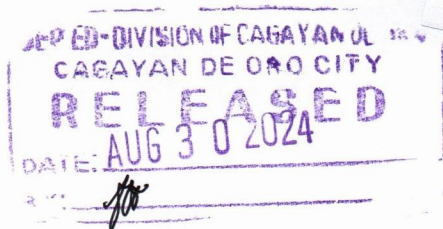




Republic of the Philippines
Department of Education
REGION X

SCHOOLS DIVISION OF CAGAYAN DE ORO CITY

Office of the Schools Division Superintendent



29 August 2024

DIVISION MEMORANDUM

No. 635 s.2024

**REGION-WIDE BLOODLETTING ACTIVITY
OF THE CIVIL SERVICE COMMISSION REGIONAL OFFICE X**

TO: Assistant Schools Division Superintendent
Public Schools District Supervisors
All Elementary and Secondary Public School Heads and Principals
CID and SGOD Personnel
Division Office Personnel
All Others Concerned

1. In reference to the 124th anniversary celebration of the Philippine Civil Service, the Civil Service Commission Regional Office X in collaboration withy Northern Mindanao medical Center (NMMC) will conduct a bloodletting activity on **September 12, 2024 at SM Downtown Premier, C.M. Recto Ave., Cagayan de Oro City.**

2. Participation to this Activity shall be on voluntary basis, however, considered as on Official Business. Details of which are indicated as attached.

3. Interested participants must register through this link: https://docs.google.com/spreadsheets/d/1U21l8HVbXsIG5HFe106dBS_GWObQzKwOiX6gDyWVWcU/edit?usp=sharing on or before August 31, 2024.

4. In adherence to Equal Opportunity Principle (EOP), inclusive and fair treatment are accorded to all concerned regardless of age, gender, and sexual orientation, disability, religion and ethnicity.

5. For immediate dissemination.

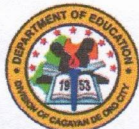
ROY ANGELO E. GAZO
Schools Division Superintendent

Encl.: As stated
Reference:

To be indicated in the Perpetual Index
under the following subjects:

CSC

RBSMB / DM – csc 124TH anniversary



Address: Fr. William F. Masterson Ave., Upper Balulang, Cagayan de Oro City
Telephone: (08822)-8550048
Email: cagayandeoro.city@deped.gov.ph



August 13, 2024

DR. ROY ANGELO E. GAZO

Schools Division Superintendent
Department of Education, Division of Cagayan
de Oro City

Attn.: Ms. Marilou F. Navaja
Administrative Officer IV

Dear **Supt. Gazo**:

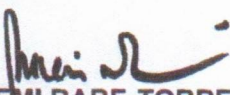
The Civil Service Commission (CSC) will lead the 124th anniversary celebration of the Philippine Civil Service, placing the spotlight on the country's 1.8 million state employees. The CSC draws up activities that underscore the contributions, capacities and commitment of government employees, translated into four weeks devoted to the *Lingkod Bayani, Malasakit, Paglilinang ng Yamang Tao, at Pasasalamat*.

To highlight *malasakit*, the CSC Regional Office X in collaboration with the Northern Mindanao Medical Center (NMMC) will conduct a region-wide blood donation activity on September 12, 2024 at SM Downtown Premier, Cagayan De Oro City during mall hours. The theme for the bloodletting activity is "*Dugtong Buhay, Handog ng Lingkod Bayan*."

Government employees who will participate in the said activity will be considered on official business on the scheduled date. Those who will qualify and actually donate blood may be entitled to a one-day compensatory time-off as per CSC Resolution No. 2400594 dated 17 July 2024.

We invite you and all the members of your employees' organization to join us in this activity that fosters compassion and value for life. This Office targeted 300 donors, hence, it is on a first come first served basis. Please register through this link https://docs.google.com/spreadsheets/d/1U21l8HVbXsIG5HFe106dBS_GWObQzKwOiX6gDyWVWcU/edit?usp=sharing on or before August 31, 2024. You may also contact us at 09050353836 if you have concerns.

