



Republic of the Philippines

Department of Education

REGION V

SCHOOLS DIVISION OFFICE OF CATANDUANES

September 7, 2023



DIVISION MEMORANDUM

SGOD-SHN-DM- 400 s. 2023

2023 DIVISION WELLNESS CARAVAN

TO : Assistant Schools Division Superintendent
SDO Chiefs, Section/Unit Heads
Public Schools District Supervisors of Virac
Virac Elementary and Secondary School Heads
All others concern

1. In connection with the 2023 National Teachers' Day Celebration, the School Governance and Operations Division, through the School Health and Nutrition Unit will have the **2023 Division Wellness Caravan**, cum launching of the **"I Check-Up and PULMON Nya"** Project on **September 29 and October 4, 2023** simultaneously at 8 am to 3pm in E-Crown Hotel and Resorts, San Vicente, Virac, Catanduanes. This is in partnership with the Philippine Business for Social Progress (PBSP, Provincial Health Office (PHO) of Virac, and Local Health Unit of Virac.
2. The participants of the activity are the Teaching and Non-Teaching personnel of municipality of Virac (Please see attached table.)
3. There will be a Health Assessment Activity prior to the Health Caravan itself as follows:

September 29, 2023	Health Assessment	8am – 10am: VIRAC NORTH
		1pm – 3pm: VIRAC SOUTH
October 4, 2023	Health Caravan	8am – 10am: VIRAC NORTH
		1pm – 3pm: VIRAC SOUTH

4. Travel expenses of the team is chargeable to School MOOE, subject to the usual accounting rules and regulation.
5. For strict information and widest dissemination.

SOCORRO V. DELA ROSA, CESO V
Schools Division Superintendent



San Roque, Virac, Catanduanes
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Department of Education

REGION V

SCHOOLS DIVISION OFFICE OF CATANDUANES

LIST OF DEPED TEACHING and NON-TEACHING PERSONNEL to participate in the **DIVISION WELLNESS CARAVAN** in **OCTOBER 4, 2023** in **E-CROWN HOTEL and RESORT (VIRAC North and South: 350 participants)**

***Pre-Assessment in **September 29, 2023 (E-CROWN HOTEL):**

- 8am - 10am: Virac South
- 1pm – 3pm: Virac North

VIRAC NORTH

SCHOOL	NAMES of PERSONNEL	AGE	CO-MORBIDITY	CONTACT NUMBERS
BIGAA ES	1. Zarita M. Boneo	52	PCOS, Hypertension	09998831448
	2. Vivian Asas	46	Hypertension	09998831448
CALABIGAN ES	1. Jesus Olivin Q. Arcilla	45	HPN	
	2. Janice S. Marques	43		09078773996
	3. Ma. Jinky T. Magtangob	32		09129224748
CALATAGAN ES	1. Imelda T. Tomagan			
	2. Elena D. Tablizo			
	3. Jennifer M. Vargas			
	4. Rommel E. Alcantara			
	5. Edna D. Marques			



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CAPLIHAN ES	1. Dolores R. Alcantara	57	Vertigo	09071256984
	2. Irma T. Pantti	56	HPN/DM	09071256984
	3. Bernadeth A. Reyes	39	HPN	09511118777
	4. Arlene P. Alberto	52	Asthma, Bronchitis	09851106264
	5. Daisy S. Campos	46	Asthma	0912734096
	6. Gina R. Berces	57	HPN, Stroke	09611784602
DANICOP ES	1. Aileen P. Tabor	52	Asthma	09996926228
	2. Maria. Cecilia M. Tatel	40	Asthma	09079323945
	3. Diana T. Abad	52	Asthma	09295535390
	4. Regina P. Gabronino	47	Asthma	09218015701
DUGUI SAN ISIDRO ES	1. Gemma G. Besinal	58	HPN	09815673939
	2. Maricel L. Tomes	42		09308545704
DUGUI TOO ES	1. Anthony B. Vargas		Asthma	09467132886
	2. Maria Lyn C. Tud		Asthma	09121489246
	3. Lorna M. Beo			09217723813
DUGUI WALA ES	1. Rochelle V. Pantti	36	Myoma	09682919491
	2. Ma. Cristina Z. Lapazaran	37		09605542018



