neil.

The winner of the Original Category was Agatha Mc Neil. She was bedecked in a yellow dress complete with hat, gloves and a basket of flowers. The Original Hat winner – (grandchildren) was Derecia Pierre with a creation from local fauna made by her grandmother Greta Frank.



PURPLE DIAMONDS (San Fernando Zone)

by Norma George-Ochoa, Chairperson

Dingolay Mama !

Purple Diamonds members certainly enjoyed themselves over the past few months. From the December Gala luncheon with calypsonian Kenny J, to the singing and dancing in Praise at January's Thanksgiving, thence to having a rollicking time at the South Kaiso showcase special Purple Diamonds show.

Twenty-two members also journeyed to St. Lucia for a Carnival getaway where they visited the Souffriere volcano and partied Trini style.

80

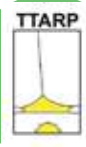




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BELMONT B's (Belmont Zone)

by Lydia Pierre, Member

formerly the location of the Trinidad All Stars Steelband Headquarters? On that site was also located the original CDC. (Carnival Development Committee) under the then chairmanship of Mr. George Goddard. The CDC has now morphed into the vibrant National Carnival Commission (NCC).

We were shown long-forgotten coins like the farthing, the half-cent, the sixpence, the big penny and all the other denominations of coins and notes. On display were all ten Governors of the Central Bank from 1964 to present, from John Price to Alvin Hilaire. Another interesting display were images showing shopping from the 1970's to the present.

We participated in a singing session and in some knowledge-testing games, and came away with a variety of souvenirs.



Belmont Bees

The Bees were invited to join the parishioners of St Ann's Church of Scotland on Charlotte Street, Port of Spain for a service in September. It was our first formal visit to the Church which is an historical landmark in the area with its beautiful stone façade. The Reverend Denise Rattansingh officiated and welcomed us warmly offering a prayer for our organisation. We are planning to make this visit a regular event on our calendar.



The Green Market



On hearing there will be "Christmas in July" at the Santa Cruz Green Market, some of the Bees decided to leave the Hive and follow the Queen B. Early bees started the journey at 7.30am and was amazed upon arriving that the crowd was already spilling out on to the roadway.

Our members consumed a delicious breakfast and then eagerly continued with their purchases while being entertained with parang and kaiso. There were a market area, plant stalls, craft in abundance, Christmas lights and decorations, and food galore.

We had a blast at the Christmas in July. What a lovely experience !

Money Museum

The Central Bank Museum at the Eric Williams Financial Complex, commonly called the Money Museum, turned out to be an unforgettable experience for a group of forty-two Bees.

Our guide was Ms. Cynthia Stephenson and what a wealth of information she shared !

We were shown a film depicting the construction of this magnificent edifice from start to completion.

Did you know that the current site of the Central Bank was



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What is Covid-19?



*By Dr. Kafi Copeland
Resident Doctor at HealthNet Caribbean Medical
(Maraval branch)*

Coronaviruses are a family of viruses which cause several illnesses. Covid-19 is the disease caused by the most recently discovered coronavirus. As the virus is new, the information available on it is constantly evolving. Although research is underway, there is currently no known cure or vaccine for Covid-19. Prevention is therefore the only line of defense.

Thus far, the most common symptoms of Covid-19 have been fever, fatigue, body pains, and a dry cough. Other symptoms include nasal congestion, runny nose, sore throat, and diarrhoea. As more is learned about the disease, new signs and symptoms may arise. The disease severity exists on a spectrum, with most cases being mild, but severe cases do occur. Older people and those with medical conditions such as hypertension, diabetes, heart disease, asthma, or disorders which affect the body's immunity (e.g. sickle cell disease, autoimmune diseases, cancer) all fall within the high-risk group for Covid-19.

How does the disease spread? The virus is transmitted very easily from person to person via respiratory droplets from infected individuals when they cough or exhale contaminating surfaces. If an uninfected individual touches these surfaces and then touches the nose, eyes, or mouth, the virus may then infect this person. Directly breathing in the droplets from infected individuals also facilitates infection.

How can you protect yourself from Covid-19?

1. Keep up to date on developments and protective measures from reliable sources such as government officials and ministries, and the World Health Organisation. Try to avoid 'word of mouth' sources which may be incorrect, cause unnecessary panic or suggest poor protective measures.
2. Frequently wash your hands with soap and water while singing your favorite song for at least 20 seconds, making sure to get under the fingernails and between the fingers as well. Alternatively, hand sanitizer can be used.
3. The current 'stay at home' measures implemented by the government along with social distancing are very important to preventing disease transmission. Given how easily the virus may spread, make sure to maintain social distancing when in public.
4. Avoid touching your eyes, nose and mouth. Wearing

masks in public can help, but the type and fit of mask will determine the level of protection.

5. Cover your nose and mouth with a tissue if you cough or sneeze, dispose of the tissue and clean your hands immediately. If a tissue is not available, cough or sneeze into the crook of your elbow.
6. If you develop any symptoms of Covid-19, contact a doctor for instructions on what to do. Telemedicine, a consult with a doctor over the phone, has become a key measure to prevent spread while allowing individuals to access health care.

Has the Covid-19 pandemic left you feeling moody or stressed?

The disruption of regular routines, the impacts of covid-19 and the uncertainty it has produced can affect mental health.

1. Practice compassion toward yourself and to those around you.
2. Develop and maintain a daily routine.
3. Prayer and meditation have been found to benefit mental health.
4. Exercise boosts both physical and mental health, and also improves sleep.
5. Stay connected to loved ones via telephone or video calls, or use the time to engage more with family members who live with you.
6. Maintaining a balanced diet can also improve your mood.
7. While it is important to keep up to date with new developments, limit your media intake as necessary to reduce anxiety.
8. Most importantly, don't hesitate to contact a mental health professional for help.

Finally, remember that this too shall pass.



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So be sure to check out the various plans that providers offer. On a quarterly basis, the Telecommunications Authority of Trinidad and Tobago (TATT) compiles and publishes prices for services offered by mobile phone providers. The publication also contains prices for Internet and subscription television services. Those prices are published on TATT's website www.tatt.org.tt.

Remember, if you are not happy with the services of your mobile provider, you may port your number.

Porting is the term used to describe the process by which you move your telephone number from one service provider to another.

**SHOP AROUND! THE CHOICE IS YOURS!
FIND THE BEST VALUE
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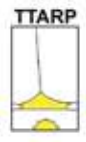
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Quick tips

- Avoid paying for extras you don't need, like parental controls.
- If necessary, ask someone you trust to review the terms and conditions of your contract.
- Be willing to change providers for a more competitive plan.
Remember, you can port your mobile number from one provider to another at no cost.