Very truly yours,


NOEMI RABE-TORRES
Director IV

Bawat Kawani, Lingkod Bayani

7	PUZON, HONEY LOVE S.	DOJ-PAROLE AND PROBATION ADMINISTRATION 10	29	Fem...	NO	
8	NAGOR, JAMIE LOU Y.	DOJ-PAROLE AND PROBATION ADMINISTRATION 10	35	Fem...	NO	
9	CARDONA, ELFRED M.	DOH-TREATMENT AND REHABILITATION CENTER-CD	51	Male	YES	TRCCEU
10	FIDEL, ROLLY P.	DOH-TREATMENT AND REHABILITATION CENTER-CD	44	Male	YES	TRCCEU
11	TUTOR, JULIET G.	DOH-TREATMENT AND REHABILITATION CENTER-CD	44	Fem...	YES	TRCCEU
12	VALERIO, ABCER C.	DOH-TREATMENT AND REHABILITATION CENTER-CD	33	Male	YES	TRCCEU
13	ECOBIZA, MARY SHEINA R.	DOH-TREATMENT AND REHABILITATION CENTER-CD	27	Fem...	YES	TRCCEU
14	SABELLANO, KRISTEL M.	DOH-TREATMENT AND REHABILITATION CENTER-CD	34	Fem...	YES	TRCCEU
15	IRAG, CRISBELLE ANN E.	DOH-TREATMENT AND REHABILITATION CENTER-CD	30	Fem...	YES	TRCCEU
16	LUNETA, ROEL C.	DOH-TREATMENT AND REHABILITATION CENTER-CD	44	Male	YES	TRCCEU
17	NAMOCATCAT, LEAH E.	DOH-TREATMENT AND REHABILITATION CENTER-CD	25	Fem...	NO	
18	MAGLASANG, TOMAS R.	DOH-TREATMENT AND REHABILITATION CENTER-CD	52	Male	YES	TRCCEU
19	MERCADO, BERNADETH B.	DOH-TREATMENT AND REHABILITATION CENTER-CD	35	Fem...	YES	TRCCEU
20	LIBAGO, REX G.	DOH-TREATMENT AND REHABILITATION CENTER-CD	33	Male	YES	TRCCEU
21	ESoy, ALLAN	DOH-TREATMENT AND REHABILITATION CENTER-CD	43	Male	YES	TRCCEU
22	SULIT, ELVIS KIRK L.	DOH-TREATMENT AND REHABILITATION CENTER-CD	28	Male	YES	TRCCEU
23	LOFRANCO, JOEL C.	DOH-TREATMENT AND REHABILITATION CENTER-CD	43	Male	YES	TRCCEU
24	TADENA, JANE O.	BUREAU OF FISHERIES AND AQUATIC RESOURCES	27	Fem...	NO	
25	NAVARRO, MIRASOL B.	BUREAU OF FISHERIES AND AQUATIC RESOURCES	45	Fem...	NO	
26	GABRIEL, JEFFREY B.	BUREAU OF FISHERIES AND AQUATIC RESOURCES	37	Male	NO	
27	QUITORIANO, ALYSSA KRISTINE M.	BUREAU OF FISHERIES AND AQUATIC RESOURCES	30	Fem...	NO	
28	ABABA, NESS D.	BUREAU OF FISHERIES AND AQUATIC RESOURCES	37	Fem...	NO	
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2024 PCSA Blood Donation Activity Regional Office 10

In celebration of the 124th Philippine Civil Service Anniversary (PCSA), the Civil Service Commission (CSC) draws up activities that underscore the contributions, capacities and commitment of government employees. These activities include a blood donation activity, "Dugtong Buhay, Handog ng Lingkod Bayan."

To facilitate the conduct of the activity, government employees in Region 10 who will join should register below. Before registering, please be informed of the following:

1. Blood donors should take note of the following requirements:
 - a. must be 18 to 65 years old;
 - b. must be at least 110 lbs. or 50 kgs.;
 - c. not anemic, hemoglobin level must be at least 125 g/l;
 - d. blood pressure must be between -- Systolic: 90-160 mmHg; Diastolic: 60-100 mmHg; and
 - e. pulse rate: 50 to 100 beats/min.
2. Before donating blood, blood donors must:
 - a. have enough rest and sleep;
 - b. no alcohol and medicine intake for at least 24 hours;
 - c. eat light meals, avoid fatty foods; and
 - d. drink plenty of fluid like water and juice.
3. After donating blood, blood donors should:
 - a. increase fluid intake;
 - b. avoid stooping down;
 - c. avoid strenuous activities;
 - d. rest for 10 more minutes;
 - e. if the donor still does not feel well, s/he may consult a doctor and inform the Northern Mindanao Medical Center staff onsite immediately; and
 - f. if there is a swelling and discoloration at the punctured site, apply cold compress within 24 hours then hot compress within the next 24 hours.

2024 PCSA Blood Donation Activity Regional Office 10

September 12, 2024 @ SM Downtown Premier

No.	Name of Blood Donor (Last , First, Middle Initial, Extension Name)	Name of Agency	Age	Sex	Are you a member of a public sector employees' organization (PSEO)?	If member of PSEO, what is the name of your employees' organization?
1	Guerrero, Jerico Ian O.	University of Science and Technology of Southern Philip	38	Male		
2	ESTRADA, GEORGE RAPHAEL D.	DOJ-PAROLE AND PROBATION ADMINISTRATION 10	34	Male	YES	PPOLPI
3	GUANCGO RAY PATRICK S.	DOJ-PAROLE AND PROBATION ADMINISTRATION 10	30	Male	YES	PPOLPI
4	REYES, PATRICK KIER B.	DOJ-PAROLE AND PROBATION ADMINISTRATION 10	30	Male	NO	
5	PADAY, DEESIE MARIE C.	DOJ-PAROLE AND PROBATION ADMINISTRATION 10	34	Fem...	NO	
6	CUEVAS, MARK PETER G.	DOJ-PAROLE AND PROBATION ADMINISTRATION 10	32	Male	NO	