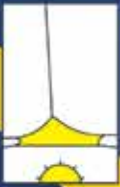


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ISSUE #1, 2022

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SHOULD I HAVE MY ARTHRITIC HIP REPLACED?

By Mr. Derrick E. Lousaing B.SC., M.B.B.S., F.R.C.S., (ED)
CONSULTANT ORTHOPAEDIC SURGEON
(General Orthopaedics. Joint Replacement. Lower Limb Reconstruction.)



That's the most frequently asked question by both patients and their families, which is directed to many different levels of health care professionals from nursing staff to various grades of medical staff. The question, unfortunately, obviously means that we have done a poor job of patient education on the subject.

It should be noted that not every arthritic hip requires replacement. Some patients may be low demand, limitedly mobile, have metabolic bone disease or unfortunately faced with a terminal or severe medical conditions, which would make the insult of a major surgical procedure result in a less than optimal outcome.

In the majority of patients, however, the short answer is YES, especially if there is increasing pain and analgesic requirement, increasing loss of independence and function and increasing deformity of the involved joint. Although it is a major surgical procedure, in 90-95% of the patients the operation is successful in alleviating all the presenting symptoms.

The procedure takes between one to two hours and can be done without the patient having to be put to sleep, walking is achieved next day and the hospital stay is two days. The requirements at home for the first two weeks involves assistance for toileting daily, addition of a raised toilet seat and a walker for early ambulation, self exercises, regular ice application and physiotherapy based on the patient's progress. Once the procedure is completed, the constant nagging ache of arthritis goes and recovery

begins. Most patients will achieve enough comfort to assess the early result of the procedure, usually as early as six weeks.

The major complications are limb-length discrepancy, scar pain, deep vein thrombosis and infection. These are all covered by perioperative techniques that are used to mitigate the possibility of any or all occurring and the overall incidence is extremely low.

Additional answers can be gained by having conversations with other patients who have already undergone the procedure.

In most instances, success gives improved quality of life and independence that cannot be achieved by any other mechanism.

To help answer a patient's concern ask your health care professional for a frank and informative consultation.



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Comments from the Board

Our small nation keeps evolving, whether it is for Covid Regulations, Cabinet reshuffles, Rising Prices of Goods and Services. One can only compare our past life and wonder what our future holds, and what lies ahead for us and for the younger generation.

Approaching the unknown future with flexibility and with a light spirit would be the best advice that one can give anyone since there is little control over so many things. At TTARP, we are transitioning as well, moving towards the digital age, encouraging our members to stay updated with technology and the many options available now to be apart but connected.

As we open up the country, we look forward to retrieving old habits and lifestyles. We are anxious for our children and grandchildren to get back to school, to exploring the world with TTARP travels, to having public gatherings where we won't need to be scared to welcome each other with a kiss and hug.

You, our Members have been dedicated and our Discount Partners so very faithful and lenient, and we consistently must acknowledge these acts, since it goes to the core of our Mission.

We encourage you to inspire as many family and friends age 50 and over to join the association to enjoy the many membership benefits, as we embrace a new covid-free world.



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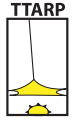
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NATIONAL BENEFITS

A. NATIONAL BENEFITS FOR PERSONS AGE 50+

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

B. NATIONAL BENEFITS FOR PERSONS AGE 60+

The following are TTARP's Recommendations to the Government of the Republic of Trinidad and Tobago (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 premium payments for 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 sailing 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. Increased the range of CDAP medications for ailments common to Senior Citizens.
11. Extended Medical Care hours of services at community Centers from 7am to 4pm, to 7am to 7pm, and in certain areas from 7am to 10pm.
12. Increased non-taxable annual income allowances from \$60,000 to \$72,000 to \$84,000 for all citizens.
13. The Senior Citizen Grant has been increased to \$3,500 (max) per month dependent on a means test for other Retirement Income from NIS and Occupational Pensions which must not exceed \$5,500 per month.
14. Retiring Government employees will now receive an interim pension of three thousand dollars (\$3,000), while their work records are processed, when verified, the retired employee will receive the correct pension and a lump sum for arrears.
15. Removal of semi-annual Life Certificate for NIS Pensioners.
16. 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.
17. Walk-Over constructed to assist senior citizens and others travelling to and from the Tobago Ferry Port and Water Taxi service.
18. Government Pensioners to have their pensions adjusted based on the cost of living schedule of the Central Statistical Office.

* * * *

April 2022

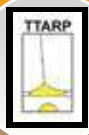
OTHER

In context of approved GORTT National Budget 2021/2022 the following are some additional improvements which Senior Citizens (and Others) shall enjoy :-

- a) All first-time home owners will qualify for a tax-free allowance of Thirty Thousand Dollars (\$30,000).
- b) Employed persons will benefit from a non- taxable increase from Fifty Thousand Dollars (\$50,000) to Sixty Thousand Dollars (\$60,000) for NIS and other contributory Pensions.
- c) Value Added Tax (VAT) has been removed from many basic food items, such as biscuits, cooking oil, canned vegetables, canned meat and fish, cornflakes, curry, juice, sausages, ham, ketchup, pigtail, and bottled water.
- d) Electricity and Water rate rebates to be increased from 25% to 30% for bills LESS THAN Three Hundred Dollars (\$300.00).
- e) Removal of VAT and Duties on therapy equipment for treatment of vision, hearing and physical disabilities.
- f) Removal of VAT and Import duties on computer equipment which should make these important communication devices cheaper.
- g) All Citizens will have access to Free WIFI internet connections at Transport Hubs, Public Hospitals, Schools and Libraries.

* * * *

April 2022



EASTERN ANGELS (Arima Zone - EAAZ)

by Annette Young, Public Relations Officer.

