



Republic of the Philippines
Department of Education
REGION VII – CENTRAL VISAYAS
SCHOOLS DIVISION OF NEGROS ORIENTAL

**Office of the Schools Division
Superintendent**

DIVISION MEMORANDUM
No. 804, s. 2021

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

TO: OIC – Asst. Schools Division Superintendents
Chief Education Supervisors
Education Program Supervisors/Coordinators
Public Schools District Supervisors/District-In-Charge
Public Elem./Secondary Schools Administrators
Teaching/Non-Teaching Personnel

1. This is to inform the field that 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**.
2. All DepEd employees, regardless of employment status, ages 50 years old and above are requested to pre-register through this link – **bit.ly/Reg_HEART2021**. Please note that the webinar platform has a maximum limit of 250 participants only. However, those who are unable to join the webinar platform can watch the live streaming of the webinar through the BHROD’s Facebook page.
3. For more information, attached is the copy of said Memorandum Circular with the Schedule of Activities (Annex 1).
4. For immediate and wide dissemination.

SENEN PRISCILLO P. PAULIN, CESO V
Schools Division Superintendent

Incl: As stated.

SPP/NRR-JMA-MKP/AdS/LBY/jcadiante
October 8, 2021

08 OCT 2021



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Republic of the Philippines
Department of Education
REGION VII - CENTRAL VISAYAS

Office of the Regional Director

REGIONAL MEMORANDUM

No. _____, s. 2021

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

To: Schools Division Superintendents
All Others Concerned

1. Attached is Memorandum No. DM-PHROD-2021-0202 from Director Wilfredo E. Cabral, Officer-In-Charge, Office of the Undersecretary for Human Resource and Organizational Development (BHROD), dated September 20, 2021, re **Invitation to the Webinar for Senior Citizen Employees and Prospective Retirees of the Department**, entitled "HeART: Healthy Aging and Retirement Transition" on October 19-22, 2021 via MS Teams.
2. For more information, refer to the enclosed communication.
3. For immediate and wide dissemination.

SALUSTIANO T. JIMENEZ JD, EdD, CESO V
Director IV
Regional Director

STJ/CAE/HRDD/MGB/MLM




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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

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