THE CRUZERS (Santa Cruz Zone)

By Yvette Wright, Chairperson

Last year ended with a Christmas dinner, and the new year 2020 started with an educational/fun visit to The Carat Shed/ Pitch Lake where the La Brea's chairperson Mr. Dennis Marchan and his team warmly welcomed and surprised us with a tasty meal which was greatly appreciated after the long journey. The Cruzers also attended the 'Kaiso For Silvers' at N.A.P.A which was quite entertaining.

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Change is Inevitable



Anton La Fond

An advocate for the elderly and disabled

Who would have imagined or even thought that Covid-19 could have such a devastating impact on planet Earth in 2020 ?

Whoever said “yes” should go to the head of the class. If it is man-made, only those who made it would have known.

This virus has dealt humanity a serious blow, causing millions to suffer and die.

Was the world prepared for a virus of this deceptive magnitude?

The answer is most definitely not.

However, the question that is lurking throughout the world is if and when a vaccine will surface to stop this unpredictable calamity from creating further havoc.

In certain quarters voices are uttering that this had to happen in order to curtail the pace at which the world was moving. It was exceeding the required speed. Others are saying that it is divine intervention.

Whatever it is, it has jolted the entire Universe, leaving speculation as a key component for many.

One of the sobering comments that touched my comfort zone was ‘Change is Inevitable’ and for many, life would never be the same.

It is widely known that the elderly are more susceptible to this virus than the wider society, and it is therefore necessary to apply a more stringent approach to their well-being.

Special Care is important for all who interact with the elderly and I pray that they remain responsible and compassionate.

It has also affected younger persons, so those who thought that they were invincible must now castrate those

feelings, since Covid-19 has become the great destructive and eye-opener equalizer.

Without a doubt, we are in turbulent times and one

must be cognizant of the fact that over the years, many societies have turned a blind eye to the way elderly folks are treated. Our only vision of hope coming out of this pandemic may be that seniors will be treated with kindness, appreciation and respect in the future. A change in attitude will most certainly remove the mire that individuals so easily tend to emulate.

Covid-19 had cast a cloud of concern over the lives of our elderly population, however we must have faith that there is a light at the end of the tunnel, and as a society we need to bond and glorify God for his mercy through this time of crucial-testing.

Let us join together to protect and care for our elders who have contributed so greatly to our society, it will be such a blessing when this Covid-19 is under control and a sense of normalcy resumes.

To all the frontline workers, thank you for your outstanding work and may the blessings of the Lord be with you always.

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ALL THINGS HUMAN RIGHTS



By Michelle A. Eng Leang



While her journey is a myriad of accolades in the human rights arena, Diana Mahabir-Wyatt says her greatest achievement to date is becoming a mother. As a mother of four and a grandmother, she admits that although human rights in general has always been the nucleus of her overall purpose, the children have always had a special spot for her.

She believes that human rights is not just a label but rather something we are all born with. “The fact that you are here means you have rights.” But where did it all begin for her? Diana simply answers that she was born with it.

“It wasn’t something I chose. My sister told me when I was about 4 years old, my grandmother asked what I wanted to do when I grew up, and I responded that I wanted to be friendly with mommies”. She recalls that even in kindergarten, she assumed the role of supervisor at break times and the teachers acknowledged that her presence would mean order on the playground.

Diana attributes her love and passion for people to the background of her parents. She grew up in Canada and later moved to Trinidad, “My father was a doctor and my mother was a teacher/social worker. I don’t think this path is something I chose. I think it chose me. Mum was always looking after someone who was crying or my Dad looking after someone who was having a baby or had an accident and it just stuck with me that this is what people did and so I did it.”

She strongly believes that caring for others should be a priority for everyone. “One of the things I just love about driving to work in the mornings going around the schools in the area and seeing all the bigger children holding hands with little ones and walking to school. I feel that is





a sign of civilization. That is a sign of people looking after people and it is very touching to me. And that's why I started working on children rights and child abuse because I really, really, really feel everyone should have a home that is safe. *I think one of the worst things is my discovery that there are mothers who actually don't love their children.*"

Diana works in the field of Industrial Relations (IR) through her own firm, and relates IR to an integral part of human rights. "People don't understand this but just like you have children's rights, industrial rights are key. *People spend most*

of their lives at work, either going to work, at work or coming home from, most of your waking hours are spent at work and how you are treated is a matter of human rights."

She has been an activist from the young age of seventeen while working as a waitress and felt that workers were being badly treated with having to work long hours without any benefits. She took the initiative to visit the closest Union where she was turned away since she did not have enough employees willing to join. She knew that was wrong and not consistent with principles of natural justice, which is "the basis of human rights and good Industrial Relations."

Diana recalled when she finished university and moved to Trinidad at age 19, her first job was teaching at the University of the West Indies (UWI). That was during the period of the Black Power movement and many students were being jailed, and so she assumed the task of liaising with the Attorney General's office on a daily basis to find out which student may have been picked up and detained.

All of Diana's musings about her life's journey centre around her passion for people and seeing them being treated fairly. After she left UWI, she worked at the Employer's Consultant Association (ECA) focusing on supervisory training, though her passion at that time was to work for the local Trade Union movement ever since her bad experience as a 17 year old waitress in Canada. When she mentioned this to a colleague, he laughed and said. "you're doing more good for us where you are.... so stay".

Eventually she became the head of the ECA as well as the Caribbean Employees' Association, travelling through the Caribbean

assisting persons and organizations sort out their employment grievances. Still actively involved in her own IR company, Diana admits to working nine-hour days even though she is now 78 years of age.

As a Lifetime TTARP member since August 1994 (twenty-six years ago), Diana believes that the TTARP organization has given life to many persons. The perception back then, for individuals themselves and society was that older persons, age 60 and over were useless and so were treated badly. "If people asked your name, the second question they asked was, what do you do?". And if you responded "I am retired", they immediately closed their minds and associated you with senility. Diana believes that there is still so much life after age 60 and applauds TTARP for keeping its membership vibrant and active. She asserted that, "60 is just about the age of reaching your peak of knowledge and experience in whatever profession you are in."

Diana's advice for her TTARP peers is simple, "keep active and keep your mind active. Keep trying to find other people that need help and help them. If you stop doing that or you stop giving to the universe, you stop receiving. And the best thing is, if you're lucky enough to be able to retire and afford to live without working then put some energy into helping others."






EASTERN ANGELS
(Arima Zone - EAAZ)
by Annette Young, Public Relations Officer.

Choir Concert

Judging from the sweet harmonious sounds of the EAAZ Choir at the November Christmas Concert, without any doubt we think they are ready to go to Carnegie Hall!



