

Singapore's Oldest Person, 'Mother Teresa' Hsu, Dies At 113

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<http://www.asianscientist.com/topnews/heart-to-heart-service-singapore-mother-teresa-hsu-chih-dies-at-113-years-old/>

AsianScientist (Dec. 14, 2011) - Singapore's oldest person, Teresa Hsu Chih (??), has died at the age of 113. She passed away peacefully at home on Wednesday 7, December 2011.

Hsu was born into poverty in Guangdong in 1898 but rose to become one of Asia's most beloved and inspirational social workers. She started studying nursing after World War II, at the age of 47.

She later founded the Heart to Heart Service and the Home for the Aged Sick in Singapore, and her contributions to charity earned her the Public Star in 2009.

According to a notice on the Heart to Heart website, Hsu had requested that no media announcement be made, and that no rituals or ceremonies be conducted. Hsu was cremated that day and instructed that no claim be made of her ash.

On August 7 this year, Hsu [spoke at an Elderly Health Day 2011 event in Hong Kong](#) about what it takes to live a long and healthy life.

"My secrets of longevity are simple: I stay positive, I contribute, I eat a healthy diet, and every morning I do yoga," said Hsu at the Hong Kong event.

"I think nutrition is very important. I try to stay away from heavy cooking because it takes away much of the vitamins in food. I also try to avoid caffeine. Overall, my eating habits are very simple: I consume a lot of foods like avocado, milk, beans and raw eggs that are high in nutrients like proteins and omega-3," she said.

Hsu also discussed the benefit of meditation in staying healthy at her age.

"Meditation is also an important part of my life. I spend a couple of hours every morning 'clearing my brain' and focusing on the day ahead. I believe a healthy brain goes a long way toward living a long, quality life," she said.

Source: [Heart to Heart Service](#).

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