



Republic of the Philippines
Department of Education
CARAGA REGION



Nov. 18, 2020

REGIONAL MEMORANDUM

No. 572, s. 2020

To: Schools Division Superintendents
Chiefs of Functional Divisions
This Region

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

1. This Office hereby disseminates Memorandum DM-PHRODFO-2020-00400 inviting all Senior Citizen Employees and prospective retirees of the Department to the Webinar titled Holistic Wellness and Pre-Retirement for DepEd Senior Citizen Employees and Prospective Retirees on Nov. 25-27, 2020 via MS Teams.
2. The Webinar revolves on the theme, Healthy Aging and Retirement Transition (HeART), to enhance their knowledge and skills in activities that can be useful to them on their senior years and/or after retirement. The activity will also provide them with continuing opportunities for advancement as they discover innovations and options that will sustain them physically, psychologically, socially and financially.
3. Considering that the webinar platform has a maximum limit of 250 participants only, the first 250 registrants will be accommodated. Participants are requested to secure the necessary authority to participate in the Webinar to pre-register through the link: bit.ly/Reg_HEART or fill out and submit the pre-registration form (Annex A) to bhrod.ewd@deped.gov.ph
4. Enclosed herewith please find Memorandum DM-PHRODFO-2020-00400 as well as the aforementioned Annex A for your reference.
5. For information, guidance and compliance.


FRANCIS CESAR B. BRINGAS, CESO V
Regional Director

Encl.: Memorandum DM-PHRODFO-2020-00400

Reference: Memorandum DM-PHRODFO-2020-00400

To be indicated in the Perpetual Index under the following subjects:

EMPLOYEES

MEMORANDUM

PRE-RETIREMENT

WEBINAR

ASD/mcd
11/18/2020



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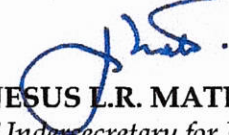
Document Control No:
DepEdRO13-REC-013/R3/02-18-2020



Republika ng Pilipinas
Department of Education
OFFICE OF THE UNDERSECRETARY
PLANNING, HUMAN RESOURCE AND ORGANIZATIONAL DEVELOPMENT

MEMORANDUM
DM-PHRODFO-2020-00400

FOR : Undersecretaries
Assistant Secretaries
Bureau/Service Directors
Regional Directors
Schools Division Superintendents
Heads of Schools and Offices
All Others Concerned

FROM : 
JESUS L.R. MATEO
Undersecretary for Planning and HROD

SUBJECT : Invitation to the Webinar for Senior Citizen Employees and Prospective Retirees of the Department of Education

DATE : November 9, 2020

In response to Memorandum Circular No. 23, s. 1993 of the Civil Service Commission, which enjoins 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 with the theme: "Healthy Aging and Retirement Transition (HeART)"** on November 25-27, 2020 via MS Teams.

The webinar aims to equip the 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 **55 years old and above** are encouraged and invited 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_HEART or fill out and submit the pre-registration

form (annex A) to bhrod.ewd@deped.gov.ph. Please note that the webinar platform has a maximum limit of 250 participants only. Only the first 250 registrants will be accommodated. 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 bhrod.ewd@deped.gov.ph.

[BHROD-EWD/Latosal]

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Annex B - Program Design

HeART: Healthy Aging and Retirement Transition

Platform: MS Teams
Date: November 25-27, 2020

DAY 1	ACTIVITIES
8:00am	National Anthem Opening Prayer Welcome Message
8:15am	Expectations Setting and Objectives/Introduction
8:30am	Session 1: Emotional Wellness <i>(Preparing for senior years and retirement: How to manage and adapt to changes)</i> Q&A
10:00am	Break
10:15am	Session 2: Physical Wellness <i>(Nutrition and Fitness for Seniors)</i> Q&A
12nn	End of Day 1
DAY 2	ACTIVITIES
8:00am	MOL
8:30am	Session 3: Financial Wellness <i>(Retirement Planning)</i> Q&A
10:00am	Break
10:15am	Session 4: Social Wellness <i>(Planting 101: How to grow plant from kitchen scraps)</i> Q&A
12nn	End of Day 2
DAY 3	ACTIVITIES
8:00am	Session 5: Intellectual Wellness <i>(Senior Citizen Benefits and Estate Planning)</i> Q&A
9:00am	Session 6: GSIS Benefits for retirees Q&A
10:00am	Break
10:15am	Session 7: Retirement Benefits <i>(Terminal Leave, etc)</i> Q&A
11:15am	Session 8: Spiritual Wellness <i>(Testimony of a retired DepEd personnel)</i> Synthesis and Closing Remarks
12nn	End of Webinar