GOING VIRTUAL

The Covid-19 pandemic and resultant restrictions did not deter the forward-thinking EAAZ from developing innovative ways to re-group and resume some activities which had become dormant for over eighteen months.

In September 2021, we held our first virtual Zonal Committee Meeting. Our Vice Chairman Carol Bain advised Committee Chairs that they were the ones to keep the interest of the members going and with some suggestions to explore how they should take the lead in achieving this goal. Our educational content was a video on "How to get up from the floor (after a fall) – Mac Gyver style".



Our October Sip and Chat was an informal virtual Zonal Committee Meeting, where Committee Chairs were given specific roles for Events, Education and Tours.

Under the stewardship of His Worship the Mayor of Arima, Alderman Cagney Cassimire, with The Diabetes Association of Trinidad and Tobago, Arima Branch and Arima Santa Rosa Lions Club, Diabetes Month was launched on Friday 3rd November 2021. The streets in Arima were lit with blue lights and the blue circles representing the Diabetes colour. In observance of World Diabetes Day EAAZ members celebrated with a NO SUGAR challenge for the DAY.....No Stew Chicken, No Cake, No Sweetened Drinks, No Wine, No Alcohol. Our members wore blue in keeping with World Diabetes Day which is celebrated on 14th November.

We reached out to the National Trust of Trinidad and Tobago and on the 24th November 2021 in the comfort of our homes, fourteen members were "transported" on a 360 degree virtual experience onto the engaging scenic tranquility of one of T&T's notable heritage sites, Nelson Island. From our Tour Guide,

Mr. Joseph Bertrand, we learned inter alia, of the island's occupation by the First People, its use as a holding bay for indentured labourers and as a military naval base. We 'visited' the Mess Hall and Detention Centre occupied by State detainees and viewed a pictorial display of documented historical activities and other memorabilia as well as the gallery of the cottage in which Uriah "Buzz" Butler was detained.

A virtual Christmas Luncheon was held in December 2021, and was well attended. We viewed everyone's plate but Louis Caraballo's plate was certainly different. He won the people's choice.

Our Ends Lime was held on January 7th 2022. It was a catch up on what happened during the Christmas holidays and it was good to see new faces. We have been having virtual meetings and guides to persons as to how they can join. It is good to say that our general numbers are increasing and more members are attending our virtual meetings.



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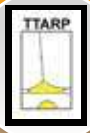
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ROYALS (Princes Town / Rio Claro Zone)
by Ramchand Kalipersad, Public Relations Officer.

Finding new Hobbies

When the COVID-19 pandemic struck, many people suddenly found themselves stuck studying or working from home. In a time when we couldn't see friends and family as much as we used to, some people struggled to find the right ways to stay occupied.

The pandemic gave, too, it granted time, and many people savoured it. People found new hobbies and new perspectives, Annie Paul-Roberts found art, Angela Guerra found gardening, Carol Ragoonanansingh found Jewellery Making and Jenifer Bowen found baking.

Annie Paul-Roberts

Annie sketches with her pencil. She never realised she had this latent talent. She says that she does it and it feels



great because it releases that creativity energy, within her.

She said at that whilst drawing she is in "the zone" and completely focused on the task at hand. She's not bothered about the time, bodily sensations or any other needs, working on her creations can be quite blissful.

Angela Guerra

Angela Guerra started gardening a while ago. If not for gardening she could have become despondent. She could



Angela Guerra

always go outside, put her hands in the soil and relax. It is said that similar to human beings, plants thrive if you put them in position to do so.

From a therapeutic medical perspective, gardening can reduce the risks of obesity, high blood pressure, type 2 diabetes, osteoporosis, heart disease, stroke, depression, etc.



Carol Ragoonanansingh

Carol started making jewellery for many reasons, but the most prominent was her need to feel a sense of control in her life during the period. She wanted to make jewellery with colours and designs of her choosing.

She says when making Jewellery her mind becomes calm and she is able to concentrate on the task on hand and time seems to fly by.

You don't need to be an expert in jewellery making to get the calming effects. A simple pattern of bead weaving, bending a few wires to make earrings, and even organising beads can calm the mind.



Carol Ragoonanansingh



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Jenifer Bowen

With the lockdown, flour and yeast became some of the most sought-after items in supermarkets as many of people turned their hand to making their own bread, cakes and cookies. Jenifer Bowen is one such person. She found comfort and tranquillity in baking. The confinement gave her time to try out new recipes that she did not have time to try before with great results too.



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Plogging for Health and Giving Back to Society

By: Ravi Shankar
Member, Westmoorings

*P*logging is a combination of two words: jogging and the Swedish phrase for pick up, 'plocka upp'.

Started in Sweden by Erik Ahlstrom in 2016, plogging is an eco-friendly exercise by which people pick up trash while jogging or brisk walking as a way to clean up the environment and also take care of their health.

Plogging is a beautiful way of giving back to society, through a clean environment, which further leads to happiness of mind and matter.

My own experience of plogging, post stenting, for a year from 23rd Oct 2019 to 23rd Oct 2020 led me to realize the power of this simple exercise! The brisk walking for just 15-20 minutes daily, not only increased my blood circulation but occasional bending to pick up trash lead to positive muscle activity on my back too! All that is needed is an extra trash bag and a pair of reusable gloves for hygiene.

Just for fun I started analyzing the trash picked up daily and collated the data in an XL sheet. After a year, the data showed, I had picked up about 1500 plastic bottles, 150 glass bottles and 100 aluminum cans! Including other stuff like cardboard pieces, food wraps, beer bottle caps etc the overall total trash pieces picked up for the year was 10K! All within the radius of 1km from where I live in Westmoorings. Total weight picked up was in the region of 400kgs!!

