



Republic of the Philippines
Department of Education

NATIONAL CAPITAL REGION
SCHOOLS DIVISION OFFICE OF MUNTINLUPA CITY

Office of the Schools Division
Superintendent

SEP 28 2022

MEMORANDUM

**EMPOWERING SEASONED PERSONNEL THROUGH HOLISTIC HEALTH AND
WELLNESS AGING AND RETIREMENT SYMPOSIUM**

To: Public Elementary and Secondary School Heads concerned

MS. NANY M. MORRO
Teacher II, Tunasan Elementary School

MS. WELCHIDA T. VIRAY
Master Teacher I, Buli Elementary School

MS. MARIA THELMA D. ROGADO
Teacher III, Buli Elementary School

MS. ELENA C LAGUMEN
Teacher III, Buli Elementary School

MS. FLORENCIA V LOPEZ
Master Teacher I, Alabang Elementary School

MS. JULIE TULALIAN
Teacher III, Alabang Elementary School

MS. MIKE DELA CERNA
Teacher III, Alabang Elementary School

MS. LANI BERNARDINO CAMITAN
Teacher III, Lakeview Integrated School

1. Attached is Regional Memorandum No. 136 s. 2022 , dated September 13, 2022, on the above-captioned title, the contents of which are self-explanatory, for the information and guidance of all concerned.
2. Particular attention invited to the enclosures of the aforesaid Memorandum relative to the training guidelines, activity design and schedule of activities.
3. Likewise, board and lodging of the participants shall be covered by the Learning Service Provider; however, the transportation allowance and other expenses incurred relative to this activity shall be charged to local funds, subject to usual accounting and auditing rules and regulations. This Memorandum shall also serve as the Authority to Travel of the participants for the training.



Student Center for Life Skills Bldg., Centennial Ave, Brgy. Tunasan,
Muntinlupa City
8805-9935, 8805-9940
sdo.muntinlupa@gmail.com



923070

4. All concerned school heads are advised to make the necessary arrangements in compliance with the No Disruption of Classes Policy stipulated in DepEd Order No. 9, s.2005, entitled: "Instituting Measures to Increase Engaged Time-on-Task and Ensuring Compliance Therewith."

5. Immediate dissemination of, and strict compliance to this Memorandum is desired.


CARLEEN S. SEDILLA CESO V
Schools Division Superintendent

Encl: As stated

Reference: As stated

To be indicated in the Perpetual Index
under the following subjects

SCHOOLS

PROGRAMS

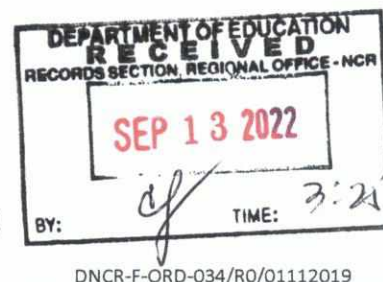
TEACHERS

AFS / Pre-retirement Seminar
316 September 19, 2022





Republic of the Philippines
Department of Education
NATIONAL CAPITAL REGION



OFFICE MEMORANDUM

No. ROP-2022-

136

TO : Schools Division Superintendents
Functional Division Chiefs

FROM : OFFICE OF THE REGIONAL DIRECTOR

SUBJECT : Empowering Seasoned Personnel through Holistic Health
and Wellness Aging and Retirement Symposium

DATE : September 13, 2022

1. In response to Republic Act No. 9994 also known as Expanded Senior Citizen Act of 2010 and Memorandum Circular No. 23, s. 1993 of the Civil Service Commission which enjoins all government agencies to adopt a pre-retirement seminar for their respective officials and employees, the **Human Resource and Development Division- National Educators Academy of the Philippines** in collaboration with **Nestlé Philippines Inc.** will conduct the above-captioned activity on **September 29-30, 2022, and October 6-7, 2022; 8:30 AM – 5:00 PM at DepEd-NCR Varela Hall.**
2. This program aims to equip the senior citizen personnel and prospective retirees of the Regional Office and 16 Schools Division Offices with the necessary competencies and knowledge that they need to continue to serve and perform their job well, cope up with the pressure and challenges in the workplace, and to help them in their senior years and transition to retirement.
3. All SEPS-HRD of each School's Division Offices shall facilitate the identification of participants in their respective SDOs and have them pre-register to the link or scan the QR Code provided below.

<https://bit.ly/SeniorSymposium2022>





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DNCR-F-ORD-034/RO/01112019

4. Please find the attached enclosures for guidance and reference.

Enclosure 1: List of Number of Participants per SDO

Enclosure 2: Indicative Program of Activity

5. This program adheres to Equal Opportunity Principle (EOP) regardless of age, gender, civil status, disability, religion, ethnicity or political affiliation, and to the provision stipulated in DepEd -DOH joint memorandum No. 1 s. 2021. Hence, all participants are requested to observe physical distancing during the entire conduct of the activity.
6. The honorarium of the resource persons, materials (advocacy, IEC, and supplies), meals, and other incidental expenses to be incurred relative to the conduct of this activity shall be charged against ROP funds while the travel expenses of SDO participants shall be charged against their Local Funds subject to the usual COA accounting and auditing rules and regulations.
7. For information, guidance, and strict compliance.