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GOGON ES	1. Rafael V. Delos Angeles	51	HPN	
	2. Pedro Molod Jr.	59	DM	
	3. Norlito Gonzales	58	Asthma, HPN	
	4. Jose Tomagan	51	HPN	
HICMING ES	1. Roberto B. Molina	55	DM	09107380286
	2. Dezire Y. Posada	52		09854698153
	3. Sherlene V. Dedicatora	43		09312502795
	4. Francis Nikko C. Espinosa	25		
JMA PUNTON ES	1. Amor V. Licauan	40	HPN	09098339404
	2. Donna Mae M. Padilla			
	3. Irma C. Antonio			
	4. Leizel B. Panti			
JMAMES	1. Fe B. Mendoza	62	Senior Citizen	
	2. Floserfida T. Gil	60	Senior Citizen	
	3. Liza M. Molod	60	Senior Citizen	
	4. Nila T. Dilay		HPN	
	5. Elsie T. Emerenciana	58	DM	



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6. Kharl Andrew G. Giannan			
7. Sarah R. Molina	58	HPN	
8. Eden D. Marzo	58	HPN	
9. Gloria Cajuday	58		
10. Irene M. Borja	55		
11. Analiza Gregorio			
12. Nena Sarmiento			
13. Judy Taroy			
14. Rosa Sambajon			
15. Cristina Tayo			
16. Rosalie C. Granada			
17. Eden V. Ibayan			
18. Corazon T. Valeza			
19. Ronald Tejada			
20. Ma. Cecilia Molet			
21. Isidra Toledo			
22. Ma. Teresa C. Salatrappan			



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	23. Ma. Gracia T. Dela Rosa 24. Meriam Rodriguez 25. Zaldy R. Celso	57	PWD	09205066586
SAN VICENTE ES	1. Resty M. Francisco 2. Jennifer T. Icaro 3. Amalia M. Aguilar 4. Erlinda Tabuzo 5. Cecilia A. Teves		HPN	
SIMAMLA ES	1. Nestor V. Quintal 2. Ma. Sachel T. Samar 3. Jason C. Yutan	55 29 36	Vertigo HPN Asthma	0948004212 09074685349 09605519043
SUGOD SIMAMLA ES	1. Marichu S. Tabuzo 2. Carmen P. Buendia	56 48		0950864048
STO. DOMINGO ES	1. Joy C. Tabuzo 2. Emma Masagca 3. Jose D. Bonifacio	55	HPN	09082099563
STO NINO ES	1. Quenie Tabirao	42	Blurry of Vision	09288362763



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	2. Leonor Gianan	57	Vertigo	099993286276
	3. Mary Ann Talan	39	HPN/ Asthma	09205860796
	4. John Aldin P. Aliam	30	HPN	09605510998
	5. Rogel G. Pitajen	39	DM	09103811644
TAYTAY ES	1. Mary Ann S. Gonzales	47	Hyperthyroidism	0920758955
	2. Jesselou Balmadrid	42	Severe Allergic Rhinitis	
	3. Gary Tanon	46	HPN	09517712362
	4. Glenda Molet	59	DM	099994755949
	5. Luna Tablizo	58	DM	09494280512
VPES	1. Salve T. Templo	56	DM	09186151074
	2. Juvy T. Trinidad	51	Chronic Myelogenous Leukemia	09082283828
	3. Nanet S. Sarmiento	45	Neuropathy	09483969089
	4. Elma V. Pitajen	45	HPN	09299777526
	5. Rey M. Hesita	57	Asthma/ DM	09506791623
	6. Leopoldo C. Gonzales	51	HPN	09207578955
	7. Francis B. Gimenez	59	Astha	09506138750
	8. Jose Antonio P. Tupas	55	HPN	09999951364



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9. Emily B. Fortades	54	Asthma/DM	09127281438
10. Augusto R. Vargas	54	HPN	09988092013
11. Maria Prescy M. Sarmiento	61	HPN/DM	
12. Michelle Anne B. Ogalinola	40	DM	09291387982
13. Marichu T. Tabo	50	HPN	09092867577
14. Cecilia G. Camacho	52	DM	09186144940
15. Ma. Elaine A. Ong	51	Asthma/HPN/DM	09334363653
16. Conchita S. Vargas	50	HPN	09103023348
17. Maria Lourdes E. Aquino	43	HPN	09385557820
18. Lydia C, Vitalicio	53	HPN	09510983887
19. Merly T. Tusi	47	Asthma	09612685593
20. Catherine G. Torzar	42	Asthma	09605948928
21. Ida M. Serilla	53	HPN	09298088391
22. Judith T. Romero	61	Rheumatism	09485033561
23. Gemma P. Conde	58	Asthma	09608605992
24. Rosita D. Bueno	55	Asthma/HPN	09484452651
25. Jessell M. Badiola	30	Asthma	09203145726



