

PHILHEALTH IV-A AT CAVITE MEDIA, PAKNERS SA HEALTH AND INFORMATION DISSEMINATION



Masaya at aktibong nakilahok ang mga miyembro ng Cavite Media members sa ginanap na press conference ng PhilHealth Regional Office IV-A sa Strike Multipurpose Hall Bacoor Government Center, Molino Road sa Lungsod ng Bacoor, Cavite kamakailan Setyembre 20, 2024 sa pangunguna nina Sir Arturo C. Ardiente, Chief ng Field Operations Division; Maam Maria Theresa G. Liwanag, MD, OIC ng Health Care Delivery Management Division; at Sir Benjamin A. Rodil, Head

ng LHIO Trece Martires City.

Nauna rito pina-liwanag ni Maam Darlene Albaño ng Social Insurance Officer II, LHIO Dasmariñas City sa mga Media partners ang mga New and Enhanced Benefits na napapaloob sa programa para sa mga miyembro nito.

Masusing tinalakay din ng mga speakers at resource persons ang kahalagahan ng mas “Pinalawak at mga Bagong Benepisyo para sa Mamayang Pilipino” ng PhilHealth kabilang na

ang mas pinaigting na Outpatient Mental Health Package, Z Benefits para sa Orthopedic Implants, 171% Pagtaas ng Benepisyo para sa Ischemic Stroke, 156 Hemodialysis Sessions, 182% Pagtaas ng Benepisyo para sa High-risk Pneumonia at 110% Pagtaas ng Benepisyo para sa Hemorrhagic Stroke na sinimulan noon pang 2023.

Ngayong 2024 naman ay iniimplementa ng PhilHealth ang “Dagdag 30% sa mga Care Rate Packages” sa lahat ng admission na naging epektibo noong Feb. 14;



ang mas pinabuting Z Benefit Package para sa breast cancer na sinimulan noong Marso 30: at ang inaabangang pagsaayos ng case rate para sa bronchial asthma at bacterial sepsis sa mga bagong silang na sanggol.

Tinalakay din sa nasabing presscon ang kahalagahan ng programang Konsulta o Konsultasyong Sulit at Tama na dapat umanong gamitin ng lahat ng miyembro para sa health preventive measures o bago lumala ang sakit.

Kaugnay nito ay bininyang-pansin ng mga

opisyal ng PhilHealth ang mahalagang papel ng mga mamamahayag sa pagpapalawig o information dissemination tungkol sa mga magagandang programa ng kagawaran sa ilalim ng Universal Health Care Law sa mga kababayan nating di naabot ng teknolohiya.

Nagpakita rin ng suporta ang local na pamahalaan ng Bacoor City sa pangunguna ni Mayor Strike B. Revilla na nagbigay ng kanyang oras at panahon para magbigay ng kanyang makabuluhang mensahe para sa mga dumalo.

Naging Buhay

na buhay ang takbo ng presscon sa pangunguna ng masigla na moderator na si Maam Sharyll Carpio at nakasama pa sina Ms. Janelle Krizkie Torrenueva-Villanueva at Ms. Rexy Verbo.

Natapos ang nasabing pagtitipon sa isang masayang kwentuhan at kumustahan kasama na ang photo opp session.

Para sa impormasyon, katanungan at ukol sa mga magagandang programa ng PhilHealth ay maaring bumisita sa kanilang website www.philhealth.gov.ph.

Padel Pilipinas ipinakilala ang National Team, handa na para sa Asia Pacific Padel Cup



Photo shows (L-R) Head Coach Bryan Casao, Princess Jean Naquila, Raymark “Mac” Gulfo., Tao Yee Tan, Mhar Joseph Serra, Founder and Pres. Sen. Pia S. Cayetano, Argil Lance “LA” Cañizares, Yam Garsin, Abdulqahar “Qoqo” Allian, Marian Capadocia.

Pormal na iprinisenta ng Padel Pilipinas, ang opisyal na Padel Federation sa bansa na kinikilala ng Philippine Olympic Committee (POC) at Philippine Sports Commission (PSC) ang mga kasapi ng national team ngayong Biernes, Setyembre 13.

Katuwang sina Padel Pilipinas Founder and President Senator Pia S. Cayetano, Executive Director Atty. Jacqueline Gan, ipinakilala ni Head Coach Bryan Casao ang mga miyembro ng Men's and Women's Team.

Men's Team:
- Atty. Duane Santos
- Derrick Santos
- Argil Lance “LA” Cañizares
- Raymark “Mac” Gulfo

CARD MRI Holds Media Lakbay Aral in Tuguegarao City



The media briefing held in Tuguegarao City was attended by some of the media practitioners in Laguna, Isabela, and Tuguegarao City, together with some of the CARD MRI key officers in the area.

CARD Mutually Reinforcing Institutions (CARD MRI) held another Panaghiusa: CARD MRI Exposure Tour Program for Media in Tuguegarao City on August 18-20, 2024.

Organized by CARD MRI Publishing House, the three-day event aimed to deepen media practitioners' understanding of the wide range of services CARD MRI provides, including financial services, insurance, health programs, and more.

“Telling the success stories of CARD MRI

clients is one way we inspire the public to strive for betterment. This is why we collaborate with media practitioners nationwide to disseminate these stories and reach a wider audience,” said Marilyn Manila, President of CARD MRI Publishing House.

The event was attended by nine media practitioners: Madeliene Marasigan, Publisher at Rapids Journal; Romulo Madrigal, Publisher at Balitang Pinoy; Emil Jun Delos Santos, Senior Anchor at DZJV Calamba; Via Hannah Visaya, Writer and Researcher at Luzon-wide News; Vill Gideon Visaya, Correspondent at Balitang Hilaga; Irene Gonzales, Correspondent Reporter at Pilipino Mirror; Eduardo Quintos, News Director at NBS DWDY; April Jane Racho, Program Producer at DWPE;

and Michelle Bañaga, Reporter at NBS DWDY.

During the tour, participants visited CARD MRI offices in Tuguegarao City, including CARD, Inc. (A Microfinance NGO) Regional Office, CARD MRI Rizal Bank Inc. (CARD RBI) Tuguegarao Branch, CARD Mutual Benefit Association (CARD MBA) Provincial Office, and CARD Pioneer Microinsurance Inc. (CPMI).