Roslyn Hall's Christmas

Our Christmas Luncheon held at Roslyn Hall and Lounge was a fabulous success, thanks to our Events Committee: Wendy Maundy, Patricia Young, Angela Phillip, Joyce Charles Rodriguez and Lynette Brewster, under the stewardship of Victoria Williams. Applause to our dynamic hosts Kenwyn Scott and Lynette Maule for their input and our in-house performers: Justin Subran, Kenwyn Scott, Lynette Brewster and guest Artiste Jamie Ghany Saxophonist for a wonderful afternoon.



SANTA WITH THE CHILDREN

Christmas is for kids, and sixty grand-children of Members were treated with goodies, fun and toys. Santa himself was in the area and he brought such joy to the boys and girls. Once again Jacqueline Philip along with her granddaughter donated their special prize.





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Some of the 1993 Pioneer Members of TTARP

An organization by itself is naught without its members. And so, we would like to acknowledge those pioneer members who joined the Association in 1993, and who have continued to be loyal members twenty-seven years later in 2020.



by Joan Lowhar,
Executive Board Member

IRENE ASHE

I met Irene Ashe at the gate of her home, and she led the way up twenty steps without pausing. My first question posed was – “how do you do this?”. She replied simply that she favoured using her amenities downstairs, so the climb up and down was easy and “I cannot stay still, I like to be occupied”



Irene Ashe at her 90th birthday
celebration.

As we sat, she announced, “You know I will be 91 years of age in March?”

I asked, “Do you want this recorded in the magazine?” She replied in an anxious voice, “Of course, I am proud of my age, I am still driving, and I do not have a pain, thank God. I am an example to many”.

She expressed how active she was in the years gone and her current involvement in some activities. She was a member of Women’s Aglow, Senior Achievers’ Association, and Families-In-Action, to name a few. As a trained Facilitator / Counsellor she is still involved with Families in Action, giving counsel and comfort to callers at nights. She was married to Ivan Ashe, now deceased, and they parented five children, one boy and four girls; she also has nine grands and fourteen great grands.

Ms. Ashe taught at Arouca RC School during the period 1947 to 1950, and then moved on to Colonial Life in the year 1950 as a Receptionist and Key Board Operator, she retired as an Accounting Supervisor in charge of Agents’ Commissions and Mortgage Loans. A position which required her to travel to London, Barbados, Guyana, Grenada and St Lucia.

She laughed heartily as she remembered being the life of many social gatherings where she danced and sang. A trained model, she won prizes for her singing, dancing and modelling skills. I was given a tour of her wardrobe where she proudly exhibited her lovely garments with matching

shoes which are still worn on occasions.

We became absorbed in chat and before long, dusk appeared with impending darkness, remembering that I no longer drive at nights I hastily and reluctantly departed.

ELLEN SUTTON

At ninety-two years and in relatively good health, except for the “weakening bones”, as she described her condition. A heartened welcome was received from Ellen Sutton who embraced the opportunity to relive some memories.

She proudly presented me with a TTARP receipt, brown from age, of her first payment to TTARP on the 31st December 1993. TTARP

attracted her attention because she was a member of AARP while she lived abroad.



She loved children, so “baby sitting” was her first choice of employment and has been quite rewarding in many ways. Those children, now adults, are gainfully employed and still consider her as family.

An ardent reader, Ms. Sutton showed me her large library of books which has contributed

greatly to her education. Born in the south, she later moved to Arouca where she still lives. She was married to Erasmus Sutton, a Fire Officer who died in 1998, they had three girls and one boy.

She grew up with her grandmother who was a direct descendant of the Arawaks, and had told her many stories of the First Peoples. She recalled stories about using the strategy to run backwards from the aggressive Carib Tribe many times, with the hope that the Caribs would not be able to follow their tracks.

She repeatedly expressed her appreciation of being interviewed, as she could not move around as before

and enjoyed company. She was fortunate, she said, to be blessed with a Caregiver, Ms. Denise Richardson whom she cited as being kind and "one of the best of the best", a trained chef and a previous caregiver to a former President of T&T.

Ms. Richardson thoughtfully provide us with a lovely snack, as we chatted on various topics. We parted after taking pictures with a promise to meet again.

CARLTON AND JEAN CLARKE

At the Valsayn home of Carlton Clarke and his wife Jean, my attention was immediately drawn to a wall in the living room adorned with significant life time family photos. A photo of their 1956 wedding, was flanked by those of his parents and her parents, their two children Dayne and Rory, and their three grandchildren. A lovely display of appreciation for family.

Mr. Clarke smiled brilliantly as he related his encounter with his wife Jean at their workplace as young people. They both worked at the Port Authority and after serving for the required number of years, she retired as a Secretary in the Operations Section and he as the Manager, Government Shipping Service, as it was called at that time.

He left it to her to proudly reveal that he was very active

in Sports, was good at basketball and was one of the first persons to introduce Javelin in Trinidad. She hurriedly showed a framed credential which read, "Carlton Hilton-Clarke, First Citizens Sports Foundation 2004, Hall of Fame".

I was introduced to their lovely spacious backyard, and their macaw which proudly looked down at me from its large cage, as if to say, "I am monarch of all I survey". For a moment I imagined what it would be like to share the ambience and serenity with the macaw, while lying in a hammock under one of the trees. Returning to reality, I remembered the real purpose of my visit to this couple, who have been truly blessed to enjoy their sixty-three years of marriage together. As I took my departure I was showered with thanks, and comments of appreciation for this gesture of TTARP.

CSO



The picture posted was taken at their 62nd Anniversary Function.

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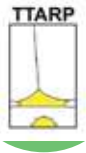
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CENTRAL PRIDE (Chaguanas Zone)

by Yvonne Knights, PRO.

Sale Sale

At our final Interactive Meeting for 2019, we held a Craft Market for members and friends to do some early Christmas shopping. Jewellery, clothes, plants, Bric-a-bracs, home-made wines and refreshments were placed for sale at a fun event full of camaraderie, banter and bargains.



Members admire the various items sold at the Craft Market.

Kampo Lunch

Central Pride's Christmas Luncheon at Kampo Vibes Restaurant catered for one hundred and seventy members and friends with delicious food and a beautiful ambiance. Thanks go out to Xtra Foods, Price Club, Bermudez, Flour Mills, Coco Cola, Merle Sandiford and Pat Paul who donated Door Prizes for the event. We ended 2019 with a bang !

Visiting Beckles Home for Seniors

Our annual visit to the Beckles Street Home for Seniors was heart-warming, we provided a delicious Christmas lunch and tokens for the residents of the Home who were entertained in song and dance.



Vice Chairperson - Mrs. Janet Rawlins, gives a token to one of the residents of the Home.



