



Republic of the Philippines  
**Department of Education**  
REGION III – CENTRAL LUZON  
SCHOOLS DIVISION OFFICE OF NUEVA ECIJA

DEF-ED SDO N.E.  
**RELEASED**  
OCT 17 2022

**RECORDS SECTION**

14 October 2022

DIVISION MEMORANDUM  
No. 342, s. 2022

**PRE-RETIREMENT WEBINAR FOR DEPED EMPLOYEES**

To: Assistant Schools Division Superintendents  
Chief, SGOD and CID  
Education Program Supervisors/Specialists  
Public Schools District Supervisors  
Public Elementary and Secondary School Heads  
District Senior Citizen Coordinators  
All Others Concerned

1. 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 all DepEd employees titled “Healthy Aging and Retirement Transition (HeART)” on October 25-27, 2022.
2. All DepEd employees ages 55-58 years old are invited to participate in the webinar. Interested participants should register at [bit.ly/Reg\\_HEARTonline](http://bit.ly/Reg_HEARTonline).
3. Enclosed are Memoranda DM-OUHROD-2022-0126 and RM No. 569, s. 2022 for your reference.
4. Immediate dissemination of this Memorandum is desired.

  
**JESSIE D. FERRER, CESO V**  
Schools Division Superintendent

Encl: as stated

Reference: DM-OUHROD-2022-0126 and RM No. 569, s. 2022

To be included in Perpetual Index

Under the following subjects:

PRE-RETIREMENT  
SENIOR CITIZEN

DM 2022 Pre-Retirement Webinar for DepEd Employees  
3-5/JVC: 10-14-22



Address: Brgy. Rizal, Santa Rosa, Nueva Ecija 3101  
Telephone No.: (044) 940 3121  
Email: [nueva.ecija@deped.gov.ph](mailto:nueva.ecija@deped.gov.ph)  
Facebook Page: DepEd SDO Nueva Ecija  
Webpage: [www.deped-ne.net.ph](http://www.deped-ne.net.ph)



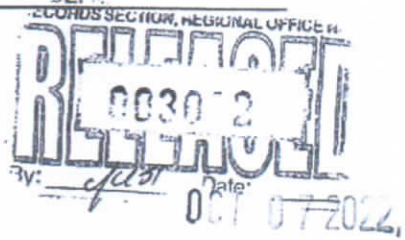


Republic of the Philippines  
**Department of Education**  
REGION III-CENTRAL LUZON

REGIONAL MEMORANDUM

No. 569, s. 2022

**HYBRID SEMINAR FOR RETIRING EMPLOYEES**



To: Schools Division Superintendents,  
and Regional Functional Division Chiefs

1. 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 seminar for all DepEd senior citizen employees titled “*Healthy Aging and Retirement Transition (HeART)*” on October 25 – 27, 2022.
2. In view of the foregoing, all DepEd Employees ages 55 to 58 years old are invited to participate in the online seminar. Interested participants must fill out the registration form to confirm the attendance through this link – [bit.ly/Reg\\_HEARTonline](http://bit.ly/Reg_HEARTonline).
3. Enclosed is the Memorandum DM-OUHROD-2022-0126 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, for reference.
4. Dissemination of this Memorandum is desired.

  
**MAY B. ECLAR, PhD, CESO III**  
Regional Director

Encl.: As stated

Reference: see the attachment

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

Employee Welfare    Financial Wellness    Senior Citizen

HRDD1/hrdd3  
October 5, 2022



Address: Matalino St. D.M. Government Center, Maimpis, City of San Fernando (P)  
Telephone Number: (045) 598-8580 to 89; Email Address: [region3@deped.gov.ph](mailto:region3@deped.gov.ph)



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Republika ng Pilipinas

## Department of Education

### OFFICE OF THE UNDERSECRETARY

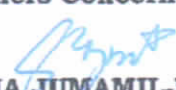
HUMAN RESOURCE AND ORGANIZATIONAL DEVELOPMENT,  
NATIONAL EDUCATORS ACADEMY OF THE PHILIPPINES,  
TEACHER EDUCATION COUNCIL SECRETARIAT, AND  
DEPED EMPLOYEES' ASSOCIATIONS COORDINATING OFFICE

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#### 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

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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 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-OPDNTF 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 BHIROD-EWD via telephone and mobile number at (02)8633-7229 and +63906-3413364 or via email at [margery.latosa@deped.gov.ph](mailto: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                                    |
|----------------------------|--|---|---|--|--|
| <b>MORNING SESSION</b>     |  |   |   |  |  |
| 8:00-8:15                  |  | Attendance<br><br>Preliminaries<br><i>-National Anthem</i><br><i>-Opening Prayer</i>                      | Attendance<br><br>Ice Breaker   | Ice Breaker                                  |  |
| 8:15-9:00                  |  | Welcome Message<br>Opening<br>Message/Introduction<br><br>Ice Breaker: GTKY<br>Expectation Setting        | <b>Session 5:<br/>Financial<br/>Wellness</b><br><i>-Retirement<br/>Fund</i>                 | <b>Practicum</b>                             |  |
| 9:00-10:00                 | Check in<br>Secretariat<br><br><i>First Meal of<br/>Secretariat:<br/>AM Snacks</i>   | <b>Session 1 and 2:<br/>Physical Wellness</b><br><i>-Physical Fitness</i><br><i>-Health and Nutrition</i> | <b>Session 6:<br/>Occupational<br/>Wellness</b><br><i>-DepEd<br/>Retirement<br/>Process</i> |  | Check Out<br><i>Last Meal:<br/>Lunch</i> |
| 10:00-11:00<br>11:00-12:00 |  |   |   |  |  |
| <b>AFTERNOON SESSION</b>   |  |   |   |  |  |
| 1:00-1:15                  |  | Ice Breaker   | Ice Breaker   | Ice Breaker                                  |  |
| 1:15-2:00                  |  | <b>Session 3:<br/>Occupational<br/>Wellness</b><br><i>-Senior Citizen<br/>Benefits</i>                    | <b>Session 5:<br/>GSIS Benefits</b>   | <b>Session 6:<br/>Spiritual<br/>Wellness</b> |  |
| 2:00-3:00                  | Check in<br>participants<br><br><i>First Meal of<br/>Participants:<br/>PM Snacks</i> | <b>Session 4:<br/>Emotional Wellness</b>  |   | Closing<br>Program                           |  |
| 3:00-3:15                  |  |   |   |  |  |
| 3:15-4:00<br>4:00-5:00     |  | Reminders<br>End of Day 1   | Reminders<br>End of Day 2   |  |  |

[BHROD-EWD/Latosaj]