Of course my daily plogging continues, but with no tracking now! But down the line I picked up the hobby of beer bottle caps collection from my daily plogging picks- boasting a

collection of 45+ different bottle caps as on date! But I continue to be a teetotaler!

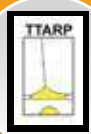
A simple back of the envelope calculation tells us that if even 10,000 of us volunteers (this number which is less than 0.8% of our population) in Trinidad & Tobago take to daily plogging around the place we live and parks we frequent, by devoting just 15-20 minutes daily, we would be ridding our streets and parks of at least 4000 tons of trash in a year, especially plastics, by our daily small efforts! This is over and above what SWMCOL, CEPEP & URP does to keep Trinidad & Tobago clean. At least to the extent of 4000 to 5000 tons, our drains and water-ways will be free of the polluting plastics and other debris!! To that extent we will not be adding to the ocean plastic patch. Maybe even reduce the flooding during the rains.

Worldwide over 2 million volunteers in 100+ countries have taken to daily plogging since it started in 2016. We the people add to the trash, so we the people have to take up the responsibility to clean up as well and leave the planet cleaner for the next generation.

As members of TTARP- an Association of Responsible Persons, why not start a silent eco-revolution and make our beautiful Trinidad & Tobago a cleaner and plastic free land!

Why not start a brigade of volunteer ploggers and guest speakers who motivate our youth in schools and universities and ensure the silent eco-revolution in Trinidad & Tobago goes on year after year and get noticed globally?!!"

CSO



PEMBROKE CULTURAL STARS (Tobago Zone)

by Carmen Charles, Secretary.

In December of 2021, members of Pembroke Cultural Stars made a donation of Medical supplies and Food Stuff to the Hope and Joy Assisted Living Home for Senior Citizens, located at Belle Garden Bay Road. The Manager Mrs. V. Charles was very grateful for the items received.

On Valentines Day of this year, members of the Pembroke Cultural Stars celebrated Valentines and Birthdays. Members were serenaded with roses and gift giving, and were in high spirits, since for some, this was the first time they physically saw each other since the pandemic.

With cake and ice cream, and some dancing, we are anxious for things to get back to normal soon and for our building to be available for our next gathering.

God Bless. Stay Safe.





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FOREVER GREEN (Fyzabad Zone)

by Parmatie Deokiesingh -Assistant Secretary.

Getting Together Again

Our first Executive Meeting for 2021, was held on November 5th 2021, to prepare reports for TTARP's Head Office Annual General Meeting.

At that meeting our Executive decided on a Fund Raiser in the form of a "Virtual Bingo" which was held in early December, it was a very dramatic, breathtaking and exciting game, with shouts of "Jackpot" from all different parts of the country.



"Celebration of Love" – February 14th, 2022. This annual event is held by the Executive for the group members. It was messaged on our TTARP Forever Green Zone WhatsApp Chat, but unfortunately only seventeen (17) members opted to participate in the event. We journeyed to the Vessigny Beach Facility and partake in a sumptuous meal at Vessigny Beach resort.

It was a beautiful day at the seaside with blue skies, cool breeze and a lovely seaside view with relaxing facilities. Great comradery was had by all members.



A Brunch was held in late December at the scenic Sanderson Park, Fyzabad. Listening to the chirping of the birds and feeling the cool breeze, no one else but our small group of fourteen (14) members were there to enjoy the facilities. A delicious meal was prepared by the members of the Executive, and we spoke of our "home time" due to the pandemic, but were extremely happy to see each other.

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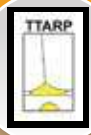
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THE CRUZERS (Santa Cruz Zone)

by Yvette Wright, Chairperson

Stay Positive

We have entered our second year of inactivity as we battle with this dreaded pandemic. Our members are however keeping active in various ways to help release some of the stress. We have selected to highlight a few members and their stories:-

Lorna Henry

At a young age, her parents encouraged her siblings and her to read, which is something she still practices today, however writing was something she disliked in Secondary School. As a young adult, her writing for poetry and short stories blossomed after experiencing a traumatic event, when a friend encouraged her to express her feelings and thoughts on paper. This assisted greatly in healing, and she continues to write on events or when the Spirit of Lord touches her heart.



Short Story - LIFE EXPERIENCES

I have cried enough tears that I have my own river to bathe in. I have smiled so much and have lit so many rooms that I generate my own electricity. My anger could be compared to a category 5 hurricane. I have been through many battles but my scars are my victory sign for others to see that I have made it through the many wars of life. I have walked so many miles that my footprints are a guide for future generations. And yet with all these attributes I still fall short of God's glory.

I am a sister, a friend, an aunt. Not a wife nor a mother, neither a grandmother. But I wear many of those hats to those who have crossed my path.

This is the story of some or most of us, but we could be blessed beyond measure if we put our focus on God our Creator. Many would dream of a life as was told in the stories we heard growing up. But know this: We were not all born to live a storybook life but we can etch a picture on life's canvas of what God sees in us. So sisters and brothers keep painting with the colours of the rainbow that all who see your works would be in awe.

Cheryl Agard

At 72 years of age, she recalls being taught in Primary School to make a floral arrangement vase from empty plastic bleach



bottles. However, it wasn't until 2008 that she started gathering empty plastic bottles. By watching YouTube videos for tutorials and information, she elevated her craft around 2020 by drawing animals and cutting them out on the bottles and painting the edges of them for highlights.



Cheryl Williams

Her love for Nursing spanned over 47 years being active in the field. Retired just over one year, she has been enjoying grand mother-hood and a passion for writing which goes all the way back to high school.



Poem - The Pandemic

I miss my family and my friends
This is the new normal and the trend
No more outings, walks or shopping
I am so sad; how are u coping?