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26. Jake S. Sarmiento	33	HPN	09481584678
27. Bella A. Vargas	54	HPN	09098137185
28. Rosalina T. Tupas	54	Asthma	09989977876
29. Osita D. Lleno	52		09079338042
30. Janet C Zafe	46	Post Total Hysterectomy	09106712131

Total: _____ for Virac North



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LIST OF DEPED TEACHING and NON-TEACHING PERSONNEL to participate in the **DIVISION WELLNESS CARAVAN** in **OCTOBER 4, 2023** in **E-CROWN HOTEL and RESORT (VIRAC North and South: 350 participants)**

***Pre-Assessment in **September 29, 2023 (E-CROWN HOTEL):**

- 8am - 10am: Virac South
- 1pm - 3pm: Virac North

VIRAC SOUTH

SCHOOL	NAMES of PERSONNEL	AGE	CO-MORBIDITY	CONTACT NUMBERS
ANTIPOLO ES	1. Ruben Jose V. Tria			09150077163
	2. Devina B. Valencia		Pregnant	09083557190
	3.			
BALITE ES	1. Joan S. Corteo	46	Severe Inflammation of Surgery	09662178484
	2. Ma. Odessa V. Sy	51	Hypertension	09662176685
	3. Vevien Leigh B. Alcayaga	33	Pancreatic Tumor	09467564249
	4. Lester O. Teves			09193377962
BATAG ES	1. Nesley T. Pantí	33	UTI, Low Blood, Eye	09464878505
	2.			



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	3.			
BUENA VISTA ES	1. Hyna Z. Talan 2. Divina T. Tuazon			
CALAMPONG ES	1. Rosemarie P. Tan 2. Crisjoy A. Vargas	42 40		
CASOCCAN ES	1. Rich A. Loquinerio 2. Beatriz D. Molina 3. Evalinda T. Quintal	33 52 36		09060374005 09207554213
CAVINITAN ES	1. Nena Molina 2. Marjorie Toledana 3. Arleen Trollano 4. Marnol Tuplano 5. Alma Sebastian 6. Salve Ragay 7. Evangeline Rodulfo 8. Analiza Macero 9. Shiela Torrazo	62 46 55 53 51 61 53 45	Acidic Diabetic, Congenital Heart Disease	09183878292 09605520365 09468080753 09996925807 09953245189 09121165116



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	10. Allen Lansang 11. Maricon Romero 12. Rebecca Basinio 13 14 15 16 17 18 19	47		092050655222
F. TACORDA ES	1. Ernesto A. Ibayan Jr. 2. Elaine V. Urbano 3	34 27 3		
HAWAN ES	1. Dyesebel T. Tapia 2. Maricel T. Bautista 3. Leny M. Asuncion 4. Chona V. Isidoro	52 50 53 53	Thyroid Carcinoma/Asthma Hypertension	09500306344 09100122050 09076327170 09855108563



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HAWAN ILAYA ES	1. Christine M. Arcilla	54	High blood pressure	09318815951
	2. Esmeralda S. Mercado	54	Hypertension	09955309295
IGANG ES	1. Marife B. Matienzo	36		
	2. Ma. Luz P. Tolentino	57	Hypertension	
	3. Charmaine A. Vargas	43	Chronic Kidney Disease	
MAGNESIA ES	1. Maily Ann R. Arcilla	29		09461595853
	2. Minalyn T. Talan	40		09468308096
	3. Felix M. Sorra Jr.	55		09709457974
MARILIMA ES	1			
	2			
PAJO BAGUIO ES	1. Aurea V. Felicia	56	Hypertension	09107817375
	2.			
	3			
PAJO SAN ISIDRO ES	1. Virginia T. Magtagnob			
	2. Melane P. Magbanua			
	3. Rosario V. Vargas			
	4. Lorraine A. Zafe			



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	5				
PALNAB ES	1. Elma S. Tarnate 2 3 4 5	51			09468670327
PALTA ES	1. Gengie F. Salvidar 2. Jessica Alano 3. Arvie Shyne T. Gianan 4. Glaiza L. Pacoza 5. Princess Irish T. Araojo	48 43 34 30 31	Hypertension		09076753467 09127282302 09219820131 09184715787
PALTA SADAY ES	1. Tessie A. Padilla 2. Mary Jean T. Bueno 3. Susana A. Valencia	43 53 60	Asthma/Allergy Hypertension Hypertension		09450647266 09285741645 09859033904
SIV ES	1. Jocelyn A. Burce 2. 3	61			09703147292