Celebrations

It's a blessing to celebrate life and occasions, so members thoroughly enjoyed The Golden Voices' Christmas Party and Birthday Celebration (for members born between September and December). We missed our Organist and Guitarist who were unable to attend, but nevertheless we made the most of the occasion.

The birthday celebrants are sitting from left to right: Lisa Johnson and Carol Benjamin
Standing from L to R: Kathreen Lee, Kathleen Meharris, Gloria Stubbs, Portia De Silva-Ifill, Faith Calliste, Jeanette Joseph, Janet Rawlins, Kissoondaye Bassarath and Patricia Paul.

Kaiso for Silvers

In late February, thirty-eight (38) members and friends journeyed to NAPA to enjoy the 'Kaiso for Silvers' hosted by the Ministry of Public Utilities in conjunction with the Ministry of Community Development, Culture and the Arts. The show consisted of a mixture of ole and modern-day calypsos. The M.C was Black Sage who entertained with extempore. Other entertainers were David Bureaux and Friends who went way back in time with some vintage calypsos, Monica Cagan and Nigel O'Connor, Marva Newton and Kairi Kaiso and Lord Nelson who 'brought down the house' with a number of his oldies. The show was well organised with seniors in mind, and provided a true 'walk down memory lane'.



Cross section of members who attended NAPA's Kaiso for Silvers.

Carnival Lime

The Carnival Lime at the Community Centre, Chaguanas comprised of Ole Mas, Calypso and Queen of the Band competitions. J Wave (Jessie Mc Barrow) and Sista Ron provided soca entertainment for the appreciative audience who danced to their hearts' delight. The DJ was Michael Lawrence and MC was Yvonne Knights. Over one hundred (100) patrons were in attendance.

The Central Pride Models brought out a band of Queens entitled 'Queens of Carnival' which were designed and made by the members themselves. The winners were awarded their prizes by our Chairperson, Faith Calliste.



Our only Ole Mas Band led by the Aerobics Tutor, Sheila Duke, portrayed 'We have to share D Love' was awarded their prize by our Chairperson, Faith Calliste. From L to R: Claudia Thomas, Sheila Duke, Faith Calliste, Moi Look Kin and Erlene Barton.



The winning Queen, Christine Berahazar who portrayed 'Queen of Soca'.




The 2nd Place winner, Bernadette Brathwaite who portrayed 'Queen of Bacchanal'.



The 3rd Place winner Erma Hector who depicted 'Queen of Pom Pom'.






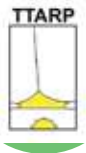
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ROYALS

(Princes Town / Rio Claro Zone)
By Ramchand Kalipersad - PRO

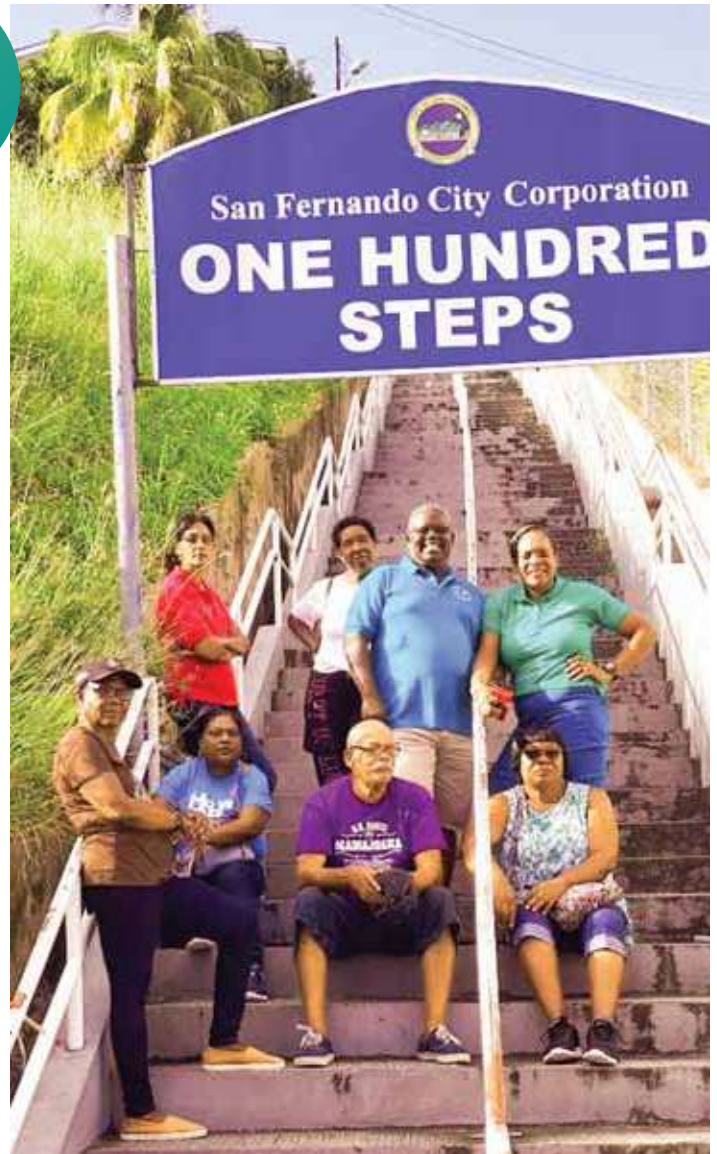
Royals visited “One Hundred Steps” in Vistabella San Fernando,

A few members of the “Royals” came together and embarked on a field trip to a couple of popular sites in San Fernando on Carnival Thursday.

Our first destination was the San Fernando Hill, followed by the “One Hundred Steps” at Mount Moriah Road in Vistabella, thence to the Kallicharan mas camp on Harris Street, San Fernando, and finally to the “Jammers international” mas camp in Cocoyea Village in San Fernando.

The highlight of the trip was the “One Hundred Steps” in Vistabella, which despite its name, is actually 145 steps to the top. At first sight the journey to the top looked daunting for us. Halfway up some members were gasping for breath, however everyone accepted the challenge and eventually made it to the summit. A few persons actually did the trip up and down a few times; not bad for the “not so young”.

There were scores of other women, men, and children using the steps to do their daily workout, and upon seeing us, some of them encouraged us along the way.



A few members at the bottom of the “One Hundred Steps” in Vistabella waiting on the others.



Some members on the San Fernando Hill



Victory at the top of the “One Hundred Steps”.

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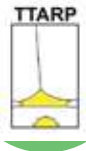
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"... when all you have left are memories... let them be pleasant"



TOBAGO PEMBROKE

by Carmen Charles, Secretary - Pembroke Cult

Variety Concert

Once again it was that time of year when the seniors came out to showcase their talents. The members of the Pembroke Cultural Stars (Tobago) held its Tenth Annual Variety Concert at the Glamorgan Multi-Purpose Centre last November.