The media practitioners also had the opportunity to meet and interview CARD, Inc. clients like Chita Tamayao, a market vendor, and Catherine Alejo Llonas, a pastillas maker. Additionally, they visited Maria Luyun, a client from CARD RBI who runs a Miki noodle factory.

They also observed activities at the SK Soldiers Center and Adduru Center of CARD, Inc. on

how CARD MRI delivers its products and services.

To appreciate the local culture and history, the participants visited the Cagayan Museum and Historical Research Center in Tuguegarao City and explored the Callao Cave in Peña Blanca.

To wrap up the event, a media briefing was held, attended by various CARD MRI officers, including CARD, Inc. Regional Director Emmanuel Angeles; CARD RBI Regional Director Robert Urgino; CARD, Inc. Regional Accountant Mary Joy Calimag; CARD, Inc. Area Manager Michelle Labsang; CARD RBI Area Manager Raymund Apostol; CARD MBA Provincial Manager Marjane Ampoon; CPMI PRO Mark Molina; CARD MBA Claims Processor Ladychar Dumlaog; CPMI CPRO Sheryl Gumabay; and CPMI Microinsurance Supervisor Annilou Adduru.

This year, the CARD MRI Publishing House held four Media Lakbay Aral events in Masbate City, Butuan City, Tacloban City, and Tuguegarao City.



PhilHealth assures coverage of hospitalization for leptospirosis, dengue

Cayetano calls for high-level meeting with DPWH to expedite New Senate Building project



Abalos hinirang na top cabinet official, DILG pinaka pinagkakatiwalaang ahensiya

LEE TO HEALTH OFFICIALS: FAST-TRACK IMPLEMENTATION OF PHILHEALTH BENEFITS INCREASES

With Philippine Health Insurance Corporation (PhilHealth) having more than P500 billion worth of investments, Cong. Wilbert “Manoy” T. Lee filed House Resolution No. 2015 urging the Benefits Committee (BenCom) of the Philippine Health Insurance Corporation (PhilHealth) led by the Department of Health (DOH), to immediately

Youth Congress and awarding of best PYAP in Cavite Successfully Held



On September 17, 2024, the Provincial Government of Cavite, through the Office of the Provincial Social Welfare and Development Officer (OPSWDO), successfully hosted the Youth Congress and Awarding Ceremony for the Best Pagasa Youth Association of the Philippines (PYAP) - Cavite at SM City Trece Martires. The event gathered 149 participants, including youth leaders, PYAP members, and focal persons from various cities and municipalities across the province, fostering collaboration and recognizing outstanding contributions.

The event commenced with an inspiring opening remarks delivered by Ms. Beverly Alvaran, representing Board Member Romel Enriquez, Chairperson of the SP Committee on Women, Family, Children, Elderly, and Social Services. Alvaran emphasized the importance of empowering the youth in addressing societal challenges and commended PYAP members for their continued dedication to youth development initiatives.

The congress also featured insightful discussions from two esteemed resource speakers: Ms. Ana Viela Amparo and Ms. Deniesie Jane Ligma from the Office of the Provincial Population Officer. They discussed crucial topics such as Teenage Pregnancy Situation.

Cont. on Page 2



Senator Christopher Lawrence Bong Go personally led the distribution, yesterday, September 13, 2024, of relief packs to more than 930 families who were the fire victims in Sitio Wawa, Barangay Zapote 3 in Bacoor City. Senator Go and city officials led by Mayor Strike Revilla personally provided Integrated Disaster Shelter Assistance Program (IDSAP) financial assistance per family in collaboration with the Department of Human Settlements and Urban Development.

DA assures stable supply, prices of meat, onion during holiday season



THE MENTAL HEALTH BENEFITS OF DIGITAL DETOX: RE-CLAIMING YOUR TIME

Introduction:

In our hyper-connected world, where the ping of notifications and the lure of endless scrolling are ever-present, it's easy to lose ourselves in the digital noise. But what if the key to better mental health and improved well-being lay in stepping away from screens? Enter the digital detox — a mindful retreat from technology that promises a return to clarity, balance, and renewed focus. Let's explore how disconnecting can profoundly impact your mental health and why it's worth considering in our digital age.

Understanding the Digital Detox

A digital detox involves temporarily unplugging from electronic devices, especially smartphones, computers, and social media. It's not about a complete abandonment of technology, but rather about setting boundaries to reclaim your time and attention. Imagine it as a personal reset, giving you a chance to reconnect with yourself and the world around you without the constant buzz of notifications.

1. Reducing Stress and Anxiety

One of the most immediate benefits of a digital detox is its potential to reduce stress and anxiety. Constant exposure to digital stimuli — whether it's a never-ending stream of emails, social media updates, or news alerts — can heighten our stress levels. Research suggests that excessive screen time, especially before bed, can increase cortisol levels (the stress hormone) and disrupt our sleep patterns.

By taking a break from digital devices, you allow yourself the space to unwind and relax. Without the pressure of immediate responses or the anxiety of comparing yourself to others online, you can experience a noticeable decrease in stress and anxiety. Embracing offline activities, such as reading a book, going for a walk, or simply enjoying a conversation, can help lower your stress levels and foster a sense of calm.

2. Enhancing Focus and Productivity

Have you ever noticed how challenging it is to concentrate when your phone is within reach? Notifications, messages, and the temptation to check social media can fragment your attention, making it harder to stay focused on tasks. This constant shifting of attention not only impacts productivity but can also lead to mental fatigue.

A digital detox helps you reclaim your focus by eliminating distractions. When you're not constantly interrupted by digital alerts, you can engage more deeply in activities that require sustained attention. This can lead to improved productivity, whether you're working on a project, studying, or pursuing a creative hobby. Additionally, the clarity and mental space gained from a digital detox can enhance problem-solving skills and creativity.

3. Improving Sleep Quality

The link between screen time and sleep quality has been well-documented. The blue light emitted by screens can interfere with the production of melatonin, the hormone that regulates sleep. As a result, excessive screen use, particularly before bedtime, can lead to difficulty falling asleep and poorer sleep quality.

By implementing a digital detox, especially in the evening, you can give your body the chance to naturally produce melatonin, leading to better sleep. Establishing a tech-free wind-down routine — such as reading a physical book or practicing relaxation exercises — can significantly enhance your sleep quality and overall well-being.

continuation next week

Youth...

ationer in CALABARZON, Teen Choice, and HIV/AIDS Awareness, providing the youth participants with valuable information and practical knowledge on navigating critical issues affecting today's young generation.

