



Republic of the Philippines
Department of Education
REGION XI
SCHOOLS DIVISION OF DIGOS CITY

DIVISION MEMORANDUM
No. 572, s. 2021

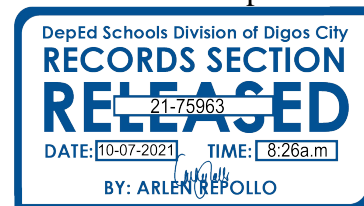
October 4, 2021

**INVITATION TO THE WEBINAR FOR SENIOR CITIZEN EMPLOYEES AND
PROSPECTIVE RETIREES OF THE DEPARTMENT OF EDUCATION**

To: Public Schools District Supervisors
Public Schools Elementary School Heads
Public Schools Secondary School Heads
Division Personnel

1. Pursuant to Unnumbered Regional Memorandum dated September 28, 2021 by Allan G. Farnazo, Director IV, DepEd Region XI and in reference to the Memorandum DM-PHROD-2021-0202 from the Office of Wilfredo E. Cabral, OIC, Office of the Human Resource and Organization and Development (HROD) dated September 20, 2021, entitled *“Invitation to the Webinar for Senior Citizen Employees and Prospective Retirees of the Department of Education”* on **October 19 to 22, 2021 via MS Teams.**
2. DepEd employees, regardless of employment status, ages 50 years old and above are encouraged to participate in this webinar. Participants will pre-register through this link **bit.ly/Reg_HEART2021**.
3. Expenses to be incurred by the participants for attending this webinar shall be charged to local/office fund, subject to the usual accounting and auditing rules and regulations.
4. Attached is the above-mentioned memorandum for your reference.
5. Wide and immediate dissemination of this Memorandum is desired.

CRISTY C. EPE
Schools Division Superintendent



Address: Roxas Street cor. Lopez Jaena Street, Zone II, Digos City 8002
Telephone No: (082) 553-8396 | (082) 553-8376 | (082) 553-9170 | (082) 553-8375

Records



Republic of the Philippines
Department of Education
DAVAO REGION

Office of the Regional Director

MEMORANDUM

To : All Schools Division Superintendents
Region XI

Subject: INVITATION TO THE WEBINAR FOR SENIOR
CITIZEN EMPLOYEES AND PROSPECTIVE
RETIRES OF THE DEPARTMENT OF EDUCATION

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Date : September 28, 2021

This has reference to the Memorandum DM-PHROD-2021-0202 from the Office of Wilfredo E. Cabral, OIC, Office of the Undersecretary Human Resource and Organization Development (HROD) date September 20, 2021, re: *Invitation to the Webinar for Senior Citizen Employees and Prospective Retirees of the Department of Education* scheduled on October 19 to 22 via MS TEAMS.

Expenses to be incurred by the participants for attending this webinar shall be charged against the local/office fund subject to the usual accounting and auditing rules and regulations. Participants will pre-register through this link bit.ly/Reg_HEART2021. Attached is the above-mentioned memorandum for your reference and information.

Wide and immediate dissemination of this Memorandum is earnestly enjoined.

ALLAN G. FARNAZO
Director IV

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ROH/dmc



Address: F. Torres St., Davao City (8000)
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Certificate Number: AP19-0217



Republika ng Pilipinas
Department of Education
 OFFICE OF THE UNDERSECRETARY
 HUMAN RESOURCE AND ORGANIZATIONAL DEVELOPMENT


DEPARTMENT OF EDUCATION HQ
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MEMORANDUM
 DM-PHROD-2021-0202

FOR : Undersecretaries
 Assistant Secretaries
 Bureau/Service Directors
 Regional Directors
 Schools Division Superintendents
 Heads of Schools and Offices
 All Others Concerned

FROM : 
 WILFREDO E. CABRAL
 Regional Director, DepEd NCR and
 Officer-In-Charge, Office of the Undersecretary
 Human Resource and Organizational Development