My neighbour died, my cousin too
That left me heartbroken and blue
Covid had stretched to 2k22
Please Lord, have mercy I ask you

Vaccinate to operate they ask
Follow the rules and wear your mask
Jesus had promised to walk with you
Make space at your side, this is a clue

Draw near to God the Bible says
Pray that soon this covid goes away
We his children send up this prayer
That the pandemic
will end early this year.

Shanty Rampersad

A resident of San Juan, she joined TTARP from almost the inception, and is now an avid collector of various types of Hibiscus flowers. Traveling all over Trinidad to purchase various coloured Hibiscus, and talking, nourishing and taking care of them is her hobby.

90



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Rhonda Maingot: Strong Faith & Resilience



By Shereen Ann Ali

Rhonda Maingot's sense of faith guides her along unconventional pathways, with a resilient spirit which ripples like waves, touching many lives.

She credits the vision to create the Living Water Community with Rose Jackman in 1975, and the many missions that evolved, to: "The Lord Alone."

Maingot, who's earned a Chaconia Gold medal (2014) for community service, met with us at the Living Water Community (LWC) in a room with a whiteboard headlined "DO NOT BE AFRAID". Beneath is a list of words: Change; Suffering; The Unknown; Separation; Conflict; and others. It's like a workshop on personal resilience, to find the courage to face life's inevitable challenges.

"I was born and grew up in Pointe-a-Pierre, one of seven children," Maingot shared. **"Pointe-a-Pierre was a camp, like a big family. So, everybody was your Auntie and Uncle. When you went to school, or got on the bus, you knew everyone."** She enjoyed growing up in the oil company compound because of its strong sense of community.

She has fond childhood memories of playing kick the pan, and riding box-carts on the hills with other teenagers. She was a water baby and loved the sea. **"We children were always by the jetty, bathing and diving. I could swim very well."**

Maingot liked going to Church on mornings to attend Mass, and sang in the church choir as a teenager. "But in those days," she recalls, **"we sang Latin. It was lovely."** Her grandmother was an early religious influence. **"Granny would spend time with us when I was a child. We were close to her. And she was a very religious person. She always had a rosary in her hand, and she'd say, 'Come, you have to ask the Sacred Heart of Jesus for this,' and pray. She instilled faith into us."**

Maingot entered the working world at 16, right after sitting her O' Level exams. An early job was doing the books at an American oil firm. Although she had no formal training, she quickly learned the ropes of administration and accounting, and helped calculate the weekly payroll for some 1,200—1,500 people every week.

At 18, her family migrated to Barbados where she worked at managing gas stations for her father. Three years later, she returned to Trinidad, now in her 20's, she enjoyed going out, partying, and was a big Carnival fan, she recalls, **"I loved Carnival. I went to town in costume with Wayne Berkeley every year."**

Then, at the age of 28, in 1975, she had an experience of spiritual transformation. She described experiencing "a wave of peace, entering the top of my head, flowing right through my whole being. I could just feel it like a whole thing moving through my whole being, right through my torso, right through my legs, right out my feet, and as if I was lifted up from the bed."

By the next day, a Friday, she was ready to quit her job and start a new kind of life. She sold her car, most of her possessions, and for a while was drawn to the idea of a monastic life. But God had other plans. Her family were concerned; some thought she was crazy. Maingot remembers the genuine concern of her brother, who told her: "I believe in God too, but this is ridiculous. How can you do this? How can you give up your job? What are you going to live on? It just doesn't make sense!"

Within months, Maingot and her friend Rose Jackman (formerly a nun, Sister Assumpta of Rosary Convent in St Ann's) formed the Living Water Community. Jackman had decided to leave life at the Convent to join Maingot in her new mission. In 1976, they started a small prayer group which met every Wednesday. Maingot got herself a little motor scooter, and began helping families in need.

By 1980, Living Water Community purchased an old office building at 109 Frederick Street, Port of Spain which is still their Head Quarters today. Community members worked hard to refurbish and renovate, building a base for prayer and outreach work.

It opened in June 1981, and the Community grew to become a vibrant lay ecclesial movement for the poor and suffering. It became the wellspring from which flowed many other community missions. These include centres for the homeless, a halfway house for abandoned children, a hospice for the terminally ill, a home for the aged, drug rehabilitation centres, development programmes for young women, and most recently, child-friendly spaces for migrant children.

The Community founded the Trinity Television Network in 1993, and also founded viable small businesses such as the Vision of Hope garment factory for young women, and a much-loved Coffee Shop on the ground floor of LWC headquarters, which also runs a popular breakfast and lunch service.

At the core of the Community today are 25 people who live by religious vows of commitment. Maingot explained: ***"We consecrate our lives to God, and we promise celibacy, simplicity of life, obedience to the spirit of the Community and the Church. We have a deep prayer life at home."***

Although her work with the poor, the homeless, the addicted and the troubled has exposed her to some of Trinidad's darker sides, Maingot is resolutely optimistic, and proud to call herself a Trinidadian. She shares: ***"If I had to choose a place to live in the world, it's Trinidad I'd choose, you know. I love my country and I am Trini to the Bone. Trinidad is the most beautiful place for me. The people of Trinidad for me are just very special."***

She is not, however, blind to Trinidad's problems. She reflected: "We have seen a real breakdown of family life. We've seen an anger coming to the society, and disrespect for people. We have degenerated as a people.

"It seems that we have dethroned faith, and we have put in its place secularism and notions of entitlement, and individual rights, which in themselves are not bad things, but there's no avenue for God. We have left God out. And that is the biggest pain...We will not have a world if people don't believe in God."

Maingot believes the elderly are a treasured part of our communities, with a lot to offer. Yet too often, people exclude them.

