



## Health and Wellness Program for Senior Citizens

### Quarterly Report

(January, February & March 2022)

**January** – Creation of the new committee members under Hospital Personnel Order No. 2022-05.

Chairperson: Dr. Milagros Barzaga  
Vice Chairperson: Dr. Juanita Cariño  
Members: Dr. Joseree Ann Catindig  
Dr. Diadema De Jesus  
Dr. Ryan Rainier Siscar  
Ms. Julie Ann Atienza  
Ms. Rebecca Soliman  
Ms. Arlene Sabdao  
Ms. Amita Templo  
Ms. Adelaida Berondo  
Ms. Ruby Fernandez  
Ms. Armi Lyn Custodio  
Ms. Marichu Villas  
Secretary: Marisa Ortiz

**February** – First General Meeting of Committee was held via zoom which discusses the plans and proposal of activities for the year 2022 with the corresponding assigned focal persons for each activities.

Month	Suggested Activities for the year 2022	Focal Person/s
March	Women's Month – suggested to focus on livelihood "Gourmet Tuyo"	Ms. Niña Leyte
April	Lenten Reflection / Recollection <ul style="list-style-type: none"><li>Plans to invite a priest, suggested for a face to face assembly as long as the attendees are fully vaccinated.</li></ul>	Ms. Rebecca Soliman & Ms. Armi Lyn Custodio
May	Mother's Day – May conduct one of the following: <ul style="list-style-type: none"><li>Lectures on Health Condition (Eg. Hypertension, Healthy lifestyle)</li><li>Suggested Sponsor : Super Moringa (Calming Oil); Massage</li></ul>	Ms. Amita; Dr. Milagros Barzaga – (Healthy Lifestyle – Diet) <i>*to invite a dietician</i>
June	Dengue Awareness Month <ul style="list-style-type: none"><li>3 o'clock habit / 4 o'clock habit</li><li>Dengue in the elderly</li></ul>	Ms. Rebecca Soliman
July	Rehab Week <ul style="list-style-type: none"><li>Can coordinate to Dr. Inciong – Acupuncture in the Elderly</li></ul>	Ms. Julie Ann Atienza
August	Sight Saving Month <ul style="list-style-type: none"><li>May invite ophthalmologist for lecture.</li><li>May ask for sponsorship (free reading glass or free refraction)</li></ul>	<i>*will coordinate with Dr. Adraneda</i>



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September	Grandparents Day – List of suggested activities <ul style="list-style-type: none"><li>○ Movie Watching</li><li>○ Socialization with Program</li><li>○ Singing / Dance Contest</li><li>○ For sponsorship</li></ul>	Dr. Milagros Barzaga
October	Elderly Week <ul style="list-style-type: none"><li>○ Invite Lecturer – Retirement Benefits for elderly (Eg. San Lazaro Hospital Resource Person)</li></ul>	<i>*will coordinate to Dr. Jose Leo Jiloca</i>
November	Lecture on Elderly Abused <ul style="list-style-type: none"><li>○ GAD</li></ul>	<i>*will invite Geriatric fellow – Dr. Venjune Tansiongco</i>
December	Christmas Party <ul style="list-style-type: none"><li>○ Socialization</li></ul>	Ms. Ruby Fernandez and Marisa Ortiz



**March** - In coordination with the Public Health and Emerging Disease and Wellness Unit and DEMM NCGH a livelihood program was conducted via zoom last March 18, 2022 entitled “How to make Gourmet Tuyo” with 47 correspondence.

Submitted by:

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Chairman, Health and Wellness Program for Senior Citizen

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