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Making a Difference; Touching Lives

Working Together, Winning Together, Level Up in 2019

By: Sarah Jane Arante, (HRD-RTS)

For the improvement of the ability to solve problems, to identify the barriers between employees and to clearly improve leadership skills and morale, another Team Building Activity was again conducted for Staff Position (Batch 5 & 6)

Gate Keeper, The Perfect Square, Water Crisis, Bridge Over Troubled Grass and The Great Stretch were also



part of the activities. Another camaraderie was established and all their efforts during the games are all

and finally for the very first time PINK TEAM got their championship.

Highlights of Batch 5



before the end of this year comes. Different faces from different departments participated. It was facilitated by Mr. Jet Nera of Shine and happened at the Nestled amidst the highlands of Lipa and the panoramic view of nearby Tagaytay, Shercon Resort and Ecology Park, Mataas na Kahoy, Batangas. Same activities from previous team building were used; Creative Introduction: "My Portrait", for the Indoor. Team Chant, The

worth it. The most important part of this team building is the application of their learnings not just on their daily work but also on their personal lives. At the end of the activities, the strong-minded RED TEAM for Batch 5



Highlights of Batch 6



Staff Batch 6



Staff Batch 5

Health Tips of the Month

By: Mary Jane San Diego, RN (HR & GA)

Ano ang poliomyelitis o polio?

Ang **poliomyelitis o polio** ay isang nakahahawang sakit na dulot ng isang poliovirus. Ito ay maaaring maging sanhi ng **pagkapalumpo, hirap sa paghinga at pagkamatay.**

SABAYANG PATAK KONTRA POLIO **Pabakunahan ang inyong mga anak na wala pang limang taong gulang laban sa polio.**

711-1001 711-1002 OfficialDOHgov doh.gov.ph

Paano maiwasan ang polio?

Ang pinaka-epektibong paraan upang maiwasan ang polio ay ang **pagpapabakuna.**

Narito ang mga tips upang maiwasan ang sakit na polio:

- gagamitin ang pagpapabakuna
- gagamitin ang pagpapabakuna
- gagamitin ang pagpapabakuna
- gagamitin ang pagpapabakuna

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Paano nakukuha ang polio?

Ang **polio** ay maaaring makuha sa **pagkain at pag-inom ng tubig na kontaminado ng dumi na may poliovirus.**

SABAYANG PATAK KONTRA POLIO **Pabakunahan ang inyong mga anak na wala pang limang taong gulang laban sa polio.**

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Anu-ano ang mga sintomas ng polio?

panakit ng katawan
paghihina ng kamay o binti
hirap sa paghinga

SABAYANG PATAK KONTRA POLIO **Pabakunahan ang inyong mga anak na wala pang limang taong gulang laban sa polio.**

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Nasa panganib ba ako sa polio? Nasa panganib ba ang aking mga anak?

Oo. Lubhang mapanganib ang polio, lalo na sa mga batang limang taong gulang pababa na walang proteksyon laban sa polio. Pagbabakuna ang pinakamabisang paraan para maiwasan ang polio.

SABAYANG PATAK KONTRA POLIO **Pabakunahan ang inyong mga anak na wala pang limang taong gulang laban sa polio.**

Sa UHC, sama-sama nating supulin ang polio!

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Nagagamot ba ang polio?

Ang polio ay **hindi nagagamot.**

Bakuna lamang ang pinakamabisang paraan para maging protektado laban sa polio. Ang bakuna kontra polio ay **ligtas at epektibo.**

SABAYANG PATAK KONTRA POLIO **Pabakunahan ang inyong mga anak na wala pang limang taong gulang laban sa polio.**

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Safety Reminder

By: Daniel Gonzales, (NF-Safety)

Turn off the power first if a malfunction occurs

Don't touch moving parts.

- Turn off the power and release air and hydraulic pressure.
- Wear protective equipment and use tools suitable for the work.
- Strictly follow procedures in operation manuals.



Five principles for ensuring safety

1. Don't touch moving parts during machine operation.
2. Don't act alone. Get help when necessary.
3. If a malfunction occurs, stop the machine first.
4. Before repair, adjustment, or tool change, turn off the power.
5. Commence collaborative work after signaling each other to start.

Environmental Reminder

By: Judy Ann Magadia, (EQ/ESH)



One flush of the toilet uses 15 to 19 liters of water, but a low -Flush toilet uses only 6 liters of water per flush.

Leaving the tap running while you wash your hands uses about 8 liters of water.

Leaving the tap running while you brush your teeth uses about 10 liters of water.

The drip per second could waste as much as 1,661 gallons of water per year, according to the DOE.



Imagine how many liters and gallons of water were wasted everyday with just a simple use of flush and taps.

All of us may not know that just 3% of the water in the Earth is fresh and 1% only is available. It is our responsibility to learn more about water conservation since each one of us depends on water to sustain life. With growing population rates and such a small percentage of all the water on earth, it only makes sense that we must preserve and conserve this precious resource. Our usable water is infinite, we do not have endless supply.

Bible Verse

By: Marlon Canovas,

(PD2-Daihatsu/ Nissan)

Two people are better off than one, for they can help each other succeed.

