



Republic of the Philippines  
Department of Education  
Region VII, Central Visayas  
**DIVISION OF BOHOL**  
City of Tagbilaran

Office of the Schools Division  
Superintendent

October 11, 2021

**DIVISION MEMORANDUM**  
No. 889, s. 2021

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

TO: Assistant Schools Division Superintendents  
Chief SGOD and CID OIC Chief  
Education Program Supervisors  
Schools District Supervisors/OIC-PSDS  
Elementary and Secondary School Heads  
All Others Concerned

This Office hereby disseminates Regional Memorandum No. 893, s. 2021 and Memorandum No. DM-BHROD-2021-0202 from Director Wilfredo E. Cabral, Officer-In-Charge, Office of the Undersecretary for Human Resource and Organizational Development (BHROD) inviting all Senior Citizens Employees and prospective retirees of the Department to the Webinar entitled "**HeART: Healthy Aging and Retirement Transition**" on **October 19-22, 2021** via **MS Teams**.

DepEd Employees regardless of employment status, ages 50 years old and above are encouraged to participate in this webinar. Participants are requested to pre-register through this link: [bit.ly/Reg\\_HEART2021](https://bit.ly/Reg_HEART2021). Please be informed that the webinar platform has a maximum limit of 250 participants only can be accommodated in first come first serve basis. However, those who are unable to join the webinar platform can watch the live streaming of the webinar through the **BHROD's Facebook page**.

For the information, guidance of all concerns.

  
**BIANITO A. DAGATAN, Ed.D., CESO V**  
Schools Division Superintendent 



0050 Lino Chatto Drive Barangay, Cogon, Tagbilaran City, Bohol  
Tel Nos.: (038) 412-4938; (038) 411-2544 (038) 501-7550  
Telefax: (038) 501-7550 email add: [deped.bohol@deped.gov.ph](mailto:deped.bohol@deped.gov.ph)





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

*Mr. Alberto  
- Take charge  
10/10/21*

**Office of the Regional Director**

OCT 08 2021

REGIONAL MEMORANDUM

No. **0893**, 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

**COMMUNICATED**  
DATE 10-06-21  
TIME 12:02 PM  
SIGNATURE [Signature]



Address: Doña M. Gaisano St., Sudlon, Lahug, Cebu City  
Telephone Nos.: (032) 231-1433; (032) 414-7399



Republika ng Pilipinas

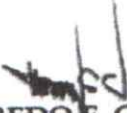
## Department of Education

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

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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

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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](https://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](mailto: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"> <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 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 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"> <li>- Emotional and Mental preparedness for the senior years</li> </ul>
9:45 - 10:00am	Q&A 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 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