



SPU Manila INTER-OFFICE BULLETIN

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WELLNESS DAY: PAULAkalusugan 2

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The Health Services Unit of St. Paul University Manila, in coordination with its Human Resource Services arm, sponsored a follow-up activity on health prevention entitled "Wellness Day: PAULAkalusugan 2." In support of the University's staff development program, the thrust of this activity is to create awareness among employees on how to prevent or lower the risk of serious health conditions by adopting a healthy lifestyle.

The event was held on 26 October 2015 in Levesville Hall from 7:00 A.M. to 3:00 P.M. Sixty-nine employees of SPU Manila attended the activity—some SPU Manila Sisters, faculty (full-time and part-time), non-academic personnel, academic non-teaching personnel, and some FAMASS personnel. Vice President for Administrative Services, Sr. Joseline Lasala, SPC, and University President, Sr. Evangeline Anastacio, SPC, also graced the event.

The sponsors who were invited to the activity generously gave their time and services. *LRI Therapharma* conducted free blood tests for uric acid, cholesterol, and blood sugar. Free eye check-up was rendered by *Acebedo Optical Shop*. Free health assessment through the use of their Magnetic Resonance Analyzer (MRA) was conducted by *FKC International*. *USANA* likewise conducted free health assessment. Weight management protocol through the determination of body composition was given by *Herbalife*. Lastly, *WHD Walk for Life Enterprise* introduced the Wonder Healing Mat or Apak-Apak to the participants.

Registration started at 7:00 A.M., after which the participants availed of the free services provided by the sponsors. At 8:30 A.M., the program started with an opening prayer led by our School Dentist, Dr. Vergilyn Montales. Dr. Aireen May Presas, School Physician, welcomed the participants and sponsors to the activity. Ms. Stephenie Louise Gale Medel, School Nurse, who emceed the event, introduced the guest speakers.

Dr. Elvira Gabriel, Professor of Creative Desserts in the Hotel and Restaurant Program, discussed the preparation of a simple healthy dessert, *Maja Tanglad*, giving emphasis on its caloric content. The participants were treated to samples of this delicious concoction, which were distributed by selected HRM students. *Ms. Joanna Hernandez*, Wellness Coach of Herbalife, gave a comprehensive talk about healthful active lifestyle and nutrition campaign. *Mr. Rudy Sanchez*, coordinator for Achievers Dynamic Systems International (ADSI), gave a lecture on stress management. He also taught the participants different techniques of handling stress by asking them to join in actual demonstrations. After the health break, *Mr. George Ong*

Veloso Saclot of FKC International talked about the beneficial effects of their products in combating different kinds of illnesses. Mr. Dalmacio Muring of WHD Walk for Life Enterprise conducted a product demo to discuss the importance of *Apak-Apak* or Wonder Healing Mat in our health.

The closing remarks were given by Ms. Nancy Aguila, Director of Health Services. Sr. Joseline Lasala, SPC, assisted by Ms. Aguila, awarded the certificates of appreciation and tokens to the guest speakers.

The seminar ended with a closing prayer by Ms. Medel. A group picture of all the participants, SPU Manila administrators, employees, and sponsors was taken to document the event. Consultations with the representatives from FKC International, USANA, and Herbalife continued until 3:00 P.M. while other employees tried the wonder mats for themselves.

Following are pictures of the activity.



Blood test for Uric Acid, Cholesterol, and Blood Sugar



Body Composition Analysis by Herbalife

Eye Check by Acebedo Eye Clinic



Free Health Assessment by USANA



**Dr. Elvira Gabriel with selected HRM 3 Students
and the healthful dessert—*Maja Tanglad***



FKC International conducting Health Assessment

**Mr. Muring demonstrating
the use of "Apak-Apak"**





The Sponsors, Speakers, Administration, Faculty, and Staff during St. Paul University Manila's "Wellness Day"

