

Republic of the Philippines

Department of Education

Region III
SCHOOLS DIVISION OF BULACAN

October 04, 2021

Division Memorandum No. 2/0 s. 2021

То

: 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.
- 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

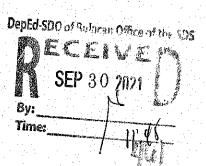




Republic of the Philippines

Department of Education

REGION III-CENTRAL LUZON



COMDS SECTION, REGIONAL OFFICE NO. II

REGIONAL MEMORANDUM

No. _____

_s, 2020

WEBINAR FOR SENIOR CITIZEN EMPLOYEE

AND PROSPECTIVE RETIREES OF THE DEPARTMENT OF EDUCATION

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

Incls.: As stated

HRDD1/hrdd3 September 27, 2021







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 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

	Activity
7:45am-8:00am	Check in / Reading time
8:00 - 8:10am	Preliminaries
	- Lupang Hinirang
	- Opening Prayer
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8:10 8:30am	Opening Program
	- Introduction of Participants and Guests
	- Welcome Message
	Expectation Setting
	- Workshop Objectives and Program Overview
8:45 - 10:15am	Session 1: Physical Wellness
	- Health/Medical Concerns of Senior Citizens
	Q&A
10:15am	Break
10:30 - 11:45am	Session 2: Physical Wellness
	- Physical Activities and Nutrition for Seniors
	Q&A
11:45 - 12nn	Synthesis
	Reminders for Day 2
	End of Day 1

Day 2

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Lime	Activity
8:00 – 8:15am	Preliminaries
	MOL
8:15 - 9:45am	Session 3: Emotional and Mental Wellness
	- Emotional and Mental preparedness for the senior years
	Q&A
9:45 - 10:00am	Break
10:00 - 11:45am	Session 4: Financial Wellness
	- Retirement financial planning and management of personal
	finances
	Q&A
11:45am	Synthesis
	Reminders for Day 3
	End of Day 2
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Day 3

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Fime	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
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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
l0:30 - 10:40am	Break
10:40 - 11:45am	Session 8; Spiritual Wellness - What is "life" after DepEd?
1:45am	Synthesis Closing Remarks End of Training