WILFREDO E. CABRAL, CESO III
Regional Director





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Enclosure 1.

LIST OF NUMBER OF PARTICIPANTS

Batch 1 (September 29-30, 2022)

OFFICE	NUMBER OF PARTICIPANTS
Regional Office	15
SDO Las Pinas	2
SDO Mandaluyong	18
SDO Marikina	12
SDO Muntinlupa	8
SDO Paranaque	4
SDO Pasig	8
SDO San Juan	10
SDO TaPat	9
TOTAL= 86	

Batch 2 (October 6-7, 2022)

OFFICE	NUMBER OF PARTICIPANTS
SDO Caloocan	36
SDO Malabon	6
SDO Makati	6
SDO Manila	11
SDO-Navotas	14
SDO Pasay	8
SDO QC	2
SDO-VALENZUELA	6
TOTAL= 89	





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Enclosure 2.

HOLISTIC HEALTH AND WELLNESS AGING AND RETIREMENT SYMPOSIUM

8:00 a.m.-5:00 p.m. / Varela Hall

Modality: Face-to-Face / Onsite

Indicative Program of Activities

DAY 1		
Time	Activities	In Charge
8:00a.m.-8:45a.m.	AVP on GAD Advocacy	
	I. Preliminaries:	
	A. Event Norms	HRDD-NEAP
	B. Steering Committee	
	C. Quality Policy	
	D. Nationalistic Song	
	E. Interfaith Prayer	Jennifer G. Medina EPS II, HRDD-NEAP
	F. Acknowledgment of Participants & Guests	Christian T. Español EPS, HRDD-NEAP
	G. Statement of Purpose	Haji R. Palmero Chief Education Supervisor, HRDD-NEAP
	H. Message	Wilfredo E. Cabral Regional Director
	II. Session Proper	
	Introduction of Subject Matter Experts	
9:00 a.m. - 10:30 a.m.	Session 1: Healthy Aging	Dr. Jimmy Bautista Medical Director - Nestlé Health Science
10:30 a.m.-11:30 a.m.	Session 2: Healthy Eating Diet for Seasoned Personnel	Ms. Maureen Sarmago Chief Dietitian- University of Santo Tomas Hospital
11:30a.m.-12:00 n.n.		Q & A
12:00 n.n.-1:00p.m.		LUNCH
	Introduction of Subject Matter Experts	
1:00p.m.-2:30p.m.	Session 3: Universal Health Care - Updates and Frequently Asked Questions of Government Employees	Ms. Maribel Cunan Social Insurance Officer III and Information Officer Designate PhilHealth
2:30p.m-3:30p.m.	Session 4: GSIS Social Insurance Benefits, Loans and Services	Edward R. Leachon Staff Officer III, Frontline Service Division
3:30p.m.-4:00p.m.		Q & A
		Awarding of Certificates
	Q&ME/ Attendance	

LEAH AILAH C. VICENCIO
 EPS II, HRDD-NEAP
Emcee





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DAY 2		
Time	Activities	In Charge
8:00a.m.-8:45a.m.	AVP on GAD Advocacy	HRDD-NEAP
	I. Preliminaries:	
	A. Event Norms	
	B. Steering Committee	
	C. Quality Policy	
	D. Nationalistic Song	
	E. Interfaith Prayer	Clarisse P. Sombrero Administrative Aide VI
	F. Acknowledgment of Participants & Guests	Donray V. Salvador EPS II, HRDD-NEAP
	II. Session Proper	
	Introduction of Subject Matter Experts	
9:00 a.m. - 10:30 a.m.	Session 1: Pag-IBIG Fund Benefits & Programs	Ms. Mary Grace Dela Pena-Gonzales Marketing and Customer Support Assistant Pag-IBIG Fund
10:30 a.m.-11:30 a.m.	Session 2: Pre-Retirement Preparation for DepEd Personnel	Ms. Elsa P. Mariano Administrative Officer V Unit Head, Personnel Section
11:30a.m.-12:00 n.n.		Q & A
12:00 n.n.-1:00pm		LUNCH
	Introduction of Subject Matter Experts	
1:00p.m.-2:30p.m.	Session 3: Graceful Aging through Psychosocial Wellness	Dr. Ma. Laarni Carla C. Paranis Licensed Guidance Counselor EPS, FTAD
2:30p.m.-3:30p.m.	Session 4: Graceful Aging through Spiritual Aging	Dr. Florita V. Miranda President, Wesleyan College of Manila
3:30p.m.-4:00p.m.		Q & A
	IV. Closing Program	
		Awarding of Certificates
	Closing Remarks	Dr. Rita E. Riddle Schools Division Superintendent and concurrent Officer-In-Charge Office of the Assistant Regional Director
	Q&A/ Attendance	

JENNIFER G. MEDINA
 EPS II, HRDD-NEAP
Emcee

