



Republic of the Philippines  
**Department of Education**  
REGION III  
SCHOOLS DIVISION OFFICE OF BATAAN

OCT 03 2025

**DIVISION MEMORANDUM**

No. 435, s. 2025

**SDO SENIOR CITIZENS AND PERSONS WITH DISABILITIES  
TRAINING SEMINAR 2025 [THRIVING AT EVERY AGE:  
PROMOTING WELLNESS AND INCLUSION FOR  
SENIORS AND PERSONS WITH DISABILITIES]**

To: Assistant Schools Division Superintendent  
Chief Education Supervisors, CID and SGOD  
Education Program Supervisors  
Public Schools District Supervisors  
Division Unit Heads  
All Division Office Personnel  
All Others Concerned

1. This Office announces the conduct of the **SDO Senior Citizens and Persons with Disabilities Training-Seminar 2025 [Thriving at Every Age: Promoting Wellness and Inclusion for Seniors and Persons with Disabilities]** on October 16-17, 2025 at Seorabeol Grand Leisure Hotel, Waterfront Rd, Subic Bay Freeport Zone, Zambales.
2. This activity aims to:
  - a. create a supportive and inclusive environment where Senior Citizens/Person with Disabilities can interact, share experiences, and build meaningful relationships with their peers;
  - b. provide opportunities for Senior Citizens/Person with Disabilities to express themselves creatively, manage stress, and develop coping strategies for emotional well-being; and
  - c. offer workshops and seminars on various topics to encourage continuous learning and personal growth among seniors and persons with disability participants.



Kabukiran, Calaylayan, Abucay 2114 Bataan  
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[www.depedbataan.com](http://www.depedbataan.com)  
[bataan@dep.gov.ph](mailto:bataan@dep.gov.ph)

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3. Enclosed to the Memorandum are the following:

*Enclosure 1: List of Participants*

*Enclosure 2: Training Matrix*

4. Expenses relevant to the conduct of this activity shall be charged against Division MOOE, while transportation expenses of the participants may be charged to other local funds subject to usual accounting and auditing procedures.
5. Participants are hereby advised to bring their own extension cords, and laptops.
6. This Memorandum shall serve as the Travel Authority of the participants.
7. Immediate dissemination of this Memorandum is enjoined.

  
**CAROLINA S. VIOLETA, EdD, CESO V**  
*Schools Division Superintendent*

References: As stated

Encls.: As stated

To be indicated in the Perpetual Index

under the following subjects: Trainings and Seminar  
SENIOR CITIZENS AND PERSONS WITH DISABILITIES

SO11/mbdc  
10/02/2025



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**List of Participants**

| NO.                   | NAME                       | POSITION                           |
|-----------------------|----------------------------|------------------------------------|
| <b>Senior Citizen</b> |                            |                                    |
| 1                     | VIOLETA, CAROLINA S.       | Schools Division Superintendent    |
| 2                     | PENAFLO, MILAGROS M.       | Chief Education Supervisor         |
| 3                     | LAYUG, ROMEO M.            | Education Program Supervisor       |
| 4                     | TUAZON, JACQUELINE C.      | Education Program Supervisor       |
| 5                     | PANTIG, ROBERTO R.         | Education Program Supervisor       |
| 6                     | CALMA, MILA D.             | Education Program Supervisor       |
| 7                     | MENDOZA, RONIE S.          | Public Schools District Supervisor |
| 8                     | CARLOS, ARLENE S.          | Public Schools District Supervisor |
| 9                     | IGNACIO, PILAR C.          | ADM Officer V                      |
| 10                    | GUTTIEREZ, JOSEPHINE       | ADA I                              |
| 11                    | DE GUZMAN, CHARITO G.      | Admin Assistant III                |
| 12                    | CAILANG, EDWINA A.         | ADA I                              |
| 13                    | RAGUDOS, IRENE M.          | ADA I                              |
| 14                    | SANTOS, JOHNNY J.          | Dental Aide                        |
| <b>PWDs</b>           |                            |                                    |
| 15                    | MENDOZA, EVELYN V.         | Education Program Supervisor       |
| 16                    | MANGUBAT, ARIEL            | ADA                                |
| 17                    | JAIME, SHERYL ANN B.       | ADA IV                             |
| 18                    | CRISOLO, MELANIE D.        | ADA I                              |
| 19                    | PEREZ, MARIA TERESA C.     | Education Program Supervisor       |
| <b>TWG</b>            |                            |                                    |
| 20                    | Nurse on Duty              | TWG                                |
| 21                    | MANALANSAN, NICKO B.       | TWG                                |
| 22                    | MENDOZA, RAYMOND JOSEPH V. | Documentation                      |
| 23                    | DURAN, HERMIE G.           | Moderator                          |
| 24                    | NUGUID, MARIEL E.          | Registration Committee             |
| 25                    | GATDULA, JUDYLYN T.        | Facilitator                        |
| 26                    | DELA CRUZ, MISTY B.        | Speaker                            |
| 27                    | DR. ROBERTO B. LUNETA      | Speaker                            |
| 28                    | RUBINO, RUFINO V.          | Speaker                            |
| 29                    | NOCOM, JETHRO M.           | Speaker                            |



