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Republic of the Philippines
Department of Education
REGION IV-A CALABARZON
CITY SCHOOLS DIVISION OF THE CITY OF TAYABAS

4 OCT 2021

DIVISION MEMORANDUM
No. 454 s. 2021

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

To: Chief Education Supervisors
Heads, Public Elementary and Secondary Schools
Heads, Unit/Section
All Others Concerned

1. 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 Citizen Act of 2010*, this Office encourage DepEd employees, regardless of employment status, ages 50 years old and above to participate in the Holistic Wellness and Pre- Retirement Webinar entitled “**HeART: Healthy Aging and Retirement Transition**” on **October 19 to 22, 2021** via **MS Teams**.

3. In view thereof, please see the attached Regional Memorandum for your reference.

3. Immediate dissemination of this memorandum is desired.


GERLIE M. ILAGAN, CESO VI
OIC-Schools Division Superintendent



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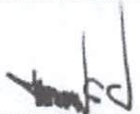
Department of Education

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

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 Q&A
10:15am	Break
10:30 – 11:45am	Session 2: Physical Wellness <ul style="list-style-type: none"> - Physical Activities and Nutrition for Seniors Q&A
11:45 – 12nn	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 Q&A
9:45 – 10:00am	Break
10:00 – 11:45am	Session 4: Financial Wellness <ul style="list-style-type: none"> - Retirement financial planning and management of personal finances Q&A
11:45am	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
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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
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]