Maingot thinks there are many things the elderly can do to stay active and connected to others. "For example, my mother, when she was 80, would come once or twice a week into our LWC kitchen, and peel potatoes, just to help." It can be the simplest of things.

She believes we must respect and care for our older people, and that young folk can learn a lot from their insights and life experiences.

"The elderly in a family are part of a young person's history, to help them move forward," said Maingot. She quoted Pope Francis: ***"Grandparents are like the wisdom of the family, they are the wisdom of a people."***

She values the work of TTARP in its advocacy for the rights of senior citizens, saying: "I think TTARP has contributed to helping the elderly find their place in society."

Maingot is now 75 years old, and laughs when I ask her if she now considers herself to be retired. "Retired? I did that when I was 28!"



Walking like you are old

By: Dr. Phillip G. St Louis,
MD, FACS, FAANS - Board
Certified Consultant
Neurosurgeon.



Lumbar Spinal Stenosis:

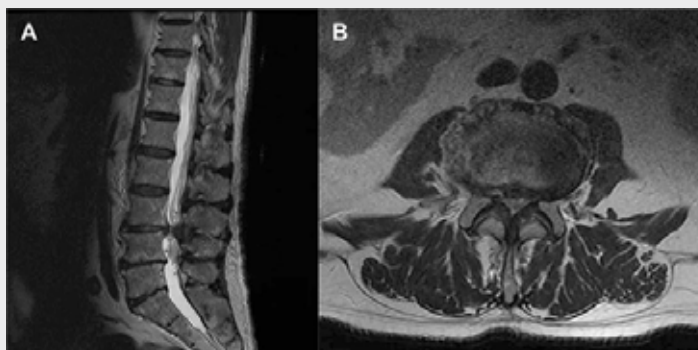
How often have we remarked that someone has grown old because of their posture and gait?

They seem to be bent over more noticeably than ever before. They can only stand briefly, or walk a short distance before sitting for a few minutes of rest, only to get up and repeat this sequence. They complain of pain, weakness, numbness, tightness, and/ or heaviness in one or both of their legs, hips/buttocks. They have progressively worsening difficulties performing activities of daily living (cooking, cleaning, self-hygiene etc.). We now notice that they have to depend on using the shopping cart at the supermarket. There is a gradually progressive decrease in their abilities. They become progressively disabled, and "Bent over" graduating from a cane to the walker, then to a wheelchair.



The primary physician may possibly agree with your diagnosis of "getting old" and ascribe it to the general term "arthritis". Many physicians may have limited knowledge of this common and treatable condition called "Lumbar Spinal Stenosis" (LSS).

The American Association of Neurological Surgeons defines lumbar spinal stenosis as a narrowing of the spinal canal in the low back. This compresses the nerves traveling through the lower back into the legs. It is a degenerative condition that affects people who are 60 years of age or older.



This condition occurs slowly, over many years or decades. Bone spurs, bulging discs, and enlarged ligaments all contribute to narrowing of the spinal canal and compression of the nerves.

Symptoms include:

- pain, weakness or numbness in the legs, or buttocks
 - cramping in the calves with walking, requiring frequent short rests
 - weakness in the legs, and possible loss of normal bowel or bladder function
 - Improvement with bending forward, sitting or lying down
- This condition is also referred to as "Pseudo-claudication" and bears a distinct resemblance, in some of its features, to Claudication. This (Claudication) is from a lack of blood supply to the nerves, muscles, and tissues of the legs.

Diagnosis of LSS is made by a Neurosurgeon based on history, symptoms, physical examination, and test results. An MRI of the lumbar spine is of most importance.

Treatments for LSS includes physiotherapy, medications, and epidural blocks. Patients usually do not respond.

Surgical intervention by performing a "Decompressive Laminectomy," where the laminae (roof) of the vertebrae are removed to create more space for the nerves is the best choice. A spinal fusion, with or without spinal instrumentation, may occasionally be used to support unstable areas of the spine. This surgery can be accomplished via a standard surgical approach (large midline incision and underlying muscle removal / retraction), or by a small (Minimally Invasive MIS) "keyhole" approach. Benefits of the latter include, less pain, shorter hospital stay (same-day discharge in most cases), less blood loss, less narcotic use, shorter recovery and return to a functional status. Minimally invasive approaches can also use implants to fix the spine in a position providing the most open anatomical arrangement for reducing nerve compression. Long-term results in the use of these latter implants have not met expectations and fall short of the "Decompressive laminectomy".

Recent articles using the minimally invasive surgical approach and focusing on patient self-reported outcomes have reported favorable outcomes in approximately 80% or greater of patients,

Knowledge and insight into this condition will no longer leave you questioning the cause of your friend or significant other "walking like they have grown old". You may even have the rare opportunity of introducing this possible diagnosis to the undiscerning Physician. Think again, before you hastily conclude that your loved one is "Walking like you're old."



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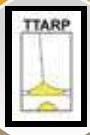
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THE CORALS (Tobago Zone)

by Selby Cole, Chairman

99 and Counting

*L*ike the Energizer Bunny, our Zone's Eldest Member, keeps 'going and going'.

In February, Joseph Daniel Archer recently reached the milestone of 99 years. He renews his TTARP card for three years and ensures that his relatives always walk with the card to get his discounts.

A dip in the sea, 3 or 4 times a week remains one of his greatest joys (though sometimes he murmurs about a chill in the air or a knee pained). Slo Jo and Uncle Daniel as he is affectionately called is lively and alert, and enjoys telling stories about when he was a Boatman attached to the Blue Haven Hotel escorting foreign dignitaries to visit the Buccoo Reef. He would then get a far-away look in his eyes and momentarily forget those around him.



Visitations "by telephone"!

