



Republic of the Philippines
Department of Education
REGION X – NORTHERN MINDANAO
SCHOOLS DIVISION OF EL SALVADOR CITY

**Office of the
Schools Division Superintendent**

17 October 2022

DIVISION MEMORANDUM

No. 464, s. 2022

CONDUCT OF HeART SEMINAR FOR RETIRING EMPLOYEES

To: **All Section Heads**
All Public Elementary School Heads
All Public Secondary School Heads
All Others Concerned
This Division

1. Pursuant to RM No. 630, s.2022 *Re*” *Conduct of Hybrid Seminar for Retiring Employees titled ‘Healthy Aging and Retirement Transition (HeART)’*, this Office informs the field of the aforementioned hybrid seminar on October 25-27, 2022.
2. For online participants, DepEd employees (55 to 58 years old) are directed to fill out the registration form to confirm attendance through this link-bit.ly/Reg_HEARTonline. Interested face to face attendees may refer to the enclosed memorandum for further details.
3. Moreover, this activity shall adhere to the Equal Opportunity Principle (EOP) in observing all policies and protocol of the said activity. Hence, all actions shall be based solely on guidelines set with no discrimination on the account of age, gender identity, sexual orientation, civil status, disability, religion, ethnicity or political affiliation.
4. This Office enjoins the immediate and wide dissemination of this memorandum.


OLGA C. ALONSABE, PhD, CESO V
Schools Division Superintendent

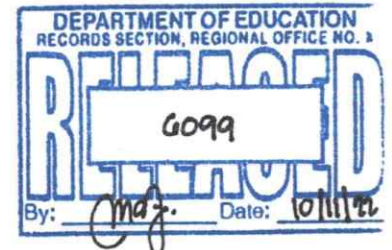
To be indicated in the Perpetual Index
under the following subjects:

SGOD/KRAS/hrd . Retirement Seminar





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



dts: 22-55210

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



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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.

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](https://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](https://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 BHRD-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	Attendance	Ice Breaker	
		Preliminaries -National Anthem -Opening Prayer	Ice Breaker		
8:15-9:00		Welcome Message Opening Message/Introduction	Session 5: Financial Wellness -Retirement Fund	Practicum	
		Ice Breaker: GTKY Expectation Setting			
9:00-10:00	Check in Secretariat First Meal of Secretariat: AM Snacks	Session 1 and 2: Physical Wellness -Physical Fitness -Health and Nutrition			
10:00-11:00			Session 6: Occupational Wellness -DepEd Retirement Process		
11:00-12:00					Check Out Last Meal: Lunch
AFTERNOON SESSION					
1:00-1:15		Ice Breaker	Ice Breaker	Ice Breaker	
1:15-2:00		Session 3: Occupational Wellness -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 First Meal of Participants: PM Snacks			Closing Program	
3:15-4:00					
4:00-5:00		Reminders End of Day 1	Reminders End of Day 2		

[BHIROD-EWD/Latosaj]