The highlight of the event was the Awarding of the Best Performing PYAP in Cavite, recognizing outstanding youth organizations that have demonstrated exceptional performance in implementing programs in their respective areas. This year's Outstanding PYAP - Municipal Level was awarded to the Municipality of General Mariano Alvarez, while the City of General Trias was recog-

DA...

MANILA — The Department of Agriculture (DA) has assured the public of a stable supply of meat and onions, as well as stable prices of basic commodities, particularly during the holiday season, as a result of government interventions.

“Sa karneng baboy dahil importante iyan sa atin, panahon ng holiday season, medyo bumaba iyon presyo — nakakita tayo ng Php260 kada kilo because of the initial scare because of ASF (African Swine Fever). Pero unti-unti na ring bumabalik iyang prevailing prices natin ngayon, nasa Php320 per kilo,” Agriculture Assistant Secretary Arnel de Mesa said during a news forum in Quezon City on Saturday.

“At, iyang in terms sa supply ay bumabalik na po ulit sa dati at nakaprograma na naman din iyang importation natin ng karneng baboy at karneng manok, kasama na iyang baka. So, you can expect na kasapatan po ng supply natin ngayong darating na holiday season,” he said.

De Mesa said the price of onions and their supply remain stable at this time, pointing out the price of red onions ranges from Php75 to Php120



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nized as the Outstanding PYAP - City Level.

The event concluded with Closing Remarks by Ms. Ekeiko Paola Haidah Sadang, Promotive Division Head of OPSWDO, who praised the youth participants for their active engagement and encouraged them to continue being catalysts for positive change within their communities.

The Youth Congress cum Awarding Ceremony is a testament to Cavite's commitment to nurturing future leaders by providing platforms for meaningful youth participation and recognizing exemplary youth initiatives in the province. -A. Cabrera

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per kilo.

The public should not expect an increase in the price of red onions, De Mesa said, adding there was a good harvest in the last season.

“More than 30 percent noong area increase na harvest natin at possibleng tumaa, tumagal pa hanggang first quarter next year iyang current supply, but of course nakahanda palagi ang DA,” he explained.

“Doon naman sa yellow onion na puting sibuyas, nag-utos na si Secretary (Francisco Tiu Laurel) ng additional importation na 6,000 metric tons lamang at dahan, dahan iyang pagdating dito hanggang December, in time for the harvest ulit ng puting sibuyas ng last quarter of the year hanggang first quarter ng susunod na taon.”

The price of imported white onions ranges from Php100 to Php120, said the agriculture official. He added that DA's interventions have reduced onion prices from Php250 early this year to Php75 to Php120.

Asked to comment on the entry of imported onions, De Mesa replied that imports have started to arrive gradually. (PND)

LEE...

lic's access.

The measure was filed as soon as the DOH announced the increase in the hemodialysis package rate from P4,000 per session to P6,350—a decision from the recent meeting of BenCom spearheaded by DOH Secretary Ted Herbosa.

“Nagpapasalamat tayo sa pakikinig ng DOH at PhilHealth sa panawagan nating taasan ang coverage sa mga medical treatment tulad ng hemodialysis. Ito yung sinasabi natin na kaya naman nilang gawin agad. Pero ang tanong pa rin: Bakit patingi-tingi ang dagdag?” Lee asked.

“If the DOH, through the BenCom, can promptly convene and increase certain PhilHealth benefit packages, why can't it be done with the coverage of other case rates with their enormous available funds,” he added.

In his Resolution, the Bicolano lawmaker also said that the BenCom meeting must be livestreamed for the public's real time updates so that more Filipinos have access to the information and can stay informed about what's transpiring in the deliberation of their entitlements and benefits in PhilHealth.

Lee stressed that with the hundreds of billions of PhilHealth funds, “dapat ipatupad na sa lalong madaling panahon ang dagdag na coverage ng PhilHealth sa cancer treatment, coronary artery disease, MRI, PET scan, CT scan, maternity care, dental care, eye care, emergency care, comprehensive outpatient benefit package, iba pang klase ng mabibigat na karamdaman at sobrang mahal na mga operasyon sa ospital.”

“Ang gamot at pagpapagamot, dapat sagot ng gobyerno para mabawasan ang pangamba ng ating mga kababayan na lalong malubog sa utang at kahirapan kapag nagkasakit dahil walang pambili ng gamot o pambayad sa ospital. Laban nating lahat ito! Gawin na natin!” he added. PR



Sept. 25-Oct. 01, 2024

From Page 1

cy's budget if the proposed increase in PhilHealth benefits will remain unaddressed before the House Plenary debates.

“Para saan pa na Chairperson ang DOH sa Benefits Committee na ang layunin ay suriin at magmungkahi ng pagpapalawak sa mga benepisyo ng PhilHealth, kung hindi naman mapanatag ang mga Pilipino na may sasalo sa kanila kapag may nagkasakit sa pamilya?” Lee asked during his interpellation.

“Hanggang kailan nila maaatim na patagalin ang mga nararapat na pagtaas gayong maraming namamatay dahil sa kulang-kulang at mahal na serbisyong pangkalusugan? Napakarami rin nating mga kababayan ang nalilimas ang ipon at nababaon sa utang dahil sa laki ng bayarin sa ospital, at hindi maramdaman ang sinasagot ng PhilHealth,” Lee pointed out.

Lee, a staunch health advocate, successfully led the 30% increase in PhilHealth benefits which was implemented last February 14. Currently, he is pushing for another 50% increase in PhilHealth benefits and if funds would suffice, an eventual decrease in members' monthly contribution.

“Pinag-uusapan ngayon kung saan pwede i-invest o gamitin ang sobrang pondo ng PhilHealth. Hindi na dapat ito pinagtatalunan pa: Ang pondo para sa kalusugan, dapat gamitin para sa kalusugan!” Lee remarked.

“Ang gamot at pagpapagamot, dapat sagot ng gobyerno para mabawasan ang pangamba ng ating mga kababayan na lalong malubog sa utang at kahirapan kapag nagkasakit dahil walang pambili ng gamot o pambayad sa ospital. Laban nating lahat ito! Gawin na natin!” he added. PR



Sept. 25-Oct. 01, 2024

BingoPlus backs up two concurrent main events for August



BingoPlus acknowledged as Sidlak OCR 2024's Co-presenter.

