



DepEd – DIVISION OF QUEZON

Sitio Fori, Brgy. Talipan, Pagbilao, Quezon
Trunkline # (042) 784-0366, (042) 784-0164, (042) 784-0391, (042) 784-0321
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Registration Number:
QAC/R63/0216

UNNUMBERED MEMORANDUM

TO: Assistant Schools Division Superintendents, Division Chiefs, Section/Unit Heads, Education Program Supervisors, School Health Personnel and All Others Concerned

FROM: CATHERINE P. TALAVERA, CESO VI,
Schools Division Superintendent

SUBJECT: Schedule of "I HEART U" Monitoring for SDO Employees


DATE : January 14, 2020

To promote and maintain the health and wellness of all SDO personnel in the workplace, the SGOD- School Health Section will conduct its Quartely Monitoring relative to "I HEART U" Project, which includes updating of Individual Health Card and Dental Records, Blood Pressure Monitoring, Nutritional Assessment, and Blood Chemistry Monitoring for Fasting Blood Sugar, Uric Acid and Cholesterol level. This initiative will also served as a basis in monitoring the health status of our employees that requires referrals to specialists for further management .

Relative to this, please be reminded **not to eat or drink anything 8-12 hours before the day of your schedule**. Kindly see the attached schedule for your references.

For immediate dissemination and compliance.

shsmtma01/14/2020

	
DEPED - QUEZON ICT UNIT	
UPLOADED	
Date/Time	JAN 14 2020
By:	CRISTEN 2:05PM
Ref. no.	016

DEPEDQUEZON-TM-SDS-04-010-002

Email address: quezon@deped.gov.ph
Comments: **Txt HELEN – 09178902327 (Smart/Sun/TalknTxt) 2327 (Globe and TM)**





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SCHEDULE OF HEALTH EXAMINATION:

January 14-15,2020 SGOD	1	Elizabeth M. de Villa	Chief Education Program Supervisor
	2	Raul R. Agaran	Education Program Supervisor (SGOD)
	3	Gloria F. Magtibay	Administrative Assistant III
	4	Arlene Tolentino	Administrative Assistant III
	5	Ramir O. Arbolente	Engineer III
	6	Danica May Jaranilla	Administrative Assistant II (SHS Item)
	7	Daniel Jr. I. Hutameres	Project Engineer
	8	Gian Carlo O. Pardia	Project Engineer
	9	Regina V. Marino	Senior Education Program Specialist
	10	Michelle Duma	Education Program Specialist II
	11	Paul Clifford Marquez	Senior Education Program Specialist
	12	Mary Joyce Salamat	Education Program Specialist II
	13	Vacant	Project Development Officer II
	14	Oscar Duma Jr.	Senior Education Program Specialist
	15	Marck Andro E. Bernabe	Education Program Specialist II
	16	Gilbert C. Alva	Senior Education Program Specialist
	17	Marbin Jeramil D. Fragata	Planning Officer III
	18	Alma M. Quiambao	Administrative Assistant III
	19	Lea M. Abejo	Administrative Assistant II (SHS Item)
	20	Bernadeth A. Placino	Administrative Assistant II (SHS Item)
	21	Edwin G. Signo Jr.	Administrative Aide IV (Job Order)

January 16-17,2020 OSDS.OASDS,ADMIN, BUDGET	OSDS		
	1	Dr. Catherine P. Talavera	Schools Division Superintendent
	2	Aloha C. Cantos	Administrative Assistant III
	3	Sarah Lynn V. Diala	Administrative Assistant III
	OASDS		
	1	Gerlie M. Ilagan	ASDS
	2	Nadine C. Celindro	OIC-ASDS
	3	Buddy Chester M. Repia	OIC-ASDS
	4	Marissa L. Maragay	Administrative Assistant II (SHS Item)
	5	Marinel Obmerga	Administrative Aide VI
	6	Rena Rodil	Administrative Assistant II
	ADMIN.SERVICES		
	1	Maria Dolores D. Atienza	Administrative Officer V
	2	Edsel P. Palmero	Administrative Assistant III
	3	Rodelio Esmerna	Administrative Assistant III
	4	Jay Isaac Datinggaling	Administrative Assistant III
	5	Arvin V. Zeta	Administrative Assistant III