ALUMNI NEWS

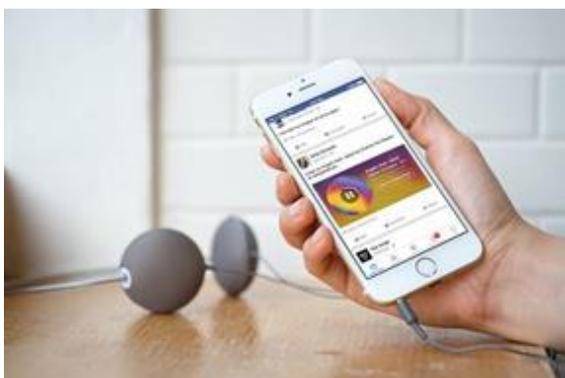
...AND THE SAGA CONTINUES

We have been featuring children of alumnae who are doing their parents proud by their own accomplishments

This issue, we feature Tim Quirino, son of Betty Ann Besa-Quirino (AB 1976), who is making waves in his chosen career.

We quote from a post from his mom:

Please indulge me and allow our family to proudly congratulate our son Tim Quirino, the designer and inventor of Facebook's new product Music Stories. Yesterday, Tim and his team at Facebook HQ launched Music Stories. The launch went viral and was featured on Mashable, BuzzFeed and major social media platforms.



(Reposted from Tim Quirino who said:) *Eight months ago I joined a hackathon project. That project turned into a product team, and then we started to work on the future of music at Facebook. Today we launched the first of many steps toward greater music sharing and discovery with your friends, and I couldn't be happier!*

Here is a previous write up of Tim:

If you get to know Tim Quirino, you come to realize he likes precision. He's a designer in the modern sense: web minded and urban, focused on the details, fashionable and committed to making art with a plan for utility.

That might help you understand why he describes the next stage of his life in the context of how it follows the pattern before it. He was born in the Philippines in 1984. Ten years later, his family moved to northern New Jersey. Ten years after that, he arrived in University City to attend Drexel University.

Now, after a decade of calling Philadelphia home, he'll be moving to San Francisco, where he'll join the bus-bound Internet company set as he prepares for a job on the product design team at Facebook in Palo Alto.

Quirino, 30, well-dressed in a professional meets punk rock kind of way, is leaving Friday, having already quit after nearly two years with South Philly web dev firm P'unk Ave. Through his eagerness to talk shop and flaunt his client portfolio, Quirino's passion for good design is clear, just look at the intricacies of his tattoos if you get the chance.

But among the new creative class of 20 and 30-somethings who have started relationships since the city's brain drain stopped leaking and forged them during meet-ups at chic gastropubs, Quirino is best known as the co-founder of Geekadelphia.

ALUMNI GATHERINGS

**SPMAFI Meeting
3 November 2015
Fleur-de-lis Café
Seated L-R: Sr. Anunciata,
Agnes Devanadera,
Marilyn Bautista, Emilie Simon.
Standing L-R:
Helen Dabao, Popi Gutay, MOM,
Margot Ripoll, Peia Fausto,
Sherry Alingod, Joy Yuson.**



**High School 1970
With Chu Lazar, Nil Clemente-Munoz,
Remedios Narciso, Nadine Jardeleza-Topacio,
Boots Feraren-Tecson, Miguela Enora B. Lopez,
Susan Sv, Pilar Almira, and Leonora Ison Cruz.**

**High School 1963
Get-Together for Menchu Pumaren**
Seated L-R: Judy Bacosa, Menchu Pumaren,
Ruby Tanyu. Standing L-R: Aida Simborio,
Connie Araw, Cecille Hemedes, Nadine Liu,
and Teresing Hocson.



**BSC 1974
Get-Together
for Nadine Jardeleza-Topacio**
La Fiesta Restaurant
5 November 2015

**High School 1962
Get-Together in New York**
L-R: Mitos Molina-Sjolander.
Brenda Sisob-Caparros,
Marianita Garrucho-Perlstein,
Suzzette Bagaybagayan-Brutherford



CONDOLENCES

The Paulinian Family condoles with
Yvonne Revilla-Vergara (High School 1962)
on the death of her husband.

Aida Chan-Deveza (BS Psych 1982)
on the passing of her grandmother.

