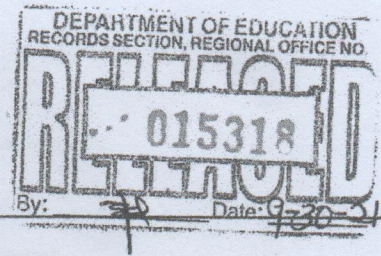


Republic of the Philippines  
Department of Education  
REGION I



Office of the Regional Director

SEP 30 2021

REGIONAL MEMORANDUM  
No. 1123, s. 2021

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

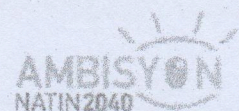
To: Schools Division Superintendents  
Chiefs of Regional Functional Divisions  
All others concerned

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 the Republic Act No. 9994, Rule V, *Expanded Senior Citizen 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.
2. 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.
3. 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.
4. 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](https://bit.ly/Reg_HEART2021).
5. The webinar platform has a maximum limit of 250 participants only. The first 250 registrants shall 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. Attached is the schedule of activities for reference.

DepEd Region 1: Built on character; empowered by competence.



Flores St., Catbangen, City of San Fernando, La Union  
(072) 607-8137 / 682-2324  
region1@deped.gov.ph | www.depedro1.com



6. For queries and other concerns, please contact HRDD through (072) 682-23-24 local 122 or e-mail at [hrdd.region1@deped.gov.ph](mailto:hrdd.region1@deped.gov.ph).
7. For information and dissemination.

*[Signature]*  
**TOLENTINO G. AQUINO**  
 Director IV

Reference: DM-PHROD-2021-0202  
 Encl.: As stated  
 To be indicated in the Perpetual Index  
 Under the following subjects:

SEMINARS                  TRAININGS

HRDD/vtdg/RM\_WEBINARFORSENIORCITIZENS  
 September 29, 2021



Regional Memo: Webinar for Senior Citizens



**Republic of the Philippines**  
**Department of Education**  
 REGION I  
 SCHOOLS DIVISION OFFICE OF DAGUPAN CITY

October 5, 2021

**DIVISION MEMORANDUM**  
 No. \_\_\_\_\_, s. 2021

For information and guidance.

*[Signature]*  
**AGUEDO C. FERNANDEZ, CESO VI**  
 Assistant Schools Division Superintendent  
 Officer in Charge  
 Office of the Schools Division Superintendent

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> Q&A
10:15am	Break
10:30 - 11:45am	Session 2: Physical Wellness <ul style="list-style-type: none"> <li>- Physical Activities and Nutrition for Seniors</li> </ul> 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"> <li>- Emotional and Mental preparedness for the senior years</li> </ul> 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> 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

**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]