BingoPlus, your comprehensive entertainment platform in the country and provider of your favorite tongits, bingo, and perya games, joined various athletes as they ran through the ultimate obstacle course race challenge brought by Sidlak Obstacle Course Race (OCR) 2024 on August 24, 2024 at Sidlak Victorias Global City, Negros Occidental.

With Sidlak OCR's resounding success during its first run in 2023, BingoPlus saw an opportunity to bring people even more exciting experiences as a platinum sponsor for the event. Sidlak OCR 2024 welcomed a wide range of runners from all ages to participate; there were elite and open categories for adults aged 18 to 48 years old and children aged 6 to 14 years old. The first wave of runners set off at 6:30 am, with the next waves following in 10-minute intervals. BingoPlus showed full support to the participants by decorating the event area with branded hanging banners and buntlings. Several official event tarpaulins, backdrops, and LED screens also flashed the BingoPlus logo.

BingoPlus made sure to help keep the event-goers who opted not to run through the obstacle course busy with a Bingo Hooray game segment as well as a dance performance by mascot BingBing and BingoPlus dancers on the Sidlak OCR 2024 stage. People who joined the game were given BingoPlus merchandise for winning such as shirts, notebooks, octopus cables, and powerbanks.

The last man standing received a gift cheque worth Php 1,000 on top of the merchandise. Meanwhile, BingoPlus foldable fans were handed out as free giveaways to anyone who wanted one.

As a brand dedicated to elevating Philippine fun and entertainment, BingoPlus works to make amazing experiences more accessible and enjoyable for people. BingoPlus' partnership with Sidlak OCR 2024 allowed the brand to reach a broader range of Filipinos, encouraging them to enjoy themselves while encouraging an active and healthy lifestyle.

The Sidlak OCR was the first-ever ultimate obstacle course race challenge held in Negros Occidental, with its first event taking place last September 2023. Over 400 participants from provinces like Iloilo, Cebu, Guimaras, Aklan, and Siquijor joined the starting line. The upcoming Sidlak OCR 2024 will feature even more challenging obstacle courses to entice more racers to join, including athletes from the Philippine National Team.

Moreover, during the same weekend, BingoPlus also joined in the celebration of the Colegio San Augustin (CSA) Forever Awards by CSA batch '99 at the CSA Gymnasium in Makati City.

As a platinum sponsor, BingoPlus set up a booth with pull up banners for CSA alumni to visit and claim brand merchandise throughout the event. Additionally, the event backdrop featured the BingoPlus logo as an additional show of support as alumni were handed



A shot of the participants of the Bingo Hooray game segment with their brand merchandise giveaways.

awards that acknowledged their achievements.

BingoPlus holds the importance of balancing between providing incredible entertainment experiences while recognizing the hard work that people put into becoming outstanding people. The CSA Forever Awards hon-

ors the contributions and accomplishments of CSA alumni, highlighting dedication, service, and leadership. These three principles align with BingoPlus' core belief that as it elevates Philippine fun and leisure, the brand must maintain its commitment towards excellence.

LANDBANK leads P110-B syndicated loan to fuel the local power sector



PSALM President and CEO Dennis Edward A. Dela Serna (2nd from right), LANDBANK President and CEO Lynette V. Ortiz (rightmost), and DBP President and CEO Michael O. de Jesus (3rd from right) lead the ceremonial signing for the P110-billion syndicated loan for PSALM on 30 July 2024 in Quezon City, witnessed by Assistant Government Corporate Counsel Judge Basilia Serrano-Angeles (leftmost).

MANILA — Land Bank of the Philippines (LANDBANK) has extended the majority of the P110-billion syndicated loan facility to state-owned Power Sector Assets and Liabilities Management (PSALM) Corporation in support of strengthening and enhancing the competitiveness of the country's local power industry.

LANDBANK committed to financing P60 billion of the total facility amount. The proceeds will be used by PSALM to augment its working capital requirements, re-finance existing liabilities, and settle domestic contractual obligations.

“LANDBANK has a long-standing history of supporting the National Government's electrifi-

cation initiatives, with our loan portfolio encompassing a wide range of energy-related projects. We will continue to support PSALM in addressing the energy needs of the country today and in the future,” said LANDBANK President and CEO Lynette V. Ortiz.

PSALM President and CEO Dennis Edward A. Dela Serna, together with LANDBANK President and CEO Ortiz and Development Bank of the Philippines (DBP) President and CEO Michael O. de Jesus, led the ceremonial signing for the Php 110.0 billion syndicated term loan facility agreement on 30 July 2024 in Quezon City.

Assistant Government Corporate Counsel Judge Basilia Serrano-Angeles witnessed the event.



Event-goers striking a pose at the BingoPlus booth with their merch giveaways.

DigiPlus is the fastest-growing digital entertainment company in the country. It operates the country's leading digital platforms BingoPlus, ArenaPlus, PeryaGame, Tongits+, and BingoPlus Poker, with more to come. BingoPlus is a leading platform for various forms

of entertainment for Filipinos where players can explore tongits, bingo, perya games and many other game choices to have fun at home. For more information, visit: www.bingo-plus.com or download the app now from App store and Google Play.

LANDBANK leads P110-B syndicated loan to fuel the local power sector

the National Power Corporation (NPC), independent power producer (IPP) contracts, real estate, and all other disposable assets, including the transmission business of the National Transmission Corporation (TransCo).

The agency also manages the orderly sale and privatization of these assets with the objective of liquidating all of NPC's financial obligations in an optimal manner.

LANDBANK has been a steadfast partner of PSALM since 2008, providing essential financing in support of its mandate under the EPIRA law. The Bank also continues to service the development requirements of the energy sector, including other industry players such as large oil companies, power producers, and distribution utilities.

ABOUT LANDBANK

LANDBANK is the largest development financial institution in the country promoting financial inclusion, digital transformation, and sustainable national development. Present in all 82 provinces in the country, the Bank is committed to provide accessible and responsive financial solutions to empower Filipinos from countryside to countryside. (LANDBANK)



Optimized sustainability features

3 ways SM Supermalls is transforming its malls for the Filipino community

MOA SKY Cloister

Led by its President Steven Tan, SM Supermalls is in an era of reinvention, transforming its malls into sustainable, innovative, community-centric spaces. "The history of SM Supermalls is one that has been built on innovation and change to serve the needs of millions of Filipinos," says Mr. Tan.

