



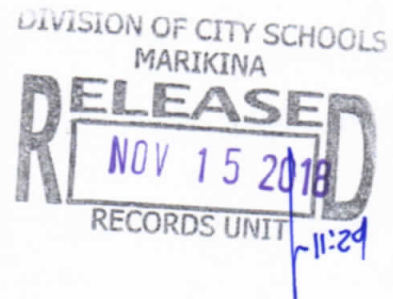
REPUBLIC OF THE PHILIPPINES
DEPARTMENT OF EDUCATION
NATIONAL CAPITAL REGION
SCHOOLS DIVISION OFFICE – MARIKINA CITY

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MEMORANDUM TO:

Chief Education Supervisors, SGOD and CID
Elementary and Secondary School Principals
Officers-In-Charge
Public School Only



**CORRIGENDUM TO DIVISION UNNUMBERED MEMORANDUM
DATED NOVEMBER 8, 2018 RE: PRE-RETIREMENT INNOVATIONS
AND OPTIONS FOR RETIRING PERSONNEL OF SDO MARIKINA CITY**

Relative to the Division Unnumbered Memorandum dated November 8, 2018 re: **Pre-Retirement Innovations and Options Training Workshop on November 15-16, 2018, at Seminar Hall, Gabaldon Building (inside Marikina Elementary School).**

Please see attached **FINAL** list of participants, for your reference.

Immediate and wide dissemination of this Memorandum is desired.

JOEL T. TORRECAMPO
Officer-in-Charge
Office of the Schools Division Superintendent

PROGRAM

TIME	DAY 1 (November 15, 2018)	DAY 2 (November 16, 2018)
8:00 – 9:00 AM	Registration Opening Program <ul style="list-style-type: none"> ➤ National Anthem ➤ Opening Prayer ➤ Welcome Remarks- Dr. Elizalde Q. Cena <i>Chief ES, SGOD</i> ➤ Message- Dr. Joel T. Torrecampo <i>OIC-SDS</i> Levelling of Expectations	Registration Opening Program <ul style="list-style-type: none"> ➤ Opening Prayer ➤ Yoga/Exercise ➤ Insights
9:00- 10:00 AM	Nutrition Approach to Retirement Medical Tips Ms. Sheila Mica Bautista Health Unit/CHO	GSIS Retirement Benefits and the Basic Requirements Reynaldo B. Salanguit GSIS Representative/Team Leader, Benefits Department, NCR III
10:00- 10:30 AM	Snacks	
10:30- 12:00 AM	Proper Physical Exercises Jonalyn L. Santos/Junilord Tormes Nurse II Health & Nutrition Unit	Terminal Leave Total Accumulated Values Bernadette C. Flores GSIS Representative
11:30- 1:00 NN	Lunch	
1:00- 3:00 PM	Approaches to Retirement Positive Mental Attitude Towards Retirement Mr. Edgardo L. Nieto	Overview on Retirement Laws, Policies, Rules, Procedures and Other Issuances Ms. Araceli D. Dy HRMO
3:00- 3:30 PM	Snacks	
3:30- 5:00 PM	Options: Volunteering Community Involvement Ms. Cristina C. Tuban Kaisahang Buhay Foundation	Livelihood Programs Jocivic F. Bertillo DTI Representative

LIST OF PARTICIPANTS

1. Edna S. Constantino
2. Janet S. Amurao
3. Marissa P. Iringan
4. Primitiva B. Bermudez
5. Julita G. Montejo
6. Celia I. Sobretudo
7. Ofelia S. Dugenia
8. Rosa O. Doguiles
9. Lourdes V. Ochoa
10. Carmen L. Bangcaya
11. Myra V. Cabuang
12. Teresita R. Vito
13. Erlinda A. Binauan
14. Mercedes B. Sotto
15. Antonia C. Hernandez
16. Vivencia B. Bajado
17. Leticia C. Escala
18. Severa R. Langcauon
19. Rustica L. Omac
20. Remedios P. Arabe
21. Marilyn Y. Lista
22. Edna B. Alcuran
23. Fe S. Sandoval
24. Lina M. Guardiano
25. Leonisa M. Abila
26. Chona Cecilia P. Roxas
27. Dorina C. Cahili
28. Doreen Joy S. Villegas
29. Benita V. Lagdameo
30. Demetria N. Java
31. Marciana R. De Guzman
32. Lorena S. Mabini
33. Josephine N. Macas
34. Alfonso J. Lachica
35. Leticia S. Fulgencio
36. Gilda C. Ella
37. Margarita B. Alava
38. Blesilda C. Fainsan
39. Roberto L. Floranza
40. Marilyn S. Tabug
41. Shirley R. Guieb
42. Myrna G. Ramos
43. Evangeline P. Malana
44. Isabelita E. Adeva
45. Iluminado F. Martinez
46. June G. Trinos
47. Marcelina C. Gutierrez
48. Editha D. Cuartero
49. Teresita C. Santos
50. Dr. Librada Gazzingan
51. Claro L. Capco
52. Roberto C. Junio
53. Elizabeth C. Viloría
54. Fe B. Anghag
55. Ramon S. Rodriguez
56. Gina E. Clariza