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Republic of the Philippines
Department of Education
Region III
SCHOOLS DIVISION OF BULACAN

October 04, 2021

Division Memorandum
No. 210 s. 2021

To : Division Chiefs
Public Schools District Supervisors
Elementary, JHS and SHS Principals/OICs
All Others Concerned

WEBINAR FOR SENIOR CITIZEN EMPLOYEES AND PROSPECTIVE RETIREES OF SDO BULACAN

1. This is to invite all senior citizen employees and prospective retirees of SDO Bulacan to 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 platform to be conducted by the Bureau of Human Resource and Organizational Development-Welfare Division (BHROD-EWS) of DepEd Central Office.
2. Enclosed is the DepEd Memorandum DM-PHROD-2021-0202 from Wilfredo E. Cabral, Regional Director, DepEd NCR and Officer In-Charge, Office of the Undersecretary Human Resource and Organizational Development, for reference.
3. Wide dissemination of this Memorandum is desired.


ZENIA G. MOSTOLES, EdD, CESO V
Schools Division Superintendent



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Republic of the Philippines
Department of Education
REGION III-CENTRAL LUZON

DepEd-SDO of Bulacan Office of the SDO

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REGIONAL MEMORANDUM

No. 461, s, 2020

RECORDS SECTION, REGIONAL OFFICE NO. 3

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

Date: 09-30-21

To : Schools Division Superintendents,
Regional Functional Division Chiefs
and Unit Heads

1. 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** platform.
2. Enclosed is the DepEd Memo from Wilfredo E. Cabral, Regional Director, DepEd NCR and Officer-In-Charge, Office of the Undersecretary Human Resource and Organizational Development, for reference.
3. Dissemination of this Memorandum is desired.

MAY B. ECLAR, PhD, CESO III
Regional Director

Incls.: As stated

HRDD1/hrdd3
September 27, 2021



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Certificate No. AIA17-2077

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Republika ng Pilipinas


Department of Education

OFFICE OF THE UNDERSECRETARY

HUMAN RESOURCE AND ORGANIZATIONAL DEVELOPMENT

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 BHRD'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, BHRD-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/Latos]

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