SUBJECT : INVITATION TO THE WEBINAR FOR SENIOR CITIZEN
 EMPLOYEES AND PROSPECTIVE RETIREES OF THE
 DEPARTMENT OF EDUCATION

DATE : September 20, 2021

Pursuant to Memorandum Circular No. 23, s. 1993 of the Civil Service Commission enjoining all government agencies to adopt a pre-retirement seminar for their respective officials and employees, and to Republic Act No. 9994, Rule V, *Expanded Senior Citizens Act of 2010*, the Department of Education through the Bureau of Human Resource and Organizational Development - Employee Welfare Division (BHROD-EWD), will conduct a Holistic Wellness and Pre-Retirement Webinar for DepEd Senior Citizen employees and Prospective Retirees entitled "*HeART: Healthy Aging and Retirement Transition*" on **October 19 to 22, 2021** via MS Teams.

The webinar aims to equip senior citizen employees and prospective retirees of the DepEd with additional knowledge and skills to enhance their capabilities in activities that can be useful for them on their senior years and/or after retirement. The activity will also provide continuing opportunities for advancement by helping them to discover innovations and options that will sustain them physically, psychologically, socially and financially. DepEd

employees, regardless of employment status, ages 50 years old and above are encouraged to participate in this webinar. Participants are requested to secure the necessary authority to participate in the webinar to pre-register through this link - bit.ly/Reg_HEART2021. Please note that the webinar platform has a maximum limit of 250 participants only. Only the first 250 registrants will be accommodated. However, those who are unable to join the webinar platform can watch the live streaming of the webinar through the BHROD's Facebook page.

Expenses to be incurred by the participants for attending this webinar shall be charged against the local/office fund, subject to the usual accounting and auditing rules and regulations. For more information, contact Ms. Marge Latosa, BHROD-EWD through mobile number 0908-3159960 or email margery.latosa@deped.gov.ph.

Thank you.

ANNEX 1
Schedule of Activities

Day 1

Time	Activity
7:45am-8:00am	Check in / Reading time
8:00 - 8:10am	Preliminaries <ul style="list-style-type: none"> - Lupang Hinirang - Opening Prayer - Webinar Reminders
8:10 - 8:30am	Opening Program <ul style="list-style-type: none"> - Introduction of Participants and Guests - Welcome Message - Expectation Setting - Workshop Objectives and Program Overview
8:45 - 10:15am	Session 1: Physical Wellness <ul style="list-style-type: none"> - Health/Medical Concerns of Senior Citizens
10:15am	Q&A Break
10:30 - 11:45am	Session 2: Physical Wellness <ul style="list-style-type: none"> - Physical Activities and Nutrition for Seniors
11:45 - 12nn	Q&A Synthesis Reminders for Day 2 End of Day 1

Day 2

Time	Activity
8:00 - 8:15am	Preliminaries MOL
8:15 - 9:45am	Session 3: Emotional and Mental Wellness <ul style="list-style-type: none"> - Emotional and Mental preparedness for the senior years
9:45 - 10:00am	Q&A Break
10:00 - 11:45am	Session 4: Financial Wellness <ul style="list-style-type: none"> - Retirement financial planning and management of personal finances
11:45am	Q&A Synthesis Reminders for Day 3 End of Day 2

Day 3

Time	Activity
8:00 - 8:15am	Preliminaries MOL
8:15 - 10:00am	Session 5: Occupational Wellness - GSIS Benefits
10:00 - 10:15am	Break
10:15 - 11:45am	Continuation Session 5 Q&A
11:45am	Reminders for Day 4 End of Day 3 -

Day 4

Time	Activity
8:00 - 8:15am	Preliminaries MOL
8:15am - 9:15am	Session 6: Social Wellness - Discovering and nurturing your talents that can be used during your retirement years Q&A
9:15am - 10:30am	Session 7: Occupational Wellness - DepEd Retirement process Q&A
10:30 - 10:40am	Break
10:40 - 11:45am	Session 8: Spiritual Wellness - What is "life" after DepEd?
11:45am	Synthesis Closing Remarks End of Training

[EWD/Latosa]