The audience was treated to songs, dances, skits and some members even went back to school days. Everyone had a fabulous time, leaving with the promise that they will not miss the next one. This show can be seen on Channel 5.



Christmas Joy!

Beautifully dressed members attended the Annual Christmas Dinner at the Magdalena Grand Hotel where they were treated to a buffet style dinner, entertainment and gift exchange.

Great Fun !



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
Vice Chairman - Carol BAIN, 754-0077
Asst Secretary - Patricia YOUNG, 773-3844
Treasurer - Margaret ISAAC, 775-8292 / 374-6806
Email - 1nocksypetes@gmail.com or lovableprincess58@gmail.com
annette_d55@yahoo.com or carolcbain@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 Chairman - Stanley JOB, 770-5029
Secretary - Delano GEORGE, 792-7120
Treasurer - Genevieve HOLDER, 624-0932
PRO - Louise QUAMINA, 792-3017 / 623-7453
Email - quaminallouise@yahoo.com or ledano_lecic@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 / 481-3762
PRO - Yvonne KNIGHTS, 219-2171
Treasurer - Portia DE SILVA-IFILL, 786-4084
Email - ttarpcentral@yahoo.com, y.knights59@yahoo.com,
portiadelsilva@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-CHURCHE, 758-4601
Secretary - Claudette SMITH, 757-5199
Treasurer - Greta FRANK, 778-7960
Email - keyevents14@gmail.com, claudettes238@gmail.com
Colour T's shirt - BURGUNDY

FYZABAD "Evergreen"

Meeting Place - Fyzabad Regional Community Complex
Meeting Date and Time - 3rd Thursday of each month @ 3:30 pm.
Chairman - Monica NELSON, 394-5571 / 649-1866
Vice Chairman - Judith DE BOULAY, 736-0962 / 677-5207
Secretary - Kay FRANCIS, 742-0229 / 389-9180 / 649-5761
Email - monicanelson1960@gmail.com, kaygf@hotmail.com
Colour T's shirt - GREEN

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

HEAD OFFICE:

45 Tragarete Road, Port of Spain.

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

PRINCES TOWN/RIO CLARO "Royals"

Meeting Place - Princes Town Senior Activity Centre, Cor. High Street &
Lothains Junction, Princes Town, St Stephens Anglican
Church Compound.
Meeting Date and Time - 3rd Saturday of each month @ 2:00 p.m.
Vice Chairman - Franklyn FARRELL, 655-7836
Secretary - Annmarie PAUL-ROBERTS, 754-5361 / 288-3503
PRO - Ramchand KALIPERSAD, 359-3042
Treasurer - Patricia NOEL, 779-3459
Email - anniepr89@gmail.com, rkcalip@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, drosalesgray@gmail.com,
cruzerscc@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, 390-0142
Vice Chairperson - Winston GORDON, 678-9393
Secretary - Rawle ANDERSON, 374-8677
Email - ttarptobago@yahoo.com, andersonrawle@yahoo.com
selby_cole@yahoo.com
Colour T's shirt - BLUE/GOLD

TOBAGO (Pembroke "Cultural Stars")

Meeting Place - Quarters #126, Goldsborough
Meeting Date and Time - 2nd Monday of each month @ 4:00 p.m.
Chairperson - Lecia ROSS, 639-3029 / 391-2228
Vice Chairperson - Agnes ALFRED, 635-0818 / 398-6045
Secretary - Carmen CHARLES, 759-4244
Email - carmencharles27@gmail.com,
carmencharles27@hotmail.com
Colour T's shirt - ORANGE/GREEN

Public Grants available to T&T citizens

The Ministry of Social Development and Family Services is responsible for coordinating the implementation of Government's social and human development objectives. It currently offers programmes, services and grants to vulnerable persons including the family, youth, poor, the elderly, persons with disabilities, the socially displaced and other vulnerable individuals and groups within the society.

SOCIAL WELFARE

Some of the Grants provided under the Social Welfare Division include:

Senior Citizens Pension - Public Assistance - Disability Assistance Grant - Special Achievers Grants - General Assistance Grants: Household Items, Medical Equipment, Home Help Aid, Clothing Grant, Funeral Grant, Education Grant, Rental Assistance, School Supplies, Dietary Grant, Pharmaceutical, Special Child Grant, Prosthetics

SOCIAL WELFARE		
GRANT	VALUE	REQUIREMENTS
Household Items	\$7,000.00 (Generally)	ID Card Estimate from furniture store Plus fire report
	\$10,000.00 (Disaster)	
Medical Equipment	\$7,500.00	ID Card Estimate from supplier, Medical records (depending)
Clothing Grant	\$1,000.00 per person in family Disaster Only	ID Card Estimate from supplier Fire/Police report/ERRA form
Funeral Grant	\$7,000.00	Applicant's ID Card NIS Form Death Certificate
Education Grant	\$500.00 (Secondary School)	ID Card School Form
Rental Assistance	\$7,500.00 (3 months rent)	ID Card Letter from landlord Landlord's ID card Utility bill
School Supplies	\$700.00 per child (Primary)	ID Card
	\$1,000.00 per child (Secondary) Disaster only	Estimate from supplier
Senior Citizens Grant	\$3,500.00	ID Card NIS Form Bank Statement Passport
Disability Grant	\$1,800.00	ID Card NIS Form Doctor's Certificate
Public Assistance	\$1,150.00 for 1 person	ID Card
	\$1,400.00 for 2 persons	NIS Form
	\$1,600.00 for 3 persons	Doctor's Certificate
	\$1,750.00 for 4 persons	
Dietary Grant	\$600.00	ID Card Letter from hospital nutritionist List of expenses
Domestic	\$1,800.00 (minimum of 3 months months not exceeding 6 months)	ID Card Must be living alone illness temporary
Pharmaceutical Grant	\$2,500.00 (for 3 months supply)	ID Card Estimate for materials
Special Child Grant	\$1,100.00 (for one year)	

Below is a brief explanation of each Grant:-

- Household Items** – this is a form of assistance for persons whose household items (furniture and appliances) were destroyed due to natural or man-made disasters.
- Medical Equipment Grant** – persons in need can qualify for wheelchairs, commodes, special beds, dentures, etc.
- Clothing Grant** - Provides assistance to victims of disaster to purchase essential items of clothing.
- Funeral Grant** - This grant assists with burial costs for citizens. It can be issued prior to the funeral or as a reimbursement.'
- Education Grant** - This grant is intended to assist secondary school students with transport, special needs etc.
- Rental Assistance** - This grant is for persons who are unable to pay their rent, or who need accommodation and are unable to meet initial payments.
- School Supplies Grant** - This grant is for children in primary and secondary schools whose books/uniforms were destroyed by natural or man-made disasters.
- Senior Citizens Grant** - Persons over the age of 65 can apply for this grant.
- Disability Grant** – This grant is for persons with disabilities.
- Public Assistance** – The Public Assistance Grant is provided to meet the needs of persons where their income is deemed inadequate.
- Dietary Grant** - Persons requiring special diets such as renal patients or those with uncontrolled diabetes can apply for this grant.
- Domestic Help Grant** -This grant facilitates the provision of domestic help for citizens requiring assistance at home eg. After a surgery etc.
- Pharmaceutical Grant** - This grant is provided for the purchase of prescriptive medication not available under the C-DAP Programme or at the Public Dispensaries.
- Special Child Grant** -This grant provides assistance to parents unable to meet the financial cost of caring for a special child.