In this new era, SM Supermalls is reimagining customer experience by creating more spaces for leisure and interaction, and celebrating local communities. "Our goal is to create spaces that not only meet the needs of our customers but also anticipate and evolve with them. This new era is about forging deeper connections with our community and ensuring that every visit to our malls is meaningful and enriching," adds Mr. Tan.

Greener spaces

A key feature of the bold redevelopments of SM Megamall, SM Mall of Asia, SM City Bacolod, SM City Cebu, and SM



SM Megamall's renovated 5th floor will feature an indoor garden.

MOST-BARMM Benchmarks DRRM Technologies in CALABARZON



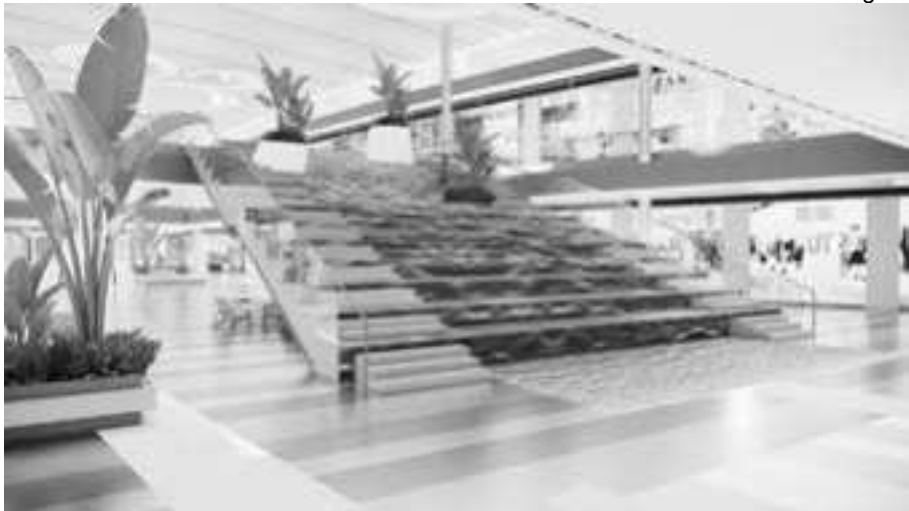
In an effort to strengthen regional disaster preparedness, the Ministry of Science and Technology of the Bangsamoro Autonomous Region in Muslim Mindanao (MOST-BARMM) engaged in a two-day benchmarking activity on Disaster Risk Reduction and Management (DRRM) technologies and practices, hosted by DOST CALABARZON and Batangas State University

The first day of the benchmarking activity commenced at Batangas State University's Command Action Center. Led by Mr. Ibrahim S. Panalangin, the MOST-BARMM delegation was introduced to DRRM technologies, including the WISER GUIDE, Digital Twin, and the innovative SIGAW (Solar-Powered Isotropic Generator of Acoustics

On the second



Solar panels are installed across many SM Malls.



Soon-to-open SM City La Union brings the city's beach vibe indoors.

eration of malls, designs are influenced by the communities they serve. In the soon-to-open SM City Laoag, the inabel weave, a traditional Ilocano hand-woven fabric, is reflected in its sky roof. The upcoming SM City La Union embodies the province's youthful beach vibe. Additionally, spaces are created exclusively for local brands, celebrating and supporting the communities' entrepreneurs.

Stay tuned: Be the first to know about our grand openings and exclusive previews. Visit www.smsupermalls.com or follow @SMSupermalls on social media to get the latest news and exclusive

can be implemented in their specific AORs. This, in turn, can significantly reduce the impact of natural disasters on communities, help identify effective and efficient mitigation technologies, and save lives and resources," Ms. Lawas said.

Ms. Emelita P. Bagsit DOST-CALABARZON Regional Director also led an in-depth presentation on these technologies, sharing insights on their regional applications.

A key highlight of the visit was the demonstration of the Local Government Unit Information Dissemination System (LGUIDS), developed by the MIS team under Ms.

City Iloilo is the integration of lush indoor gardens and the development of more outdoor greeneries.

SM's proven sustainable solutions, such as water recycling and treatment, solar energy, natural lighting, and deck landscaping – which are already present in almost all SM malls – are continually improved.

Community-centric designs

In its new gen-

EDITORIAL: Damaging cost of climate change

ONLY 55 days to the 12-day UN Climate Change Conference in Baku, Azerbaijan, some countries this early have shown they are "holding back" their positions until they know who sits in the White House.

Climate diplomacy observers say uncertainty over the US election outcome is stalking this November's COP29 summit, which starts just six days after voters decide between Donald Trump and Kamala Harris.

The election lands awkwardly as governments try to build global consensus in coming months not just around climate but stronger protections for the environment and a treaty to address plastic pollution.

The 12-day Azerbaijan conference, which starts on Nov. 11, is expected to focus on finance, as trillions of dollars are required for countries to drastically reduce greenhouse gas emissions and protect lives and livelihoods from the worsening impacts of climate change.

Earlier on, the Philippines was selected to host the loss and damage fund board, which will bring the fund closer to providing financial help for countries hit the hardest by climate change.

This country of 115 million, which averages 20 typhoons per year, has committed to reduce emissions by 75 percent by 2030, one of the most ambitious targets in Southeast Asia.

To accelerate its transition to a green economy, the country also aims to increase the share of renewable energy to 35 percent of the power generation mix by 2030 and 50 percent by 2040.

We remember the declaration of the First World Climate Conference in 1979 called for the urgent development of a common strategy for a greater understanding of the climate system and a rational use of climate information, and proposed the establishment of the World Climate Program.

The UN Framework Convention on Climate Change is an opportunity to negotiate new measures, and review Parties' progress against the overall goal of the UNFCCC to limit climate change.

Generally, each COP agrees a statement or a binding agreement which is publicly released at the end of the conference.

Government representatives worldwide have gathered nearly every year since 1995 at the UNFCCC Conference of the Parties to advance work on negotiating multilateral agreements and to provide a way forward in the fight against the significant challenges of climate change.

The Baku conference will also be a key moment for countries to present their updated national climate action plans under the Paris agreement, which must limit global warming to 1.5°C above pre-industrial levels and spur investment in the Sustainable Development Goals

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PhilHealth...

QUEZON CITY, (PIA) – As the rainy season continues, the prevalence of water and vector-borne diseases such as leptospirosis and dengue also increases.

The Philippine Health Insurance Corporation (PhilHealth), however, assured the public that members can avail of benefit packages for leptospirosis and dengue in case of hospitalization.

