

Oldest Living Person in Cuba is a 113-year-old Woman



Havana, April 30 (RHC) – Petronila Ernat is the name of the oldest living Cuban, a resident of eastern Las Tunas province, who just turned 113 years old.

The confirmed information stemmed from the 12th Meeting of Long-Lived Persons held in Havana, which also announced that another 134 long-lived Cuban citizens also reside in that eastern territory.

Ernat begins her everyday activities at 3 am and needs no assistance to walk or move, although she no longer does housework tasks like her usual attention to domestic animals.

The woman's diet consists of lots of vegetables and tender corn soup, which gives her enough strength to continue washing her clothes in the traditional way in a sink (called Batea in Cuba) where she rubs all of it manually with her own hands. Some say that not long ago she even climbed a mango tree to get hold of fruit.

Cuba relies on a special healthcare program for the long-lived, which also includes prevention and educative actions, said medical specialist, Iliana Reyes.

The forum featured a swimming exhibit and other physical activities, including traditional Cuban dances by the senior citizens.

Experts from Cuba, Mexico, Argentina, the Dominican Republic, Uruguay, Chile and Venezuela participated at the event to analyze issue related to aging and the environment, physical exercises in the old age, primary healthcare, hospital and institutional attention to senior citizens.

<https://www.radiohc.cu/en/noticias/nacionales/21886-oldest-living-person-in-cuba-is-a-113-year-old-woman>



Radio Habana Cuba