



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

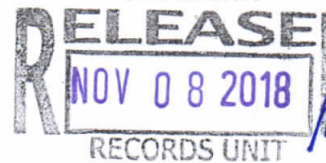
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**MEMORANDUM TO:**

Chief Education Supervisor, SGOD & CID  
Elementary & Secondary Principals  
Public School Only

DIVISION OF CITY SCHOOLS  
MARIKINA



**PRE-RETIREMENT INNOVATIONS AND OPTIONS FOR RETIRING  
PERSONNEL OF SDO MARIKINA CITY**

Please be informed that there will be a **Pre-Retirement Innovations and Options Training Workshop** on **November 15-16, 2018**, at **Seminar Hall, Gabaldon Building (inside Marikina Elementary School)**. The training aims to continuously provide holistic development to retiring teaching and non-teaching personnel of the division.

Attached herewith are the list of participants who will attend the said activity and the training matrix as reference.

Immediate and wide dissemination of this Memorandum is desired.

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

## 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. Virginita M. Delos Reyes
8. Rosa O. Doguiles
9. Adelia D. El Hussein
10. Carmen L. Bangcaya
11. Myra V. Cabuang
12. Teresita R. Vito
13. Erlinda A. Binauhan
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. Celia I. Sobretudo
40. Marilyn S. Tabug
41. Shirley R. Guieb
42. Mercedita C. Samalca
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

## 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"> <li>➤ National Anthem</li> <li>➤ Opening Prayer</li> <li>➤ Welcome Remarks- <b>Dr. Elizalde Q. Cena</b> <i>Chief ES, SGOD</i></li> <li>➤ Message- <b>Dr. Joel T. Torrecampo</b> <i>OIC-SDS</i></li> </ul> Levelling of Expectations	Registration Opening Program <ul style="list-style-type: none"> <li>➤ Opening Prayer</li> <li>➤ Yoga/Exercise</li> <li>➤ Insights</li> </ul>
9:00- 10:00 AM	Approaches to Retirement Positive Mental Attitude Towards Retirement  <b>Ms. Ma. Corazon Adriano</b> <i>EPS</i>	GSIS Retirement Benefits and the Basic Requirements  <b>GSIS Representative</b>
10:00- 10:30 AM	Snacks	
10:30- 12:00 AM	Proper Physical Exercises  <b>Health Unit</b>	Terminal Leave Total Accumulated Values  <b>GSIS Representative</b>
12:00- 1:00 NN	Lunch	
1:00- 3:00 PM	Nutrition Medical Tips  <b>Health Unit</b>	Overview on Retirement Laws, Policies, Rules, Procedures and Other Issuances  <b>Ms. Araceli D. Dy</b> <i>HRMO</i>
3:00- 3:30 PM	Snacks	
3:30- 5:00 PM	Options: Volunteering Community Involvement  <b>Office of Senior Citizen Affair (OSCA) Representative</b>	Livelihood Programs  <b>DTI Representative</b>