



Republic of the Philippines
 Department of Health
Jose R. Reyes Memorial Medical Center
 Rizal Avenue, Sta. Cruz, Manila



JOSE R. REYES MEMORIAL MEDICAL CENTER
 Office of the Medical Center Chief
RECEIVED
 Date: JAN 05 2021 Time: 1:20
 By: DON S. DIZON
 ID No. 600188

HEALTH AND WELLNESS PROGRAM COMMITTEE FOR SENIOR CITIZENS

Committee Members

Emelita A. Umali, MD, DPBA, FPSA
 Chairman

Juanita C. Cariño, MD
 Vice Chairman

Members

Wenceslao S. Llauderer, MD

Joseree Ann S. Catindig, MD

Milagros T. Barzaga, MD

Roberto O. Domingo, MD

Ryan D. Siscar, DMD

Rebecca T. Soliman, RN, MAN

Arceli G. Docdocil, RSW

Amita T. Templo, PTRP, LMT

Emerita J. Agustin

Ruby Ann DR. Fernandez, RN

Armi Lyn F. Custodio, RN, MAN

Marichu G. Villas

Julie Ann B. Atienza, PTRP

Mirasol DC. Nulud, RN

Rome Geline H. Ortega, RN

Charlene Grace F. Fababeir
 Secretary

January 4, 2020

EMMANUEL F. MONTAÑA, JR., MD, FPCS, FACS, MHA
 Medical Center Chief II
 This Medical Center

Jose R. Reyes Memorial Medical Center
RECEIVED
 JENNIFER N. CATLI
 600188
 Chief, Medical Professional Staff

Thru: **WENCESLAO S. LLAUDERES, MD, MPM - HG**
 Chief Medical Professional Staff II

Dear Sir:

Greetings!

Submitting to you is the accomplishment report of Health and Wellness Committee Program for Senior Citizens for the year 2020.

Please see attached file.

Thank you very much.

Sincerely yours,

Em Umali
EMELITA A. UMALI, MD
 Chair, Health and Wellness Committee for Senior Citizens

*report of the annual
 SWC accomplishment
 report of
 Senior Citizens
 Health and
 Wellness
 Council*

WHL

Emmanuel E. Montaña Jr.
EMMANUEL E. MONTAÑA JR., MD, FPCS, MHA
 Medical Center Chief II

JAN 06 2021

Contact Information:
seniorsjrrmmc@gmail.com
 711-9491 local 301



HEALTH AND WELLNESS PROGRAM COMMITTEE FOR SENIOR CITIZENS

ACCOMPLISHMENTS REPORT FOR THE YEAR 2020

HIGHLIGHTS OF ACCOMPLISHMENTS

ACTIVITY	PERSON RESPONSIBLE	DATE CONDUCTED	PARTICIPANTS
1. Free Dental Treatment (Tooth Extraction and Flouride Varnish)	Dr. Ryan Siscar	February 7, 2020	21 senior citizens
2. Beginner's Painting Workshop	In collaboration with JRRMMC Employees Association.	February 27, 2020	22 participants
3. Free Face Mask For Senior Citizen Employees	Dr. Emelita Umali	June 10, 2020	Distributed to every services for all senior employees.
4. COVID-19 Awareness Prevention And Control	Ms. Rebecca Soliman	July 8, 2020 and August 5, 2020	Attended by Finance, HOPSS and Paramedical employees including senior citizens via zoom.
5. Free Flu Vaccine for all employees	Health and Wellness Committee in collaboration with Family Medicine	Started last August 19, 2020 up to October 14, 2020	<p>A total of 704 employees was vaccinated as of September 30, 2020.</p> <p>Classifications: Senior = 24 Non-Senior = 680</p> <p>Gender: Female = 434 Male = 270</p> <p>Services: Finance = 58 HOPSS = 137 Medical/Paramed = 127 Nursing = 303 Utility (Dear John) = 38 Security (ASAP) = 41</p>



Republic of the Philippines
Department of Health
Jose R. Reyes Memorial Medical Center
Rizal Avenue, Sta. Cruz, Manila



HEALTH AND WELLNESS PROGRAM COMMITTEE FOR SENIOR CITIZENS

ACTIVITY	PERSON RESPONSIBLE	DATE CONDUCTED	PARTICIPANTS
6. Go Green to Breathe Clean	Dr. Emelita Umali	Started October 21, 2020 up to December 2020	24 employees were already given a cuttings of Coleus, petunia, horse tail, oregano, thai bamboo and snake plant
7. Zumba (Aerobic Exercise for the Seniors)	Ms. Amita Templo and Ms. Julie Ann Atienza	November 27, 2020	Live Zumba exercise thru facebook
8. Advent Recollection	Ms. Armi Lyn Custodio and Ms. Rebecca Soliman	December 10, 2020	55 employees were participated

Submitted by:


EMELITA A. UMALI, MD
Chair, Health and Wellness Committee for Senior Citizens



HEALTH AND WELLNESS PROGRAM COMMITTEE FOR SENIOR CITIZENS

ACCOMPLISHMENTS REPORT FOR THE 4th QUARTER OF 2020

HIGHLIGHTS OF ACCOMPLISHMENTS

ACTIVITY	PERSON RESPONSIBLE	DATE CONDUCTED	PARTICIPANTS
1. Free Flu Vaccine for all employees	Health and Wellness Committee in collaboration with Family Medicine	Started last August 19, 2020 up to October 14, 2020	A total of 704 employees was vaccinated as of September 30, 2020. Classifications: Senior = 24 Non-Senior = 680 Gender: Female = 434 Male = 270 Services: Finance = 58 HOPSS = 137 Medical/Paramed = 127 Nursing = 303 Utility (Dear John) = 38 Security (ASAP) = 41
2. Go Green to Breathe Clean	Dr. Emelita Umali	Started October 21, 2020 up to present	24 employees were already given a cuttings of Coleus, petunia, horse tail, oregano, thai bamboo and snake plant
3. Zumba (Aerobic Exercise for the Seniors)	Ms. Amita Templo and Ms. Julie Ann Atienza	November 27, 2020	Live Zumba exercise thru facebook
4. Advent Recollection	Ms. Armi Lyn Custodio and Ms. Rebecca Soliman	December 10, 2020	55 employees were participated

Submitted by:


EMELITA A. UMALI, MD
Chair, Health and Wellness Committee for Senior Citizens