Due to the continuing Health Regulations, our faithful Committee members who would visit the sick and shut-ins found an alternative method to interact. Unusual circumstances sometimes bring about innovative results.

What did they you do? Make a phone call, of course!

Our eight-member visiting team, who call themselves "The Encouragers Committee" divided a list of members, including those who live alone, and made regular calls, at times engaging a neighbor or friend if unable to reach the person.

In some cases, family may live abroad or a distance away, and so assistance would be given with transport to the grocery or the Doctor. No man (or woman) is an island and if there is no one at home to talk to, the world can seem like a lonely place. Several years ago, our past Chairlady brought the idea of the "Buddy System" where members can team up to check on each other and we encourage members to do so.

Let's Encourage and Support each other!

A VALENTINE'S TRIBUTE

What! Only one day set aside each year
To show a loved one how much you care?
Everyday should be like that special day,
With loving gestures coming your way.

It's great to have one special day,
To take time out to hear you say
Just how much I'm loved by you
With flowers, cards, gifts and chocolates too.

But what about the other days,
When love is absent from your ways?
The times when thoughtless deeds you do
With thoughtless words added on too!

Treat me each day as I deserve,
Your loving actions do not reserve.
Tell me you love me day by day,
And by my side you'll always stay.

Bring me a rose upon my bed,
One of my chores just do instead.
Give me a hug, a kiss, a smile
To make each day with you worthwhile.

So do not wait for Valentine's Day,
All those wonderful things to say;
Tell me, show me by the things you do
That your love for me is very true.

*Composed by Maria Bristol
Tobago Corals*



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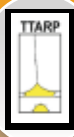
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BELMONT BEEs

by Lydia Pierre, Member

On Giving Back

Can you believe we are now twenty-four months into the Covid -19 pandemic? We have all felt the strain of lock-downs, mask-wearing, vaccinations, social distancing, all in the world-wide effort to stem the disastrous effects of this horrible virus. But in spite of it all, life must go on. And like true Trinis, the Belmont B's continued to make supreme efforts to bring some joy to our members and the broader community in which we operate, ensuring at the same time that we keep to the forefront the safety of our vulnerable cohort.

Our Annual Prayer Breakfast was titled "Pandemic Thanksgiving Service and Breakfast". Members came from as far as North Manzanilla, Valencia and Cunupia to join us, as we greeted old friends.

Our Christmas celebration of the elderly in our community was done differently this year. Normally we would invite residents of the several Senior Citizens' Homes in the Belmont area to a grand treat of dinner, presentation of gifts and music and entertainment at our meeting venue, St Colm's Hall. Covid put paid to that arrangement but not to our determination to bring Christmas cheer to the elderly in our community. This year we provided a sumptuous luncheon with all the Christmas trimmings to the male and female residents of the Salvation Army Home.

It was a very enjoyable evening. One of the residents, Ruth Pascall, who is originally from Grenada, hugged her gift in delight as she introduced us to her grandchildren who were visiting her at the time. Rubena Duntin, 85 years young, went deep into the archives of her memory and rendered some very old Christmas carols, remembering them verse by verse and encouraging the seniors to sing along with her. Our own Myra Prentice was a guest at this event. We must give special thanks

to Vijay Arjoon, Laverne George, Bernadette Joseph, Rosetta Hoyte and our Chairperson who all came out that Sunday morning to ensure a memorable occasion for the Seniors and their helpers. The pictures below show some of the scenes from this event.

In December we had the pleasure of distributing to a number of 3 to 6 year olds Christmas gifts which had been donated to our group.

In closing we want to offer condolences to the family of Mr. Alvin Dorset, a true Belmont stalwart who has passed. He was one of the Belmont Golden Heroes whom we honoured in 2012 on the occasion of our country's 50th Anniversary of Independence.

50



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doctor to get a moisturiser fix.

These hands are good for
distancing six (6) feet or more
To get closer is to infect one for sure
One cut eye, steups and a frown
Will soon have people on the run

Lord, give a helping hand
These hands are shaking
because of the alcohol rub
Lord return these hands
to their former state
I ask this of God's grace.

Composed by: Miss Faith Calliste, Chairperson, Central Zone



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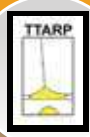
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CENTRAL PRIDE (Central Zone)

by Yvonne Knights, Public Relations Officer.

We commenced the year with an outreach activity visiting the Beckles Street Home for Senior Citizens to spread some New Year cheer. They took with them a sumptuous lunch complete with dessert and tokens which were distributed to the residents. Due to the covid protocols they did not stay around to chat or entertain as usually done but quickly distributed the lunches and tokens, said a few words and left. The residents were happy to see them.



From l to r. Ann Williams, Portia Ifill-De Silva and Faith Calliste. Seated is Radika, one of the residents.



Ann Williams gave a token to the Matron of the Home.



The Chair, Faith Calliste gave lunch to Christopher, one of the residents of the Home.



Mrs. Gibbons and Kathleen Meharris, one of her daughters, pose for a picture.

On Jan 24th Mrs. Dora Gibbons, a former member of TTARP and the mother of Mrs. Kathleen Meharris, one of our members, became a centenarian. She celebrated her 100th birthday a day early and in style. In attendance were the Minister of Social Development and Family Services, Senator the Honourable Donna Cox, Mrs. Gibbons's close family members and a few friends in keeping with the Covid restrictions. The activity was also zoomed for those unable

to attend. The PRO, Yvonne Knights accepted the invitation to virtually send greetings on behalf of the Zone. Mrs. Gibbons gave some advice on longevity which was carried in all the main newspapers.



An excerpt from the Trinidad Express of Wednesday January 26th.

