Republic of the Philippines
Department of Education
REGION X – NORTHERN MINDANAO
SCHOOLS DIVISION OF MISAMIS ORIENTAL

**Office of the Schools Division Superintendent**

**13 October 2022**

**DIVISION MEMORANDUM**
**No.** 592 **s. 2022**

**CONDUCT OF HYBRID SEMINAR FOR RETIRING EMPLOYEES TITLED "HEALTHY AGING AND RETIREMENT TRANSITION (HEART)"**

To: **All Teaching and Non-Teaching Personnel**
**Others Concerned**
This Division

1. Pursuant to OUHROD No. 2022-0126 re: Conduct of Hybrid Seminar for Retiring Employees titled "Healthy Aging and Retirement Transition (HEART)" and Regional Memorandum No. 630, s. 2022 of the same title, the Office of the Undersecretary of the Human Resource and Organizational Development announces the conduct of the **Hybrid Seminar for Retiring Employees** scheduled on **October 25-27, 2022**.

2. DepEd Field Office employees including Division, District and School Level employees shall join the Online modality by registering to https://bit.ly/Reg_HEARTonline. **This is open to all Teaching and Non-Teaching Employees aged 55-58 years old.**

3. Interested participants are hereby advised to inform the Division Office through the Human Resource Development Unit, Irish Karylle D. Monte- SEPS (irishkarylle.monte@deped.gov.ph) or Eman A. Lachica – EPS II (eman.lachica@deped,gov.ph) of your participation to the online activity.

5. Wide dissemination of this Memorandum is hereby enjoined.

**JONATHAN S. DELA PEÑA, PhD, CESO V**
Schools Division Superintendent

Encls.: As stated
References: None
To be indicated in the Perpetual Index
under the following subjects:
PROFESSIONAL DEVELOPMENT
ONLINE TRAINING
NEAP

SGOD, HRD-imonte

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Republic of the Philippines
Department of Education
REGION X – NORTHERN MINDANAO

DEPARTMENT OF EDUCATION
RECORDS SECTION, REGIONAL OFFICE NO. X
RELEASED
6099
By: Date: 10/11/22
dts: 22-85210

October 7, 2022

REGIONAL MEMORANDUM
No. 630, s. 2022

CONDUCT OF HYBRID SEMINAR FOR RETIRING EMPLOYEES TITLED 'HEALTHY AGING AND RETIREMENT TRANSITION (HEART)'

To: Schools Division Superintendents
All Others Concerned

1. This issuance refers to the attached **OUHROD No. 2022-0126 Memorandum**, dated October 3, 2022, on the Conduct of Hybrid Seminar for Retiring Employees titled **Healthy Aging and Retirement Transition (HeArt)** to prepare them physically, psychologically, socially, and financially for life after DepEd, which will be conducted on October 25-27 via Face-to-Face and Online platform.

2. Attached is the Memorandum for reference.

3. This Office directs the immediate and wide dissemination of this Memorandum.

**DR. ARTURO B. BAYOCOT, CESO III**
Regional Director

HRDD/gina

DEPARTMENT OF EDUCATION
RECEIVED
RECORDS SECTION, REGIONAL OFFICE NO. X
OCT 05 2022

22-84895

Department of Education Region 10 <region10@deped.gov.ph>

# [DM-OUHROD-2022-0126] Conduct of Hybrid Seminar for Retiring Empioyees entitled, "Healthy Aging and Retirement Transition (HeART)"

1 message

**Office of the Undersecretary for Human Resource and Organizational Development (OUHROD)** <usec.hrod@deped.gov.ph> Wed, Oct 5, 2022 at 10:55 AM

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Republika ng Pilipinas

# Department of Education

**OFFICE OF THE UNDERSECRETARY**

HUMAN RESOURCE AND ORGANIZATIONAL DEVELOPMENT,
NATIONAL EDUCATORS ACADEMY OF THE PHILIPPINES,
TEACHER EDUCATION COUNCIL SECRETARIAT, AND
DEPED EMPLOYEES' ASSOCIATIONS COORDINATING OFFICE

**MEMORANDUM**
**DM-OUHROD-2022-0126**

TO : **Undersecretaries**
**Assistant Secretaries**
**Bureau and Service Directors**
**Regional Directors**
**Schools Division Superintendents**
**Division Chiefs**
**Heads of Schools**
**All Others Concerned**