The benefit package for dengue fever is currently at P13,000 while the dengue hemorrhagic fever is at P16,000. On the other hand, the benefit package for leptospirosis covers P14,300.

The increase in the coverage for severe dengue hemorrhagic fever from P16,000 to P47,000 is also expected to take effect following the issuance of policy.

PhilHealth stressed that all Filipinos are eligible to avail of these benefit packages at any PhilHealth-accredited health facilities nationwide throughout the entire year, including members with missed payments or have concerns with their contributions.

The accredited hospitals and other health facilities of PhilHealth should observe the policy of providing the rightful benefits to members prior to discharge. Issues related to member contribution can be settled after they received the assistance and the treatment they need, PhilHealth noted.

"We continue to remind our members that they are supposed to enjoy your benefits prior to discharge from the facility, even if one has concerns on their contributions," said PhilHealth President and Chief Executive Officer (CEO) Emmanuel Ledesma, Jr.

"Ang mahalaga ay nagamot muna ang pasyente at nagamit ang benepisyo. Ito po ang ensiya ng Universal Health Care (The important thing is the patient was treated and the benefit was provided. This is the essence of Universal Health Care)," he added.

Ledesma meanwhile emphasized the commitment of the state

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insurer to further enhance its benefit plans and expand its services towards the advancement of Universal Health Care.

"Your PhilHealth is aggressively enhancing the other benefit packages to provide adequate financial risk protection to all our kababayans," said the PhilHealth chief.

The Department of Health (DOH) has reported a 33 percent increase in dengue cases in the country, with 128,833 recorded infections from January 1 to July 27, 2024 as compared to 97,211 cases during the same period in 2023.

Meanwhile, the health department recorded a total number of 2,115 cases of leptospirosis from January 1 to August 3, 2024 which was 23 percent lower than the 2,757 recorded cases in the same period last year.

For its part, PhilHealth has already paid claims amounting to P14.7 million for leptospirosis and more than P1 billion for the claims of both hemorrhagic and severe dengue.

Cayetano...

Senator Alan Peter Cayetano on Monday called for the Department of Public Works and Highways (DPWH) to convene a "high-level" meeting to expedite the construction of the New Senate Building (NSB), stressing the need for transparent cooperation from the department.

The request follows Cayetano's participation in the Senate Committee on Finance's budget briefing for the proposed 2025 DPWH budget on September 9, 2024. During the briefing, Secretary Manuel Bonoan, who had previously not attended the NSB hearings, presented the budget of his department.

"Ang hihingin ko lang sa inyo ay honesty at deadline. I just want to get the right price and finish it," Cayetano, chair of the Senate Committee on Accounts (CA), said, noting that he had invited the



JOSE MARI CHAN: SA LIKOD NG TAONG KINAGIGILIWAN TUWING BER MONTHS SA SOCIAL MEDIA

Sa pagpasok ng Setyembre, hilig ng ating kapwa Filipino na sabayan ito ng mga awitin ni Jose Mari Chan, kilala rin bilang "King of Christmas Carols", upang ipagdiwang ang unang buwan ng Ber months at buhayin ang diwa ng kapaskuhan.

Hindi lamang sa larangan ng musika naghahari tuwing kasagsagan ng Ber months si Jose Mari Chan, sapagkat nangingibabaw din ang kanyang litrato, o tinatawag na "memes", at ang kanyang sikat na kantang "Christmas in Our Hearts" sa iba't ibang sikat na plataporma ng social media sa Pilipinas.

Mapa bata o matanda, siya ay kinagigiliwan ng bawat Filipino.

Sa likod ng kinahuhumalingan na mga litrato o tinatawag na "memes" na kumakalat sa social media, siya ay kilala bilang tanyag sa larangan ng Original Pilipino Music (OPM).

Ang kanyang kanta ay namamayagpag ng tatlong dekada at, bilang nakasanayan, ito ay tinuturing na isang tradisyon ng bawat Pilipino.

KEVIN GOROSPE

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Secretary twice.

The senator stressed that transparency in the review of this high-cost project is crucial to ensure it can be presented to the public with pride.

"I commit to you and ang intention dito ay kung paano magiging proud ang mga tao sa napakagandang building na ginagawa. Ang hindi ko malaman ay kung bakit ayaw ibigay sa akin ang buong katotohanan," he said.

"We have time to get it done. I just want to let the SP know three things: one, kailan natin matatapos 'yan; two, magkano pa ang kailangan para matapos; and three, how do we work backwards from the time na matatapos at magkano para magawa ito," he added.

To expedite the project, Cayetano urged Bonoan and key officials to hold a high-level meeting that will clarify the

current timeline and accurate cost of the project. He warned that any further delays would result in blame being placed on him and Senate President (SP) Francis Escudero.

"Wala naman ibang sisihiin 'pag na-delay 'yan kundi si SP at ako," he said.

"We have time to get it done. I just want to let the SP know three things: one, kailan natin matatapos 'yan; two, magkano pa ang kailangan para matapos; and three, how do we work backwards from the time na matatapos at magkano para magawa ito," he added.



Kinilala ni Interior and Local Government Secretary Benhur Abalos ang tiwala at buong suporta na ibinigay sa kanya ng lahat ng mga opisyal at empleyado ng DILG, partikular ng mga field officers, na naging daan para mahirang siya na nangungunang miyembro ng Gabinete ni Pangulong Marcos, at sa DILG bilang pinaka-pinagkakatiwalaang ahensiya ng pamahalaan.

“Taos-puso akong nagpapasalamat sa inyong lahat. Thank you for giving your heart to DILG.”

Ito ang madamdaming pahayag ni Abalos sa ginawang DILG Field Officers National Convention-Luzon Cluster nitong Miyerkules sa Clark, Pampanga.

Ayon pa sa Ka-

lihim, nasungkit ng DILG ang unqualified opinion, ang pinakamataas na grado ng Commission on Audit (COA), sa dalawang magkasunod na taon ng kanyang pamumuno, dahil sa kanilang mahusay na pagganap sa kanilang mga tungkulin.

Binati rin niya ang Bureau of Fire Protection sa pagkahirang dito bilang 2024 Best Employer na may markang 9.22/10 sa isang survey na isinagawa ng Philippine Daily Inquirer at Statista, isang business intelligence portal na nakabase sa Germany.