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	4			
STO CRISTO ES	1. Anna Liza T. Sorreda	62		09501436303
	2. Ana Liza M. Borja	52	Hypertension	09086266398
	3. Margie R. Barba	47	Hypertension	09770394817
	4. Ma. Melody B. Domingo	36		09482889510
	5. Ana Liza S. Berdan	52	Hypertension	09513140606
TALISOY ES	1. Mary Liza T. Ibayan	36	Hypertension	09260633408
	2. Sherie Joy B. Chavez	34	Hypertension	09186156549
VALENCIA ES	1. Eden Lero			
	2. Lea Molto			
	3. Philip Gapangon			
	4. Ana Liza Torres			
	5. Loida G. Socito			
VCES	1. Florina T. Abundo	58		09479759286
	2. Elizabeth S. Idanan	43		09391581827
	3. Lilia T. Cruz	60		09194627210
	4. Nelly R. Bonifacio	60		09334412424



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5. Glorida A. Marquez	57	09268431466
6. Geraldine D. Lumbao	49	09707896445
7. Wennie V. Sarmiento	48	09480919992
8. Edna P. Delos Santos	61	09234122225
9. Ma. Filipinas R. Garnica	56	09106783633
10. Harlene Joy P. Tenedero	34	09079282197
11. Cherilyn D. Jamero	39	09465897082
12. Zohl R. Tatad	49	09099150294
13. Asuncion V. Tonio	56	09075699363
14. Loida Sarmiento	45	09187051199
15. Erika Gelaine A. Oabel	28	09285700488
16. Jane C. Tabor	56	09280085857
17		
18		
19		
20		
21		



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22			
23			
24			
25			

Total: 105 for Virac South



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LIST OF DEPED TEACHING and NON-TEACHING PERSONNEL to participate in the **DIVISION WELLNESS CARAVAN** in **OCTOBER 4, 2023** in **E-CROWN HOTEL and RESORT (VIRAC North and South: 350 participants)**

***Pre-Assessment in *September 29, 2023* (E-CROWN HOTEL):

- 8am - 10am: Virac South
- 1pm - 3pm: Virac North

VIRAC MUNICIPALITY

SECONDARY SCHOOLS	NAMES of PERSONNEL	AGE	CO-MORBIDITY	CONTACT NUMBERS
CATANDUANES NATIONAL HIGHSCHOOL (CNHS)	1. Marinel R. San Juan	48	Asthma	09301952100
	2. Ma. Elizabeth C. Abrasaldo	52	Mild pneumonia	09214087375
	3. Elizabeth T. Tablizo	31	HPN	09129264593
	4. Emmalyn B. Baltar	33	Asthma	09500080364
	5. Kirby G. Aguilar	30	Obesity	09706674119
	6. Arjay Panti	29		09318910209
	7. Bernardino Sorra Jr.	53	DM	09787723381
	8. Cynthia D. Sorra	4		09685251469
	9. Marvin D. Abad	27		09488109659
	10. Teolina Eustaquio	41		09610156246

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28. Janice 29B Borre	37	Asthma	09615517856
29. Rhoda Mae Arcilla	45	Fatty Liver	
30. Joyce France Usero	30	PCOS, Asthma	09300742029
31. Ferdinand Diano	29	Asthma	09685251593
32. Jose Roy S. Aguilar	58	HPN	09186613989
33. Mary Grace Sarmiento	40	HPN	09509312095
34. Mary May Arnesto	30	HPN, PCOS	09488531642
35. Rochelle E. Rubio	36	Asthma	09204845299
36. Nazareno	51	HPN	09637251376
37. Ma. Joy Alberto	50	Hypert thyroidism	09185338547
38. Axel James Tomes	29		09104132829
39. Noemi Xoyen Tablizo	41		09199059216
40. Pinky Benavidez	48	HPN	09481291157
41. Jinky Sabayle	41		
42. Roselyn Borbe	45		
43. Elmer Vincent Medina	31		
44. Irene Bagadiong	31		

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PALTA NATIONAL HIGH SCHOOL	45. Maricel Avila	42	HPN	09184756288
	46. Mary Glor Bonaobra	42		
	47. Ma. Rizza A. Dela Rosa	43		
	48. Erlinda M. Lumbao	57		
	49. Roda Neppnuceno	34		
	50. Mary Ann Tapel	46		
	51. Joan Villanueva	41		
	52. Noel Villamora	41		09996477658
	53. Catherine Lopez	37		09318912890
	54. Lito D. Zafe	31		
	1. Leila Matienzo	41	Hypertthyroidism	
	2. Nicanor Alliguyon Jr.	42	HPN/DM	
	3. Richie Del Barrio	39	HPN/DM	
	4. Rommel Lagatic	31	HPN/DM	
5. Israel Gurrobat	43	HPN/DM		
MAGNESIA NATIONAL HIGH SCHOOL	1. Christopher Carlo A. Benavidez	39	HPN	09392045708
	2. Mary Gay C. Avila	46	HPN	09207889581