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**SDO SENIOR CITIZENS AND PERSONS WITH DISABILITIES  
 Training-Seminar 2025**

**SDO SENIOR CITIZENS AND PERSONS WITH DISABILITIES  
 Training-Seminar 2025**

[Thriving at Every Age: Promoting Wellness and Inclusion for Seniors  
 and Persons with Disabilities]

October 16-17, 2025

| Time               | Day 1-October 16, 2025                                                                                                                                                            | Day 2-October 17, 2025                                                                           |                                                                                       |
|--------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|
| 8:00 AM-8:30 AM    | Registration                                                                                                                                                                      | Management of Learning<br>Makabayan Song - <b>AVP</b>                                            | <ul style="list-style-type: none"> <li>With Games and Break-out Activities</li> </ul> |
| 8:30 - 9:00 AM     | Opening Program<br>Preliminaries - <b>AVP</b><br>Message - <b>CAROLINA S. VIOLETA, EdD, CESO V</b><br>Roll Call – <b>JETHRO M. NOCOM</b>                                          | Prayer – <b>AVP</b><br>Energizer<br>Presentation of Outputs                                      |                                                                                       |
| 9:00 -10:00 AM     | Session 1<br><b>Speaker:</b> Mood Setting<br><b>MISTY B. DELA CRUZ</b><br>EPS II                                                                                                  | Session 3:<br><b>Speaker:</b> Testimonial<br><b>DR. ROBERTO B. LUNETA</b>                        |                                                                                       |
| 10:00 AM -10:15 AM | Snacks                                                                                                                                                                            | Snacks                                                                                           |                                                                                       |
| 10:15 AM-12:00NN   | Session 2<br><b>Speaker:</b> "Building Resilience, Enhancing Capacities, and Strengthening Support Systems"<br><b>JETHRO M. NOCOM</b><br>SEPS                                     | Continuation of Training<br>"Wellness"<br><b>Speaker:</b><br><b>JETHRO M. NOCOM</b><br>SEPS      | <ul style="list-style-type: none"> <li>With Games and Break-out Activities</li> </ul> |
| 12:00 NN – 1:00 PM | LUNCH                                                                                                                                                                             |                                                                                                  |                                                                                       |
| 1:00 PM - 2:30 PM  | Continuation of Training<br>Energizer<br><br>Session 3: "Creating Age-Friendly and Disability-Responsive Communities"<br><br><b>Speaker:</b><br><b>RUFINO V. RUBINO</b><br>HT III | Continuation of Training<br>"Inclusion"<br><b>MISTY B. DELA CRUZ</b><br>EPS II<br><br>Evaluation |                                                                                       |
| 2:30 PM – 3:00 PM  | Snacks                                                                                                                                                                            |                                                                                                  |                                                                                       |
| 3:00-5:00          | Training Break-out sessions                                                                                                                                                       | <b>Closing Program</b><br><br>Take away<br>Commitment Setting – <b>Senior Citizens and PWDs</b>  |                                                                                       |



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|                   |        |                                                                                                                                 |  |
|-------------------|--------|---------------------------------------------------------------------------------------------------------------------------------|--|
|                   |        | Closing Remarks – <b>DR. MILAGROS M. PENAFLOR</b><br><b>Chief ES, CID</b><br>Awarding of Certificates<br><b>Closing Program</b> |  |
| 5:30 PM – 7:00 PM | DINNER |                                                                                                                                 |  |
| EMCEE             |        | <b>HERMIE G. DURAN, EdD</b><br>Moderator                                                                                        |  |