Dahil sa kanyang pagpupursigi, nagtalaga din ang COA ng special fund ng National Commission on Muslim Filipinos na naging susi sa matagumpay na Hajj pilgrimage ng mga Pilipinong Muslim sa Mecca.

Comelec: Poll bets must register digital campaign platforms



MANILA – Candidates and political parties that would use internet and social media in campaigning for the 2025 mid-term polls have to register their accounts with the Commission on Elections (Comelec).

In a Sept. 17 resolution made available Wednesday, the poll body said official social media accounts and pages, websites, podcasts, blogs, vlogs, and other online and internet-based campaign platforms of candidates, and parties intending to participate in the polls and their respective campaign teams that are primarily designed or used to promote the election or defeat of a particular candidate or candidates should be registered with the Comelec-Education and Information Department (EID).

The registration period will commence within 30 calendar days after the filing of the Certificates of Candidacy (COCs) or from Nov. 8 to

Dec. 13 this year. The filing period of COCs is from Oct. 1 to 8.

The registration form for social media accounts and other online and internet-based campaign platforms may be submitted only by the candidates and their authorized representatives, as well as authorized representatives of registered political parties/ coalitions, and party-list organizations.

The forms should be submitted to the EID, through the official online channels that will be provided by the Comelec.

Prohibited acts

The Comelec also listed acts that would be considered misuse and malicious use of digital technology in campaigning:

- use of “false amplifiers”, such as fake accounts, bots, and astroturf groups filled with fake users to propagate disinformation and misinformation in endorsing or campaigning against a candidate, a political party / coalition, or party-list organizations, or to propagate disinformation, and misinformation targeting the Philippine election system, the Comelec, and electoral processes during the election and campaign

Binanggit din ni Abalos ang pagkaresolba sa maraming taon na problema ng kawalan ng kuryente sa 29 na probinsiya ng bansa, dahil sa pakikipagtulungan ng DILG sa National Grid Corporation of the Philippines.

Isa rin sa landmark na tagumpay ng DILG at ng Philippine National Police ang pag-re-cruit ng mga dating rebeldeng Moro Islamic Liberation Front at Moro National Liberation Front para sumapi sa hanay ng mga kapulisan sa kaulana-unahang pagkakataon.

Sa usapin naman ng iligal na droga, ang Buhay Ingatan, Droga’y Ayawan ay nagresulta sa 700% na pagtaas ng halaga ng mga nakumpiskang bawal na gamot ng administrasyong Marcos kumpara sa dating administra-

syon.

Ang ilan sa malalaking kaso na naresolba sa ilalim ng pamumuno ni Abalos sa DILG ay ang pagpaslang kay Negros Occidental Governor Roel Degamo at mga tauhan nito, at ang pagpatay sa reporter na si Percy Lapid.

Sa ilalim ng kanyang panunungkulan ay naaaresto rin si dating Bamban, Tarlac Mayor Alice Guo, at nasakote ang puganteng si dating Pastor Apollo Quiboloy ng Kingdom of Jesus Christ.

Matandaan na inobliga rin niya ang mga mataas na opisyal ng PNP na maghain ng courtesy resignation matapos magsangkot ang ilan sa kanila sa usapin ng nakumpiskang halos isang bilyong halaga ng iligal na droga.

Profriends Delivers As Westwind at Lancaster New City Launches Entrance Statement

“Profriends delivers when it commits something,” says Profriends president Kathleen Choa, in her keynote speech during the official opening of the entry way of Westwind at Lancaster New City.

“During our launch one year ago, Westwind had a masterplan, it was a concept, a brand offering a distinct lifestyle. But at that time, Westwind was words. And now, with the entry way being launched, we are here telling you that Westwind will become a reality,” she added.

This is the first message emphasized by Kathleen, talking to Profriends’ sales network partners and some Profriends officers and distinguished guests from the parent company, Maplecrest Group, Inc. With the entrance statement launch, Westwind is set to rise, beginning with its road works and to be followed by its building structures in the coming months.

Furthermore, in her address, Kathleen emphasized the advantage of Westwind among other condominiums springing up in Cavite. Being part of the Profriends community, Westwind at Lancaster New City transcends its building plans. “The entry

way solidifies an image of the lifestyle that we’re selling. If, in the community you see people roam around or just hang out even at night, that community is safer. How this community is planned, is that it pulls in people to come down from your buildings to enjoy the parks, engage with your neighbors, let your children play with the children from the other buildings. If neighbors know each other, then you feel more secure. This is not just a theory but a science which we learned when we studied urban planning,” said Kathleen. “There are many condos here in Cavite, then why choose Westwind at Lancaster New City? Because the potential tenants will choose to live freely, where they feel their family is safe... that is where they will choose a community that thrives in people. Increase in property value will then follow,” she added.

Westwind envisions to redefine condo living by promoting relaxation, wellness, and connectedness in a sustainable community. The 4-storey buildings will simultaneously be built in clusters around common outdoor lifestyle spaces.

Another day of job opportunities for Caviteños



On September 11, 2024, the Office of the Provincial Public Employment Service Manager organized another significant job fair at SM Trece Martires City, offering a wide range of employment opportunities for Caviteños. The event featured 37 participating companies and 7 national government agencies offering employment-related services to jobseekers.

Hon. Chelsea Jillian Sarno, Provincial

Kabataan Federation President, welcomed the attendees and encouraged them to take full advantage of the event for their personal growth and to contribute to the local economy. She concluded her remarks by wishing all job seekers the best of luck. The event was a notable success, with 166 Caviteños in attendance, resulting in 8 individuals hired on the spot. - J. Reyes

Sept. 25-Oct. 01, 2024

Accelerating 50 percent RE in Mindanao by 2030 pressed

Cagayan de Oro City – The Mindanao Development Authority pressed its urgent call for energy stakeholders to proactively accelerate the targeted energy mix of 50/50 fossil/renewable energy mix in Mindanao by 2030.

In his keynote speech read by Director Olie B. Dagala during the opening of the Mindanao Clean Energy Forum 2024 held 12 September 2024 at Limketkai Luxe Hotel, MinDA Secretary Leo Tereso A. Magno stressed how the Mindanao Energy Plan, co-published by MinDA and the Department of Energy (DoE), has been a critical blueprint in guiding stakeholders toward a 50-50 energy mix.

With the theme “Revitalize: Fostering Energy Sustainability for a Resilient Community and Economy,” Magno said the forum “aptly reflects our shared commitment to ensuring that Mindanao remains resilient and attractive for ongoing economic activity.”