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	6	Norvic C. Villania	Administrative Assistant III
	7	Noreen I. Enriquez	Administrative Assistant III
	8	Clinton Darwin Evardome	Administrative Assistant III
	9	Vince Angelo I. Dedace	Administrative Assistant II
		BUDGET	
	1	Catherine A. Pureza	AO V/Budget Officer III
	2	Jeffrey E. Maaño	AA II (SHS Item)
January 21-22, 2020		GSO	POSITION/DESIGNATION
GSO,SUPPLY	1	Alegria O. Medenilla	Administrative Aide VI
	2	Arnel P. Adorneo	Security Guard I
	3	Pablo L. Perida	Security Guard I
	4	William Serdon	Security Guard (Contractual)
	5	Warren T. Inoy	Security Guard (Contractual)
	6	Crispulo Ayala	Administrative Aide IV (Driver)
	7	Rosalio C. Flancia	Driver (Provincial Roll)
	8	Milo M. Altovar	Administrative Aide I
	9	Edwin P. Formalejo	Administrative Aide I (Liaison Officer Designate)
	10	Nicanor M. Dellosa	Utility Worker (Provincial Roll)
	11	Marianito G. Ravina Jr.	Job Order (Utility Worker)
	12	Lionel R. Andrade	Job Order (Utility Worker)
	13	Ronaldo I. Merano	Job Order (Utility Worker)
	14	Norman S. Arenas	Job Order (COA)
	15	Mary Shane Malundas	Job Order (COA)
		SUPPLY SECTION	
	1	George D. Aguila	Administrative Officer IV
	2	Joy M. Sanchez	Administrative Aide VI
	3	Michelle D. Pornobi	Administrative Assistant II
	4	Donato M. Altovar	Administrative Aide I
	5	Hector C. Laurio	Administrative Aide VI
	6	Jean O. Solomon	Administrative Assistant III
		LEGAL SECTION	
	1	Carleen D. Aguila	Legal Assistant II
	2	Jackqueline D. Nuyda	Administrative Assistant III
January 23-24,2020		CASHIER	
CASHIER,RECORDS	1	Shiela E. Javen	Administrative Officer IV
	2	Connie T. Abulencia	Administrative Assistant III

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	3	Ler De Rosas	Communications Equipment Operator III
	4	Apollo Salanguit	Administrative Assistant II
	5	Ma. Gloria B. Cantos	Administrative Assistant II
		RECORDS	
	1	Isabelita C. Cabangon	Administrative Officer IV
	2	Amador V. Capinpin	Senior Administrative Assistant I
	3	Aira May C. Perez	Administrative Assistant III
	4	Angelo S. Rañeses	Administrative Assistant III
	5	Marisyll Judee G. Mendoza	Administrative Assistant II (SHS Item)
	6	Roseth Flancia	Administrative Assistant II (SHS Item)
	7	Susan M. Baluyut	Administrative Aide IV
	8	Epifania L. Dayahan	Administrative Assistant II (Provincial Roll)
		ICT	
	1	Wilbert B. Porteza	Information Technology Officer I
	2	Rommel Oczon	Administrative Assistant II (SHS Item)
	3	Cristell Mae Dianne D. Mangubat	Administrative Aide VI
January 28-29,2020		PERSONNEL	
PERSONNEL	1	Wennie O. Gaela	Administrative Officer IV
	2	Famela B. Fontarum	Administrative Assistant III
	3	Leovigildo V. Gaela	Administrative Assistant III
	4	Caren Aranilla	Administrative Assistant III
	5	Yvannah Marie Ingente	Administrative Assistant III
	6	Gemma R. Radan	Administrative Assistant III
	7	Dayanara E. Flores	Administrative Assistant III
	8	Aireene A. Ursabia	Administrative Assistant III
	9	Raquel O. Venezuela	Administrative Assistant III
	10	Bryan R. Ladines	Administrative Assistant III
	11	Shiela Marie S. Mendoza	Administrative Assistant III
	12	Akimi Therese M. Asano	Administrative Assistant III
	13	Marlon L. Perez	AA II (SHS Item)
	14	Alexander G. Romulo	AA II (SHS Item)
	15	Therese Jeanne T. Reyes	Administrative Aide VI
	16	Michelle J. Salvador	Administrative Aide VI