Other Grants available to the Public are:-

- Food cards** - The Targeted Conditional Cash Transfer Programme, also known as the Food Card, is a programme aimed at providing the needy with basic items necessary to meet daily nutritional requirements.
 - Households with 1-3 persons - \$410
 - Households with 4-5 persons - \$550

- Households with 6 or more persons - \$700
- B. **Prosthetics** - This grant is for persons who lost a limb and are in need of a prosthetic. Max grant is \$40,000 .
- C. **Minor House Repairs** - This grant is intended to assist persons in need of materials and/or labour for roof repairs and other minor structural repairs to their homes. (\$15,000 generally, \$20,000 disaster).
- D. **Sanitary Plumbing** - This grant is intended to assist persons in need of materials and/or labour for the installation of or repairs to sanitary plumbing in their homes (\$15,000 max).
- E. **Electrical House Wiring** - his grant is intended to assist persons with materials and/or labour for electrical wiring to their homes. There are three categories: First Time Wiring, Rewiring, Materials Only Assistance - \$25,000 max.
- F. **SEED Grant** -The Sowing Empowerment through Entrepreneurial Development grant provides assistance to persons over age 18 who are receiving Public Assistance or other state benefits, and would like to start their own business or improve their skill set. -\$15,000 max.

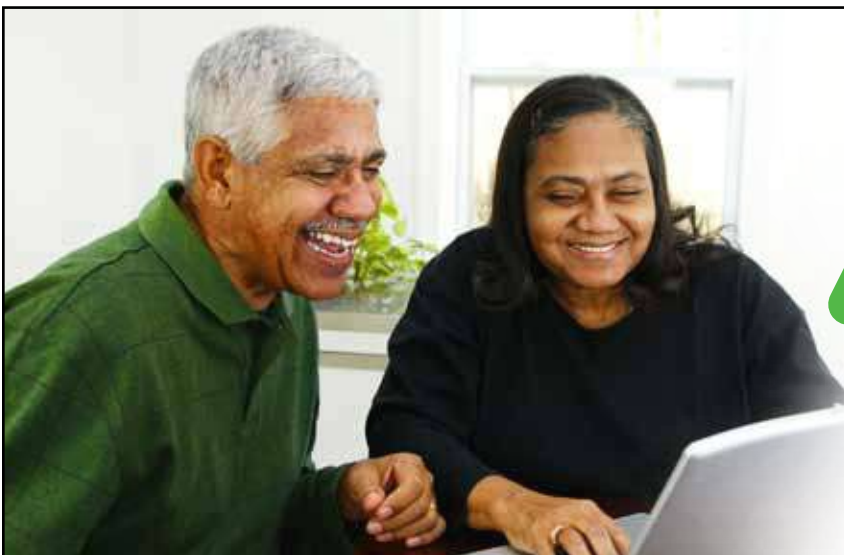
Preference for these Grants will be given to:

- Applicants whose total household income is less than \$6,000.00 per month
- Applicants who are pensioners or recipients of Public Assistance
- Applicants suffering from a disability as recommended by the Disability Affairs Unit
- Referrals from various divisions within the Ministry which includes but not limited to: TT Card, Social Welfare Division, etc.

For more information contact the Ministry at 623-2608, or visit the Social Welfare Office in your area.

Source: <http://www.social.gov.tt/>

TELL A FRIEND TO JOIN TTARP



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*Terms and conditions apply

AMPLIA

Additional Discount Providers

MARCH 2020

Dentally Secure Ltd (Dental Service)

#17, Marli Street, Newtown, Port of Spain

Tel: 622-7875 (office) 374-8255 (cell)

20% off Examination and X-Rays

10% off Dental Services not requiring a lab fee

5 % off Dental Services requiring a lab fee

Gaspar Grande Hotel and Conference Centre Ltd. (Hospitality)

#3, Allan Drive, Enterprise, Chaguanas.

Tel: 672-5133

Facebook: Gasfree Island Vacation Resort

10% Discount off Total Purchase for TTARP Members.

Mosco Insect Screens Ltd.

(Professional Services, Trinidad Discount Partners, Home Improvement, Pest Control)

#69, Limehead Road, Chase Village, Chaguanas

Tel: 330-1743

Website www.moscoinsectscreens.com

Facebook: Mosco Insect Screens

5% Discount off Screens and Screen Doors

Plantation Beach Villas Ltd. (Villa Resort)

Stonehaven Bay Road, Blackrock, Tobago

Tel: 639-9377

Website www.plantationbeachvillas.com

Facebook: Plantation Beach Villas

10% Discount off Accomodation

Rasam Restaurant (Food)

Level 2, Grand Bazaar Mall, Valsayn

Tel: 645-0994

Website: www.rasamrest.com

Facebook: Rasam Restaurant

10% off Total Purchase for TTARP Members.

Redbox Illustrations (Graphic Designing)

Lp. #51A, Irving Street, Francis Avenue, VIA Osborne Lane,

Petit Bourg, San Juan.

Tel: 731-4773

Website www.redboxillustrations.com

Facebook Red Box Illustrations

10% Discount on Graphic Designing Project

SuperPharm (Pharmacy & Photo Digital Lab)

Westmoorings, ext 2101, Price Plaza, ext. 2201, Valsayn,

ext. 2301, Diego Martin, ext. 2401, Maraval, ext. 2501,

Gulf View, ext. 2601, Couva, ext. 2701, Trincity, ext. 2801,

Marabella, ext. 2901

Tel: 675-5666 (800 4WOW)

5% off goods, RX items, and services everyday.

Zina's Jewellery & Cosmetics Ltd.

(Jewellery Store)

#28, Clarke Road, Charlieville, Chaguanas

Tel: 235-GOLD (4653), Trincity Mall (Zina's Outlet, Zina's

Cosmetics, Zina's Jewellery), Valpark Shopping Plaza,

Price Plaza, C3 Centre, Long Circular Mall, The Falls of

Westmall.

