MARINA DEL REY RESIDENT TURNS 103 AND IS HONORED AT A “CELEBRATION OF LIFE” EVENT

County Housing Authority Recognizes a Long-Time Resident of the Marina Manor Public Housing Development

Marina Del Rey, March 21, 2013 - With her family and friends by her side, Lillian Thompson, a long-time resident of the Marina Manor Public Housing Development, and one of the Housing Authority of the County of Los Angeles’ (HACoLA) first Marina Manor residents, was honored by HACoLA’s Resident Council at a “Celebration of Life” event as she turned 103 years old.

Lillian Thompson has lived at Marina Manor, located in Marina del Rey, since HACoLA acquired the property in 1984. Before moving to Marina Manor, which consists of 183 public housing units for senior and disabled residents, she was offered other public housing units, but she loved the Marina del Rey community and knew it was the place for her. Looking back, Lillian says living at Marina Manor for the last 29
years was a “Godsend.” HACoLA describes Lillian as a model resident, truly loved by her neighbors, and comments that over the last 29 years, she has never been late on her rent.

Born in Washington, D.C. in 1910, Lillian never graduated high school, but instead got married and moved to Minnesota in 1948. Through her resilience, at age 50, she received her GED. She believes that the key to a happy life and longevity is “eating slowly, constantly drinking water, and walking.” In her early years, she would take long walks and utilize public transportation whenever possible. At the age of 90, Lillian was in a bus accident, and after a difficult surgery, could no longer partake in her much enjoyed strolls.

Lillian now enjoys playing bingo, but her son Koyayi Ampah and six grandchildren are what bring her constant joy. Koyayi says his mother is still very self-sufficient and knows how to take care of herself. She spends her time watching Love and Hip Hop, Mob Wives, and any “judge” show on television, and appreciates a good piece of chocolate or anything with shrimp.

Lillian is proud to say that her greatest inspiration is President Obama, and advises current Marina Manor residents to “always speak your mind.” HACoLA applauds Lillian for the contributions she has made to the quality of life at Marina Manor over the past 29 years, and is happy to join in the celebration of this wonderful milestone.

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