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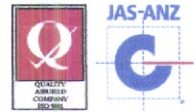
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February 4-5, 2020		LRM	
LRM,PSDS-DETAILED,CID	1	Jee-Ann O. Borines	Education Program Supervisor
	2	Ronnjemmelle A. Rivera	Librarian II
	3		Project Development Officer II
	4	Mercedita C. Lanot	Casual, Job Order (Provincial Roll)
	5	Sedinuelle Y. Aguila	Administrative Assistant II
	6	Aldren B. Libranda	Administrative Aide VI
		PSDS-DETAILED	
	1	CAROLINA ZARACENA	PSDS (detailed to SDO)
	2	REJULIOS M. VILLENES	PSDS (detailed to SDO)
	3	NORANDA DELOS SANTOS	PSDS (detailed to SDO)
		CID	
	1	Lorena S. Walangsumbat	Chief Education Program Supervisor
	2	Juanito A. Merle, ED. D	Education Program Supervisor
	3	Joseph E. Jarasa	Education Program Supervisor
	4	Carmela Ezel A. Orogo	Education Program Supervisor
	5	Celestina M. Alba, Ed. D.	Education Program Supervisor
	6	Walter F. Galarosa, PhD	Education Program Supervisor
	7	Fernando T. Seño, DEM	Education Program Supervisor
	8	Marita A. Pionilla, Ed. D.	Education Program Supervisor
	9	Maria Dilyn S. Garcia	Education Program Supervisor
	10	Abner L. Pureza	Education Program Supervisor
	11	Joan Alejaida R. Mauhay	Education Program Supervisor
	12	Asuncion C. Ilao	Education Program Supervisor
	13	Dessa Marie B. Dalmacion	Administrative Aide VI
	14	Raymond Q. Nieva	Job Order (Clerk)
	15	Clarissa G. Casaña	Private School Secretary
February 6-7, 2020		ACCTG	
ACCTG. ALS	1	Rowena S. Adalim	Administrative Assistant III
	2	Christian Louie A. Solomon	Administrative Assistant III
	3	Maricel A. Fortaleza	Administrative Assistant III
	4	Maylene G. Bacus	Administrative Assistant III
	5	Richard E. Vedaño	Administrative Assistant III
	6	Jan Pauline P. Billanes	Administrative Assistant II
	7	Maria Rafaela Miguela A. Jimenez	Administrative Assistant I
	8	Marconi F. Fontarum	Senior Bookkeeper (detailed from Talipan NHS)

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		ALS	
	1	German E. Deza	Education Program Specialist (deployed ALS)
	2	Maricris M. Grobador	Education Program Specialist (deployed ALS)
	3	Laarni Rose R. Gutierrez	Education Program Specialist (deployed ALS)
	4	Ananias R. Agunias	Education Program Specialist (deployed ALS)
	5	Maria Cheryl J. Manongsong	Education Program Specialist (deployed ALS)
	6	Adeline A. Buenafe	Education Program Specialist (deployed ALS)
	7	Frank Frederick R. Laurora	Education Program Specialist (deployed ALS)
	8	Arlene P. Coronado	Education Program Specialist (deployed ALS)
	9	Buena D. Jaro	Education Program Specialist (deployed ALS)

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