Website www.zinasjewellerytt.com

15% Discount off All Jewellery and Watches

DELETIONS

Autowave Limited

Coiffe the Hairstyling Haven

Cuffie River Nature Retreat

Digital Mode

Fun Seeker

Hometown Pharmacy Ltd.

Institute de Beaute

Kristina Shoe Store

My Doctor Limited

Nuvachi Health & Wellness

Petro Mart Limited

Pure Mobile Spa

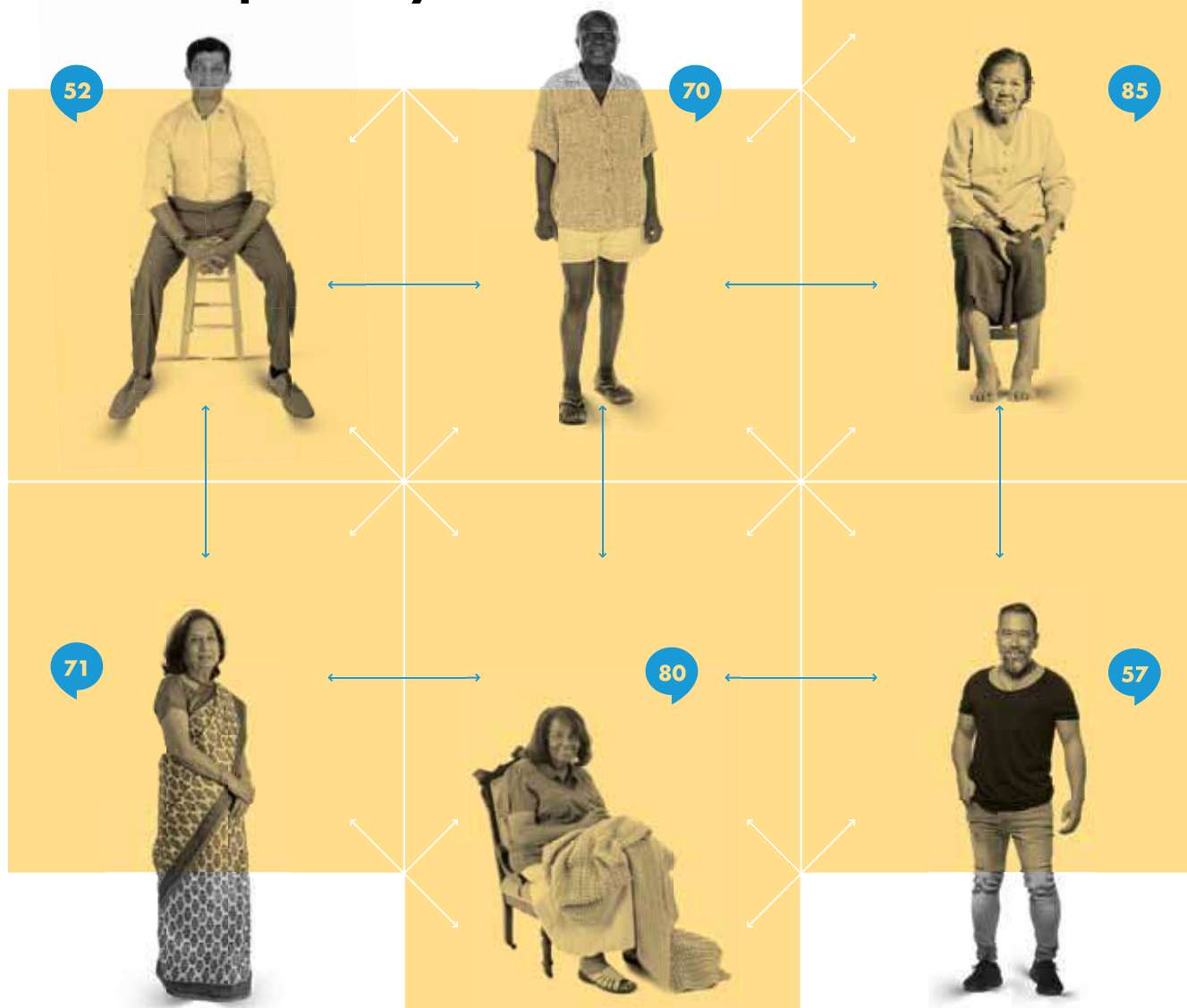
Reflexology Therapy Center

Santa's Beauty Salon

ZTC Trinidad Ltd

WE'RE ALL IN

To our elderly citizens and those with an underlying medical condition, protect yourself!



If you are over 60 and/or living with an underlying medical condition:

- You are at higher risk of serious complications of COVID-19. Follow public health advice to protect yourself
- Have at least a month's supply of medicine in case you need to stay home
- Adopt a healthy lifestyle: eat healthy, get enough sleep, stay active

While staying at home, remember:

- Be active and positive by reading, doing online courses or physical activities
- Reduce how much you watch, read or listen to news that make you feel anxious
- Avoid unnecessary public activities but stay connected with friends and family by phone or social media



PAHO

Recipe

Immune Booster Shot

(Maximum Strength!)



Ingredients

- 1-2 cloves Garlic minced, and set aside for 10 minutes
- 1 tbsp Honey
- ¼ tsp Turmeric
- 1 tbsp hot water
- 1 tsp Ginger- freshly grated
- 1 Lemon- juiced,
- 1 Orange - juiced
- 1 tbsp Apple cider vinegar- with the 'Mother'
- ¼ tsp Black Pepper
- 1 dash Cayenne Pepper
- 1 dash of salt

Instructions

1. Mince the garlic (ideally put through a garlic press) and set aside for 10 minutes. This gives the enzymes a chance to form and ensures maximum benefits.
2. Whisk together the honey, turmeric, and hot water, until the honey is incorporated and smooth.
3. Then you just stir in everything else and drink!

This immune booster drink is not only full of super healthy and cold fighting drinks but it actually tastes pretty good too! The honey adds a natural sweetness and the ginger and lemon give a wonderful zing – you feel better as soon as you've had some.

Though the ingredients will be the most potent when they're fresh, you can make and store in the fridge for 2-3 days.

What is in an Immune Booster Shot?

This immune booster shot recipe has everything you need to raise that immune system! It is loaded with immune boosting ingredients, antioxidants, vitamins and minerals!