He recalled how two decades ago, rotating brownouts stifled Mindanao industries and hampered its economic growth as the rapid expansion of industries and population growth led to severe energy shortages.

With a capacity of 700 MW in 2016 and an additional 1,260 MW in 2018, Mindanao began to experience a power supply situation with a comfortable margin.

“This achievement was a testament to your commitment to ensuring a reliable energy supply. Today, Mindanao enjoys an excess of 600 to 800 megawatts,” Magno disclosed.

He further lauded the decreasing surplus as a sign of positive progress, reflecting Mindanao’s increasing contribution to the national grid through the Mindanao-Visayas Interconnection Project (MVIP) which not only supports other regions, but also signifies the island’s growing integration into the broader national

energy framework.

However, in his presentation “Shaping Mindanao’s Energy Future: Key Findings from the Regional Power Summits”, MinDA Deputy Executive Director Asst. Sec. Romeo M. Montenegro said the reversal came at a price to consumers. From 55% RE/45% Fossil, the ratio has shifted to 33% RE/67% Fossil by 2017.

With generation rates making up 55% of the electric bill, electric coops and distribution utilities in Mindanao’s reliance on fossil (coal and diesel) resulted in higher electricity rates, currently the second highest in Southeast Asia.

Magno cited further the introduction of the Wholesale Electricity Spot Market (WESM) in Mindanao last year which significantly boosted investment interest and economic activity.

“In 2023 alone, Mindanao attracted investments worth 97.6 billion pesos, accounting for 15% of the total BOI-approved investments in the Philippines, a clear indication that our efforts in scaling up the energy sector are bearing fruit and driving economic growth.”

“As we pursue a stable energy supply, let us also commit to producing energy in a manner that does not compromise the environment for future generations. Our goal is to provide not only for today but to ensure that our children and their children can also enjoy the benefits of our efforts for clean energy,” Magno urged in his message.

In her presentation “Unlocking Investment and Partnerships for Renewable Energy”, Kristina Azela B. Diza, OIC-Director IV, Project Development and Facility Service, Public-Private Partnership Center, warned “We need to act swiftly to transition to Renewable Energy.”

She cited how 2023 was the warmest ten-year period on record, with a global average near-surface temperature at 1.45

degrees Celsius above the pre-industrial baseline. On an average day in 2023, nearly one third of the global ocean was gripped by a marine heatwave, harming vital eco and food systems. Towards the end of 2023, over 90 percent of the ocean had experienced heatwave conditions at some point during the year.

To limit global warming to 1.5 degrees Celsius, annual global Greenhouse Gas (GHG) emissions must peak by 2025 and be reduced by 45 percent in 2030. Developed countries must decarbonize by 2030, and developing and least developed countries before 2050.

The Marcos administration envisions “a nation powered by clean energy and thriving communities benefiting from stable, reliable, and accessible energy systems.” Achieving this vision will stabilize the power sector and position Mindanao as a prime destination for investments, fostering peace and progress that benefit everyone, Magno stressed further.

With the goal of leading the Philippines’ energy transition, Montenegro detailed how the Mindanao Power Agenda envisions accelerating the country’s 2040 target of 50-50 RE-Fossil share by ten years to 2030 in Mindanao.

This target presupposes 100% electrification in the island by 2028, the addition of 1,500MW capacity by 2030, the full rehabilitation of the Agus-Pulangi Hydroelectric Complex, the transition of the National Power Corporation’s Small Power Utilities Group (SPUG) with 100% RE by 2030, and linking RE to Mindanao’s Agri Value Chain.

Resolutions and Recommendations collated from the Mindanao regional power summits presented by Montenegro detail further ways forward with which these lofty goals can be fast tracked.

Renewable Ener-

Sept. 25-Oct. 01, 2024



gy Promotion and Acceleration (National coordination for Renewable Energy projects, LGU integration of RE in Local Development Plans, Support for Hydrogen as future energy source); Electricity Distribution and Consumer Rights (Balancing mechanism for Renewable Energy costs, Open franchising for Distribution Utilities, Strengthen policies promoting consumer choice, Empowerment of power consumer councils); Agus-Pulangi Hydro Power Complex (Accelerating Full Scale Rehabilitation, Keeping assets under state ownership), Energy Storage and Modernization (Energy Storage Project (ESP) Development, Modernizing Power Systems and Hybrid Grids); LGU Power Advisory Councils (Establishment of City/Provincial Power Advisory Development Councils); Public-Private Partnerships (Closer collaboration between government and private sector for energy infrastructure projects; and Research & Development for Innovative Technologies (Promote and encouraging R&D in energy innovation).

The Mindanao Clean Energy Forum is the annual flagship event hosted by the Mindanao Renewable Energy Acceleration and Coordination Hub (Mindanao REACH) which aims to Revitalize the efforts in fostering energy sustainability for a resilient community and economy, particularly in the agricultural sector and local government units (LGUs) in Mindanao.

Collaborating with the project conveners, the Peace and Equity Foundation (PEF), Mindanao Development

Authority (MinDA)(Mindanao), and Ateneo de Davao University ADDU Create – Center for Renewable Energy and Appropriate Technologies-Mindanao Renewable Energy R&D Center (AdDU-CREATE-MREC), in partnership with the City Government of Cagayan de Oro and the University of Science and Technology of Southern Philippines(USTP), are laying the groundwork for crucial conversations and innovative partnerships.

Successful Launch of MedCare Mega Health Center and Birthday Medical Mission



The Medical Mission and soft opening of the MedCare Mega Health Center in Brgy. 28, Sta. Cruz, Cavite City, held on September 12, 2024, was a resounding success. The event, which coincided with Mayor Denver Chua’s birthday, was made even more meaningful as it delivered essential healthcare services to the community.

The MedCare Mega Health Center was established to provide free medical services to the residents of Cavite. For its launch, the local government of Cavite City led by Mayor Denver Chua collaborated with the provincial government to bring healthcare closer to home.

Medical practitioners of the provincial government and healthcare workers from Cavite City played a crucial role in serving 430 patients through a range of services including free medical consultations, prescribed medicines, multivitamins, X-rays, and ECGs.

The event was also supported by Senator Ramon Bong Revilla, Jr., 1st District Representative Jolo Revilla, and the entire Team Unlad Cavite City. - F. Tamio