The Carnival weekend 25th -27th February saw some of our members accepting the Challenge to post pics of themselves on the chat in Lock-down mode. Their creative juices flowed which resulted in some great videos and pictures portraying the spirit of carnival. These are some pics of the virtual event:



A Fancy Sailor Band from l to r. are: Christine Berahazar, Karen Nesbitt, Kathleen Meharris, Merle Sandiford, Lawrence Haynes and Bernadette Brathwaite.



An Ole Mas Band – The Cobo Family from Lick-a-Toe, Tobago. Playing King Cobo is Lawrence Haynes; Queen Cobo – Karen Nesbitt and Princess Cobo - Claudia Thomas.



Bernadette Brathwaite played 'Drinking water and minding Meh Business'.



Faith Calliste portrayed 'Playing the mASSK in d POD'



Bernadette Brathwaite – 'Prices Going Up'



Kathleen Meharris portrayed a Pierrot Grenade



Janis David portrayed 'The Masked Singer'.



Erma Hector played 'Baby Doll'



Christine Berahazar portrayed 'Nicky Manraj cousin's Balls'



Bernadette Brathwaite 'Doh let them Ask. Wear yuh mask'



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Kathleen Meharris is Lockdown for the Carnival



Palliative Care

Let's talk about Benefits



Improvements in public health and medicine have led to people living longer. The population of Trinidad and Tobago is aging, for example, in 2019 over 18% of persons were 60 years and older and this figure is expected to steadily increase to 25% by 2030 and 37% by 2050. Additionally, 81% of all deaths in 2016 were linked to non-communicable or chronic diseases, such as heart disease, cancers, diabetes and chronic lung diseases. These statistics suggest that more and more people in Trinidad and Tobago will suffer prolonged periods of illness and eventually die from chronic conditions. Persons with all of these conditions could benefit from Palliative Care.

What is Palliative care?

Palliative Care is an approach to the care of persons with life-threatening illnesses. The goal of palliative care is to relieve suffering and to improve quality of life by controlling distressing physical symptoms such as pain, shortness of breath, nausea or vomiting. Palliative care also addresses the patients' and families' emotional, psychological, and spiritual needs, improves family satisfaction with care, reduces hospital costs and length of stay in hospital, and can assist in reducing caregiver burden.

Who provides it?

It is provided by specially trained nurses, doctors and other care providers, working in a team to deliver holistic care.

Where is it provided?

Palliative Care can be provided at hospital, in a private home, in a hospice or palliative care unit. In Trinidad and Tobago, home based care is available through the government in the Eastern (RHA) and the Tobago (RHA). It is also available privately through some Family Physicians throughout the country, and a private company based in the North-West (RHA). There are two NGO-run hospices in Port of Spain, for those who need Palliative Care but cannot be cared for at home. These are the Living Water Hospice and Vitas House Hospice. There is also a government operated unit at the Caura hospital (comprised of a 12-bed in-patient service and an out-patient clinic) run by the North-Central (RHA).

When should it start?

Palliative Care is not only for those at the end of life. Ideally, it should be accessed early, for example, after the diagnosis of a life-threatening or life limiting illness so that persons can benefit from help to manage and live with physical and psychological symptoms. It can be offered even if the person is still having chemotherapy or other curative treatments.



Palliative care	Hospice care
<ul style="list-style-type: none"> • patient does not have to be dying • patient may still be having curative treatment • focus is on managing symptoms and maintaining quality of life 	<ul style="list-style-type: none"> • patient has a terminal diagnosis with a life expectancy of less than 6 months • not seeking curative treatment • focus is on managing symptoms and maintaining quality of life

Some common misconceptions about palliative care

- Palliative Care is for persons whose family and doctors have given up on them
- Palliative care is only for people dying of cancer
- It speeds up the process of dying
- Raising the topic of palliative care with a patient and caregivers robs them of hope
- Morphine is given in Palliative Care to speed up the process of dying
- Taking strong pain medicine in palliative care leads to addiction

Palliative Care is supportive care. Palliative care providers work with patients and families throughout the illness journey to help achieve peace, dignity and comfort.

The Palliative Care Society of Trinidad & Tobago has many useful resources on its Facebook page.



By: Nicholas Jennings, PhD MPH RN is a researcher in the social health sciences. He is affiliated with Vrije Universiteit Brussel, Brussels Belgium and St. Georges University, Grenada WI.





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Recipe

ROASTED RACK OF LAMB

Ingredients

Yields 4 servings

½ cup fresh bread crumbs

2 tablespoons minced garlic

2 tablespoons chopped fresh rosemary

1 teaspoon salt

¼ teaspoon black pepper

2 tablespoons olive oil

1 (7 bone) rack of lamb, trimmed and frenched

1 teaspoon salt

1 teaspoon black pepper

2 tablespoons olive oil

1 tablespoon Dijon mustard



Directions

Preheat oven to 450 degrees F (230 degrees C). Move oven rack to the center position.

In a large bowl, combine bread crumbs, garlic, rosemary, 1 teaspoon salt and 1/4 teaspoon pepper. Toss in 2 tablespoons olive oil to moisten mixture. Set aside.

Season the rack all over with salt and pepper. Heat 2 tablespoons olive oil in a large heavy oven proof skillet over high heat. Sear rack of lamb for 1 to 2 minutes on all sides. Set aside for a few minutes. Brush rack of lamb with the mustard. Roll in the bread crumb mixture until evenly coated. Cover the ends of the bones with foil to prevent charring.

Arrange the rack bone side down in the skillet. Roast the lamb in preheated oven for 12 to 18 minutes, depending on the degree of doneness you want. With a meat thermometer, take a reading in the center of the meat after 10 to 12 minutes and remove the meat, or let it cook longer, to your taste. Let it rest for 5 to 7 minutes, loosely covered, before carving between the ribs.