FROM : **GLORIA JUMAMIL-MERCADO**
*Undersecretary for Human Resource and Organizational Development,*
*National Educators Academy of the Philippines,*
*Teacher Education Council Secretariat, and*
*DepEd Employees' Associations Coordinating Office*

SUBJECT : **Conduct of Hybrid Seminar for Retiring Employees entitled, *"Healthy Aging and Retirement Transition (HeART)"***

DATE : October 03, 2022

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 in compliance to Republic Act No. 9994, Rule V, *Expanded Senior Citizens Act of 2010* - an act granting additional benefits and privileges to senior citizens, the Department of Education (DepEd), through the Bureau of Human Resource and Organizational Development - Employee Welfare Division (BHROD-EWD), will conduct a holistic wellness and pre-retirement seminar for all DepEd senior citizen employees and prospective retirees entitled ***"Healthy Aging and Retirement Transition (HeART)"*** on **October 25-27, 2022,** exclusive of travel time, in Laguna (exact venue to be announced on a later date).

The activity shall help the participants to prepare physically, psychologically, socially, and financially for "life after DepEd." The seminar aims to equip senior citizen employees and prospective retirees 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.

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Below are the expected participants for the aforementioned activity:

- **Face-to-face seminar** - DepEd Central Office (CO) regular employees between 55 and 58 years old are encouraged to attend this seminar. Kindly fill out the registration/confirmation slip through this link – **bit.ly/Reg_HEART2022**.
- **Online** – DepEd field offices employees ages 55 to 58 years old. Please fill out the registration form to confirm your attendance through this link – **bit.ly/Reg_HEARTonline**.

The following are the administrative guidelines:

- Following the health and safety protocols, slots for the face-to-face seminar are limited to fifty-five (55) persons. **Only the first fifty-five (55) CO personnel who are able to register** through the link will be accommodated. However, those who are unable to secure a slot, may join through the online platform. Details of which shall be provided.
- Face-to-face participants are requested to be in the venue on Day 0 (October 24). First meal to be served is PM snacks and the last meal to be served is Lunch on Day 4 (October 28).
- Expenses to be incurred shall be charged to the 2022 CO-OPDNTP budget subject to the usual accounting and auditing rules and regulations.
- Expenses shall include travel expenses and board and lodging of the face-to-face participants and secretariat, supplies, training kits, materials, honoraria for resource speakers, communications, and contingency.

Should you have immediate queries or concerns, please contact Ms. Marge Latosa of BHROD-EWD via telephone and mobile number at (02)8633-7229 and +63906-3413364 or via email at margery.latosa@deped.gov.ph

Immediate dissemination of this Memorandum is desired.

ACTIVITY SCHEDULE:

| TIME | DAY 0 | DAY 1 | DAY 2 | DAY 3 | DAY 4 |
|---|---|---|---|---|---|
| **MORNING SESSION** | | | | | |
| 8:00-8:15 | | Attendance<br><br>Preliminaries<br>*-National Anthem*<br>*-Opening Prayer* | Attendance<br><br>Ice Breaker | Ice Breaker | |
| 8:15-9:00 | | Welcome Message<br>Opening Message/Introduction<br><br>Ice Breaker: GTKY<br>Expectation Setting | **Session 5: Financial Wellness**<br>*-Retirement Fund* | **Practicum** | |
| 9:00-10:00 | Check in Secretariat<br><br>*First Meal of Secretariat: AM Snacks* | **Session 1 and 2: Physical Wellness**<br>*-Physical Fitness*<br>*-Health and Nutrition* | | | |
| 10:00-11:00 | | | **Session 6: Occupational Wellness**<br>*-DepEd Retirement Process* | | |
| 11:00-12:00 | | | | | Check Out<br>*Last Meal: Lunch* |
| **AFTERNOON SESSION** | | | | | |
| 1:00-1:15 | | Ice Breaker | Ice Breaker | Ice Breaker | |
| 1:15-2:00 | | **Session 3: Occupational Wellness**<br>*-Senior Citizen Benefits* | **Session 5: GSIS Benefits** | **Session 6: Spiritual Wellness** | |
| 2:00-3:00 | | **Session 4: Emotional Wellness** | | | |
| 3:00-3:15 | Check in participants<br><br>*First Meal of Participants: PM Snacks* | | | Closing Program | |
| 3:15-4:00 | | | | | |
| 4:00-5:00 | | Reminders<br>End of Day 1 | Reminders<br>End of Day 2 | | |

*[BHROD-EWD/Latosa]*