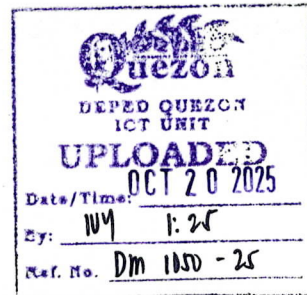




Republic of the Philippines
Department of Education
Region IV-A
SCHOOLS DIVISION OF QUEZON PROVINCE



16 October 2025

DIVISION MEMORANDUM
DM No. 1050, s. 2025

**JOURNEY OF LIFE: CELEBRATING THE RESILIENCE OF SENIORS AND
PERSONS WITH DISABILITIES**

To: Assistant Schools Division Superintendents
Division Chiefs
Section Heads
Public Schools District Supervisors
Elementary School Heads
School Health Personnel
All Others Concerned

1. In celebration of the Elderly Filipino Week (EFW), as mandated by Proclamation No. 470 and reinforced through Memorandum Circular No. 34, this Office announces the conduct of the **“Journey of Life: Celebrating the Resilience of Seniors and Persons with Disabilities”** on October 29, 2025. The venue will be announced as soon as it becomes available.
2. This activity aims to:
 - honor and recognize the invaluable contributions of senior citizens and persons with disabilities to the community and national development;
 - raise awareness on the rights, needs, and welfare of senior citizens and persons with disabilities, and encourage community support and advocacy;
 - strengthen partnerships among local government units (LGUs), non-government organizations (NGOs), private institutions, and community members in promoting programs and services for the elderly and PWDs; and
 - empower senior citizens and PWDs by encouraging active participation in activities that enhance their well-being, sense of belonging, and dignity.

DEPEDQUEZON-TM-SDS-04-009-003



Address: Sitio Fori, Brgy. Talipan, Pagbilao, Quezon
Trunkline #: (042) 784-0366, (042) 784-0164,
(042) 784-0391, (042) 784-0321



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3. Participants are the senior citizens, persons with disabilities, and selected personnel from the Department of Education - School Division Office of Quezon. The selected SDO Personnel shall be identified by their respective section heads to be coordinated with the Senior Citizens' Committee Chairperson, Dr. Marie Antoinette A. Tesalona. The detailed list of participants can be accessed through this link or QR Code:

- <https://tinyurl.com/JOL-Participants-102925>



4. Attached is the Program Invitation for your reference, which can also be accessed through this link or QR Code:

- <https://tinyurl.com/JOL-Program-Invitation>



5. Immediate dissemination of and compliance with this Memorandum are highly desired.


ROMMEL C. BAUTISTA, CESO V
Schools Division Superintendent 

SHS/MTMA/10/16/2025
DEPEDQUEZON-TM-SDS-04-009-003



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Journey of Life

Celebrating the Resilience of Senior Citizens and PWDs

TOP MANAGEMENT AND SECTION HEADS / TECHNICAL WORKING GROUP

Dr. Rommel C. Bautista, CESO V
Schools Division Superintendent - SMO Quezon

Dr. Joepi F. Falquez
Assistant Schools Division Superintendent

Dr. Roselyn Q. Golfo
Assistant Schools Division Superintendent

Dr. Lorena S. Walangsumbat
OIC - Assistant Schools Division Superintendent

Dr. Juanito A. Merle
School Governance and Operations Division Chief

Dr. Walter F. Galarosa
OIC - Curriculum Implementation Division

Maria Dolores D. Atienza
Administrative Officer V

Catherine A. Pureza
AO IV/Budget Officer III

Hilariona Coronado
AO IV/Procurement Officer II

Edmundo Marin, Jr.
Accountant III

Atty. Rexcia Maria Baldeo
Attorney III

Shiela Javen
AO IV/Cashier II

Dr. Marie Antoinette A. Tesalona
Medical Officer III

Ma. Teresita M. Abella, RN
Nurse II

Wennie O. Gaela
AO IV/Human Resource Management Officer II

Engr. Daniel I. Hutamares
Educational Facilities Section

Jee Ann O. Borines
Education Program Supervisor (LRM)

Akimi Asano
PDO I/Records Section

Sherelyn Pardilla
AO IV/Planning Section

Wilbert B. Porteza
ITD I/Information Officer

Regina Marino
HRTD

George David Aguila
Supply Section

Michaela Mae H. Formalejo
COS-TA I/Resource Speaker

Daimler Ace S. Alutang
COS-TA I/Resource Speaker

Ivy Grace Anne E. Lingayo
COS-TA I

Paullynn Daim D. Train
COS-AS II

PROGRAM INVITATION

Journey of Life

Celebrating the Resilience of Senior Citizens and PWDs

OCTOBER 29, 2025

TBA



Journey of Life

Celebrating the Resilience of Senior Citizens and PWDs

PROGRAM MATRIX

TIME	ACTIVITY
7:30 am	Attendance/Registration
8:30 am	Preliminaries • National Anthem • Prayer • Panunumpa ng Linkod Bayan • DepEd Quality Policy • Bagong Pilipinas Hymn • Bagong Pilipinas Oath
8:45 am	Welcome Remarks Juanito A. Merle, EDD School Governance and Operations Division Chief
8:55 am	Roll-Call of Participants Wennie O. Gaela AO IV/Human Resource Management Officer
9:00 am	Inspirational Message Rommel C. Bautista, CESO V Schools Division Superintendent of Quezon
9:15 am	Objectives of the Activity Sherelyn O. Pardilla AO IV/Planning Section
9:20 am	Testimonies: Finding Purpose and Meaning after Work Carolina T. Zaracena former Education Program Supervisor Elizabeth M. De Villa former Chief of SGOD Melva Rama former Administrative Officer V

Journey of Life

Celebrating the Resilience of Senior Citizens and PWDs

PROGRAM MATRIX

TIME	ACTIVITY
10:00 am	Talks on Emotional and Psychological Preparation Adjusting to Retirement: Coping with Change and Identity Michaela Mae H. Formalejo Registered Psychometrician
10:30 am	Fuel for Wellness: Empowering the Elderly and PWDs through Nutrition Daimler Ace S. Alutang Nutrition and Dietetics
11:00 am	Stress Management and Mental Well-being in Retirement Soren Joshua P. Pabella, RN, MAN, LPT Assistant Professor IV
12:00 am	Lunch Break
1:00 am	Fun Activities/Games • Laro ng Lahi • Mr & Ms Senior Citizen and PWD
2:30 am	Wellness and Empowerment • Stress Relief Activity
4:00 am	Closing Program • Closing Remarks • Distribution of Certificates