Note

Allow internal temperature to be 5 to 10 degrees less than you like because the meat will continue to cook while it sits. Bloody rare: 115 to 125 degrees F. Rare: 125 to 130 degrees F. Medium rare: 130 to 140 degrees F. Medium: 140 to 150 degrees F.

Nutrition Facts Per Serving:

481 calories; protein 22.2g; carbohydrates 5.6g; fat 40.8g; cholesterol 94.1mg; sodium 1368.8mg

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- LAMB CONTAINS L-CARNOSINE**
Lamb is among the best dietary sources of Carnosine, a healthy compound that may have powerful health-protective properties.
- LAMB IS A SIGNIFICANT SOURCE OF COMPLETE PROTEIN**
Lamb contains a significant amount of high-quality protein.
- LAMB IS INCREDIBLY NUTRIENT DENSE**
Lamb contains a large range of beneficial compounds, and has a total package it offers a lot.
- A SURPRISING SOURCE OF OMEGA-3 FATTY ACIDS**
Lamb meat, especially pasture-raised, is rich in omega-3 fatty acids.
- AN IMPORTANT SOURCE OF HEME IRON**
Lamb contains large amounts of Heme-iron, which is an important nutrient in the face of rising iron-deficiency anemia.
- LAMB CONTAINS A SIGNIFICANT AMOUNT OF CREATINE**
Lamb contains beneficial amounts of creatine, a compound that can help improve sporting performance.
- LAMB IS A SOURCE OF THE "MASTER ANTIOXIDANT" GLUTATHIONE**
Lamb contains Glutathione, and it also provides all the essential pre-requisites for our body to make its own Glutathione.
- LAMB CONTAINS CONJUGATED LINOLEIC ACID (CLA)**
Lamb is the single biggest dietary source of CLA.
- A SOURCE OF HEALTHY FATS**
Lamb contains a variety of natural healthy fats, with Oleic acid and Omega-3 being particularly notable.
- LAMB IS TASTY!**
Healthy food can taste good. Lamb is delicious and it's one of the most nutritious foods on Earth.

DrJockers.com
NUTRITION FACTS PER SERVING

Nutrition Facts and Health Effects

The meat of young sheep in their first year is known as lamb, whereas mutton is a term used for the meat of adult sheep. It's a type of red meat, a term used for the meat of mammals that is richer in iron than chicken or fish.

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, ovableprincess58@gmail.com - annette_d55@yahoo.com, 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, 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 or y.knights59@yahoo.com - portiadelsilva@yahoo.com or 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, rkali@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	-
Email	- yvettewright123@yahoo.com, cruzerssc@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	- ttarptobagocorals@gmail.com, andersonrawle@yahoo.com - selby_cole@yahoo.com
Colour T's shirt	- BLUE/GOLD

TOBAGO (Pembroke "Cultural Stars")

Meeting Place	- Quarters #126, Goldsborough, Tobago
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

Additional Discount Providers

APRIL 2022

ACCESS HEALTH TT

Category - (HEALTH CARE)
UNIT 4A PREMIUM COMMERCIAL
COMPLEX, EL SOCORRO
EXTENSION ROAD #1, SAN JUAN.
Tel: 774-6736

Email: accesshealthtt@gmail.com

Facebook: Access Health TT

Website: www.accesshealthtt.com

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Category - (AMBULANCE
SERVICES)
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Facebook: Aid Allies Medical

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Category - (AUTO CARE)
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Tel: 238-0065

Email: cousinsservicestt@gmail.com

Facebook: Cousins Services

10% OFF LABOUR ON ALL JOBS

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Category - (DENTAL CARE)
145 TRAGARETE ROAD, PORT OF
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Tel: 622-5806

Email: nicodont@outlook.com

Facebook: Dental Care & Implant
Centre

Website: www.dentalcarett.com

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Category - (PROFESSIONAL
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SERVICES)

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Tel: 625-0007

Email: info@dfibusiness.com

Facebook: dfibusiness

Website: www.dfibusiness.com

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MEMBERS ON FIXED DEPOSITS
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Category - (CUSTOMS
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#5 BRABANT STREET,
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Tel: 235-5669 EXT 1

Email: mcoptical.icare@gmail.com

Facebook: MY CARE OPTICAL

Website: mycareoptical.com

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Facebook: Tehilah Training Centre

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Category - (DENTAL CARE)
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Email: info@thedentin.com

Facebook: The Dental Institute

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Email: closetred@live.com

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**5% discount on all full priced
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Laughter

COMPUTER JOKES

Life and computer

Before the Computer

An application was for employment

A program was a TV show

A cursor used profanity

A keyboard was a piano!

Memory was something that you lost with age

A CD was a bank account!

And if you had a broken disk,

It would hurt when you found out!

Compress was something you did to garbage

Not something you did to a file

And if you unzipped anything in public

You'd be in jail for awhile!

Log on was adding wood to a fire

Hard drive was a long trip on the road

A mouse pad was where a mouse lived

And a backup happened to your commode!

Cut, you did with a pocket knife

Paste, you did with glue

A web was a spider's home

And a virus was the flu!

I guess I'll stick to my pad and paper

And the memory in my head

I hear nobody's been killed in a computer crash

But if it happens we all act as if someone did!



If Life Were Like A Computer:

- You could add/remove someone in your life using the control panel.
- You could put your kids in the recycle bin and restore them when you feel like it!
- You could improve your appearance by adjusting the display settings.
- You could turn off the speakers when life gets too noisy.
- You could click on find (Ctrl, F) to recover your lost remote control and car keys.
- To get your daily exercise, just click on "run"! If you mess up your life, you could always press "Ctrl, Alt, Delete" and start all over!

Gray hair and laugh lines?

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