



Republic of the Philippines  
**Department of Education**  
REGION VII – CENTRAL VISAYAS  
Division of Cebu Province

**Office of the Schools Division  
Superintendent**

**October 7, 2021**

DIVISION MEMORANDUM

No. **427**, s. 2021

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

To: Assistant Schools Division Superintendents  
Chiefs, CID and SGOD  
Public Schools District Supervisors  
Public Elementary and Secondary School Heads  
All Others Concerned

1. Attached is a copy of REGIONAL MEMORANDUM No. 893, s. 2021 entitled **“Invitation to the Webinar for Senior Citizen Employees and Prospective Retirees of the Department of Education”**, contents of which are self-explanatory.
2. For proper guidance and more details, refer to the enclosed memorandum.
3. Immediate dissemination of and compliance with this memorandum are desired.

**MARILYN S. ANDALES EdD, CESO VI**  
Schools Division Superintendent

MSA/LMD/SGOD/VAY/LGM



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

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**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

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](mailto:margery.latosa@deped.gov.ph).

U.S. GOVERNMENT PRINTING OFFICE: 1967 O 344-100

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

### Day 2

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