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	3. Nancy Lopez	49	HPN/DM	09503903369
	4. Eugene B. Brojan	49	HPN	09685251879
	5. Pamela T. Eubra	36	HPN	09383630243
	6. Rochelle C. Vargas	27	Hyperthyroidism	09485038569
	7. Eunice T. Tabuzo	29	Thyroid problem	09482866089
	8. Antonio S. Manoguid	54	HPN	09105551877
	9. Jan Kieth A. Abundo	27	HPN	09194631774
	10. Marvi S. Socao	35	PCOS	09763568674
	11. Vergie S. Santelices	50	High Cholesterol	09396320410
	12. John Robert De Mesa	29		09075334190
	13. Jay Ar T. Arcilla	34	HPN	09300295458
	14. Nestor T. Ubalde Jr.	32		091511782612
	15. Josalie T. Tonio	58	HPN	09194521047
HAWAN NATIONAL HIGH SCHOOL	1. Mariel Magtangob	30	None	09183877166
	2. Rommel Valenzuela	39	None	09991881779
	3. Roy G. Caballero	33	None	09501085498
	4. Jobert M. Beo	36		09077827551



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ANTIPOLO NATIONAL HIGH SCHOOL	5. Mary Grace Z. Idanan	35	HPN	092295803687	314317
	6. Maricon T. Parro	41		09685251811	754481
	7. Rosalyn T. Avila	41	HPN	09500549719	385008
	8. Noemi D. Fernandez	44		09462024905	098013
	9. Nerissa G. Vargas	47		09512789780	
	10. Sheena Fae S. Vargas	36		09667336425	
	1. Jason S. Vergara	48	Allergic Rhinitis	09312003402	
	2. Emy Rose I. Vergara	44	Vertigo	09612680578	
	3. Lito D. Santelices	40	HPN	099999983112	
	4. Ruben C. Villarino Jr.	45	HPN	09668537155	
	5. Ma. Zeny T. Abundo	55	Arthritis	09104077974	
6. Elizabeth V. Vens	30	Visual Impairment	09501005352		
7. Efigenio Gianan Jr.	53	HPN	09393026966		
8. Marigen T. Tablizo	48	HPN	09611784553		
9. Luis Karlo T. Avila	29	Asthma	09494534233		
10. Cielo T. Buendia	45	Arthritis	09198382568		
11. Maricel S. Ternida	40	HPN	09518945960		



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BUYO INTEGRATED SCHOOL	12. Evangelina A. Rodriguez	42	Arthritis	09460814317
	13. Imee O. Camu	33	Hypertthyroidism	09077754481
	14. Indira F. Ibardaloza	39	Allergic Rhinitis	09487385008
	15. Rens D. Reyes	27		09630098013
	1. Joan Tria			
	2. Mary Ann Tapia			
	3. Rowena Tria			
	4. Editha Samar			
	5. Geraldine Malquisto			
	6. Dana Vargas			
	7. Marilyn Romero			
	8. Judeth Reyes			
	9.			
10.				
11.				
12.				
13.				



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catanduanes@deped.gov.ph



Republic of the Philippines

Department of Education

REGION V

SCHOOLS DIVISION OFFICE OF CATANDUANES

CALATAGN HIGH SCHOOL	14.			
	15.			
	16.			
	17.			
	18.			
	19.			
	20.			
	1. Joanne T. Tanael	37		09107575461
	2. Rachel A. Valeza	36		09511784223
	3. Nanette D. Tejerero	43		09312003438
4. Evangeline T. Bozar	48		09267154162	
5. Helen M. Garcia	61		09184623158	
6. Rachel Anne D. Belangel	31		09423917667	
7. Cynthia Camano	48		09814426241	
8. Jodita C. Gallora	42		0912265791	
9. Wennie R. Sarmiento	42		09685251287	
10. Jonacel A. Reyes	30		09296103644	



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11. Henry T. Dela Rosa	55	09685251283
12. Maria Belle Tabligan	48	09475130807
13. Carol B. Tanteo	32	09301929328
14. Sheena Mae P. Tresmanio	26	09129398823
15.		
16.		
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19.		
20.		

Total: _____ for Virac SECONDARY SCHOOLS



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