- **Garlic** is known to boost the function of the immune system, and has been shown to reduce the symptoms of a common cold.
- **Ginger** has a very long history of use in traditional and alternative medicine. It has been used to help digestion, reduce nausea and help fight the common cold and other illnesses, to name a few. It also gives the immune booster shot a little zing.
- **Lemon juice** is very high in vitamin C and can help to support heart and digestive health.
- **Orange juice** is naturally high in vitamin C, folate and potassium, as well as being a great source of antioxidants.
- **Apple Cider Vinegar** can kill harmful bacteria.
- **Honey** is rich in antioxidants and is often used to soothe sore throats. It adds a natural sweetness to the drink.
- **Turmeric** is a great anti-inflammatory and antioxidant.
- **Black Pepper** is used to activate the curcumin in the turmeric.
- **Cayenne** has many health benefits that is a result of the active component, capsaicin. It can boost metabolism and lower blood pressure.

Please note that we are not medical professionals, and the information contained should not be used to diagnose, treat or prevent any disease or health illness. Please consult with a qualified health care professional before acting on any information presented here.





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Laughter



Something to brighten your day.

A light moment away from Covid-19- These are from a book called Disorder in the Courts and are things people actually said in court, word for word, taken down and published by court reporters that had the torment of staying calm while the exchanges were taking place.

ATTORNEY: What was the first thing your husband said to you that morning?

WITNESS: He said, 'Where am I, Cathy?'

ATTORNEY: And why did that upset you?

WITNESS: My name is Susan!

ATTORNEY: What gear were you in at the moment of the impact?

WITNESS: Gucci sweats and Reeboks.

ATTORNEY: Are you sexually active?

WITNESS: No, I just lie there.

ATTORNEY: What is your date of birth?

WITNESS: July 18th.

ATTORNEY: What year?

WITNESS: Every year.

ATTORNEY: How old is your son, the one living with you?

WITNESS: Thirty-eight or thirty-five, I can't remember which.

ATTORNEY: How long has he lived with you?

WITNESS: Forty-five years.

ATTORNEY: This myasthenia gravis, does it affect your memory at all?

WITNESS: Yes.

ATTORNEY: And in what ways does it affect your memory?

WITNESS: I forget.

ATTORNEY: You forget? Can you give us an example of something you forgot?

ATTORNEY: Now doctor, isn't it true that when a person dies in his sleep, he doesn't know about it until the next morning?

WITNESS: Did you actually pass the bar exam?

ATTORNEY: The youngest son, the 20-year-old, how old is he?

WITNESS: He's 20, much like your IQ.

ATTORNEY: She had three children, right?

WITNESS: Yes.

ATTORNEY: How many were boys?

WITNESS: None.

ATTORNEY: Were there any girls?

WITNESS: Your Honor, I think I need a different attorney. Can I get a new attorney?

ATTORNEY: How was your first marriage terminated?

WITNESS: By death.

ATTORNEY: And by whose death was it terminated?

WITNESS: Take a guess.

ATTORNEY: Can you describe the individual?

WITNESS: He was about medium height and had a beard

ATTORNEY: Was this a male or a female?

WITNESS: Unless the Circus was in town I'm going with male.

ATTORNEY: Is your appearance here this morning pursuant to a deposition notice which I sent to your attorney?

WITNESS: No, this is how I dress when I go to work.

ATTORNEY: Doctor, how many of your autopsies have you performed on dead people?

WITNESS: All of them. The live ones put up too much of a fight.

ATTORNEY: ALL your responses MUST be oral, OK? What school did you go to?

WITNESS: Oral...

ATTORNEY: Do you recall the time that you examined the body?

WITNESS: The autopsy started around 8:30 PM

ATTORNEY: And Mr. Denton was dead at the time?

WITNESS: If not, he was by the time I finished.

ATTORNEY: Are you qualified to give a urine sample?

WITNESS: Are you qualified to ask that question?



PROSTATE MANAGEMENT (HIFU)

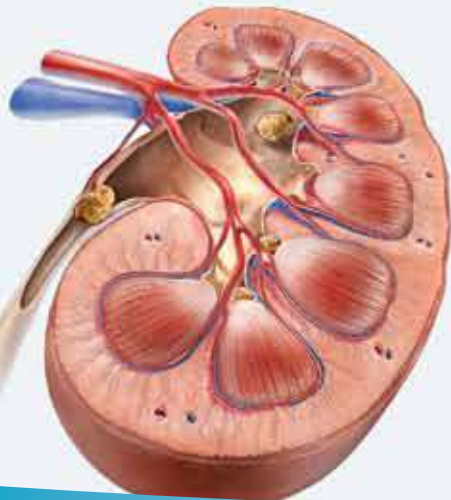
The Prostate has two major areas that demand urgent treatment.

1. Prostate Cancer
2. BPH or Enlarged Prostate

Minimal invasive management is done by HIFU (High Intensity Focused Ultrasound)

Here, the Prostate with the Prostate cancer is burnt utilising ultrasound waves generated by a Probe in the rectum. This treatment lasts about 2 hours and Patients are able to return home on the same day.

BPH: This is managed depending on the severity of symptoms. Sometimes non-surgical management is all that may be required.



KIDNEY STONES (LITHOTRIPTER)

Many kidney stones can be treated with the machine called an External Lithotripter. This machine generates a shockwave that crushes the kidney stone from a distance. The stone is focused between two crosshairs in a special monitor and the shockwave generated. The stones are then shattered to small fragments / powder. They are washed out with the urine. This treatment is a same day no incision surgery. Stones up to 2 cm are done easily.

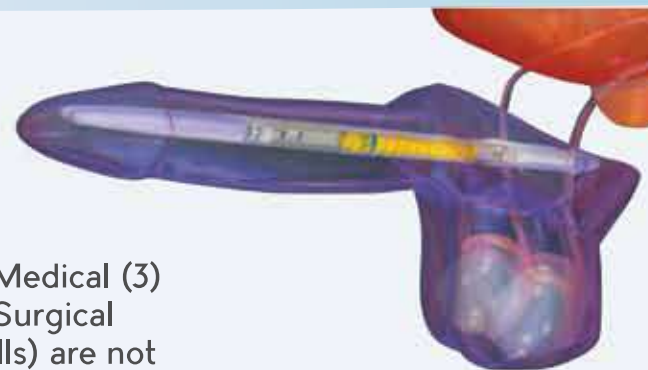
Other methods of management:

Same day ureteroscopy and internal shattering with a specific laser.

ERECTILE DYSFUNCTION (IMPOTENCE)

In our Aging Population it is understood that Impotence (Erectile Dysfunction) will occur. Hence, treatment is necessary and this takes the form of (1) Psychological (2) Medical (3) Surgical Management. The Penile Implant Technique is a Surgical approach that is done after Psychological, and Medical (Pills) are not successful.

Penile Implant are one day surgery, minimal invasive, and has a high success rate for intercourse (99.9%). It is done by our centers and success rate has been excellent.



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