

Still Healthy in the Age of One Century



Ambon – E. Selano, pensioner from Ambon, should become the model of healthy life. Though he has already reached more than 100 years of age, he stays healthy. He also lives in full spirit to do his daily lives.

Even though he feels reluctant to tell the secret of staying healthy, Head of Taspen Ambon Marthon Siregar guests, the key is a simple life. Also, the natural beauty of Haruku Island and un-polluted environment.

Beside Selano, there is also M. Manusama, a widow pensioner who still lives healthy. This 86 years old widow is confuse and happy with the presence of Head of Taspen Branch Office in her home. And beside Manusama and Selano, there are many pensioners at the age of 85 and above are still living healthy in doing their daily activities.

The presence of Taspen officers in these pensioners' homes is to do *check on the spot activity* for pension beneficiaries in 85 years old and above. The purpose, to find out whether they are still alive or has been passed away.



Beside Haruku Island, there are three other teams doing the same activity. From this activity, it is found out 47 pensioners or approximately 30 percent of rearch target has been passed away.

Toward the passed away pensioners, Taspen Ambon stopped the pension payment list of the latest month. Also, they are given collecting letter of over-payment in Taspen service points with total collection achieved Rp 2 billion.

Haruku island itself is one of the islands in Lease Archipelago. The distant is quite near from Ambon City, one hour using speed boat. **[hms ambon]**