



PCSO

Charitable-Adaptable-Responsible-Engaging-Services

...through innovative gaming



APRIL ISSUE | 2015



**The entire PCSO family
welcomes
Hon. Erineo "Ayong" Maliksi
as the new Chairman**

**Welcome
po Sir!**



PCSO Assistant General Manager for Branch Operations Sector Ms. Remeliza M. Gabuyo and Northern Samar Vice-Governor Gary M. Lavin lead the ribbon cutting of the new PCSO branch together with (from L) Provincial Administrator Atty. Efren Sabong, Mayor of Lao-ang, Madeline Mendoza Ong, PCSO department managers Ms. Irma Guemo (STBR) and Ms. Josefina Sarsonas (NCR) and William H. Medici, former PCSO Manager, Visayas-Mindanao Dept.(partly hidden). (Darcy Geronimo/Eric delos Reyes)

Maliksing Chairman ng PCSO

Isang mabigat na responsibilidad ang pagiging Chairman ng isang ahensya ng gobyerno. Napakarami niyang tungkuling dapat gampanan upang maging maunlad ang tanggapang pinamumunuan niya. Nitong Abril lang, hinirang si Chairman Erineo “Ayong” S. Maliksi bilang bagong tatay ng **Philippine Charity Sweepstakes Office (PCSO)**—ang taong magiging haligi ng ahensya upang panatilihin itong nasa tuwid at tamang daan.

Sa aming panayam sa kanya, pinatunayan niyang hindi lang siya sa apelyido “Maliksi,” kung hindi pati na rin sa tunay na buhay. Sa pag-upo niya bilang bagong Chairman, kilalanin natin si Chairman Maliksi sa pamamagitan ng ilang mga ibinahagi niya sa amin.

Maliksing pag-tanggap sa hamon. Sa edad na 77, likas pa rin sa kalooban niyang maglinkod sa bayan. Sa unang tingin kay Chairman, bakas sa kanyang matikas na anyong kuntento at masaya na siya sa mga nakamit niya sa buhay. Kwento niya, inalok siya ni PNoy ng iba’t-ibang posisyon sa gobyerno ngunit tinanggihan niya; pero nang inalok sa kanya ang pagiging PCSO Chairman, tinanggap niya ang hamong ito nang walang pagaatubili. Aniya, “(ang) trabaho ng PCSO ay talagang pinakamalapit sa aking puso gawa nang politiko ako ng matagal... wala akong ginagawa kung hindi tumulong sa mga kababayan nating mga nangangailangan.”

Maliksing paglilingkod. “Ang mga tao ang nagbunsod sa aking pumasok sa pulitika,” binanggit niya habang inaalala kung paano siya nagsimulang mag-lingkod sa bayan. Kwento niya, lumaki siyang simple ang pamumuhay. Ang nanay niya ay tindera sa palengke samantalang magsasaka naman ang kanyang tatay. Sinubukan niyang mag-trabaho sa munisipyo at napansin daw ng mga taong madali siyang pakisamahan at lapitan. Sa edad na 23, siya ang pinakabatang naging hepe ng pulis sa munisipyo ng Imus. Pagkatapos, sinubukan niyang pumasok sa politika dahil sa mga taong naniniwalas kanyang kakayahan. Naranasan niyang maging Vice-Mayor, Mayor, Congressman, at Governor bago ihalal na PCSO Chairman. Makikita ritong subok na siyang mag-lingkod sa bayan at likas talaga sa kanyang puso na magkaroon ng malasakit para sa mga kababayang nangangailangan ng tulong.

Maliksing pagpapalano. “Gusto kong makita ng mga kababayan natin na ‘pag may problema sila sa kalusugan, nasa PCSO ang solusyon... na talagang nandito tayo para makatulong sa kanila,” taos-pusong sinabi ni Chairman Maliksi. Kahit magi-isang buwan pa lang siyang Chairman ng PCSO, pinatunayan na niyang marami siyang pangarap para umunlad ang ahensya. Kamakailan lang, bumisita siya sa Lung Center of the Philippines (LCP) kung saan

nasaksihan niya ang sitwasyon ng mga pasyenteng humihingi ng tulong sa ahensya. Sa panayam, binanggit niya ang plano niyang mag-bigay ng lugaw upang mag-silbing pamatid-gutom sa mga nagtitiyagang pumila mula madaling-araw upang maserbisuhan ng tanggapan. Noong Mayo 5, maliksi siyang umaksyon at namahagi ng libreng lugaw para sa mga pasyente ng ahensya sa LCP. Makikita rito na hindi lang siya maliksi sa pagpapalano ngunit pati na rin sa agarang pag-aksyon para sa tagumpay ng PCSO.

Maliksing pamamahala. Nang maupo siya bilang bagong Chairman, mainit siyang tinanggap ng pamilya ng PCSO dahil mababatid ang kanyang malasakit para sa tanggapan at mga empleyado nito. Hiningi niya agad ang kooperasyon ng bawat isa upang maliksing makapagsilbi sa mga Pilipino. Nang tanungin kung ano ang mensahe niya para sa mga empleyado ng PCSO, nanawagan siyang sana ay hindi lang agarang serbisyo ang ihatid sa mga kliyente ng PCSO partikular sa mga pasyente, kung hindi patinarin pagmamahal at malasakit sa kapwa. “Yung mga tao ay naghahanap ng kalinga at malasakit sa mga lingkod-bayang tulad natin... ‘wag natin silang i-disappoint,” mariin niyang sinabi.

Maliksing pasasalamat sa publiko. Sa panayam, kinikilala niya ang kahalagahan ng publikong sumusuporta sa mga Lotto games. Aniya, hindi magiging matagumpay ang pag-tulong ng PCSO kung hindi sa mga nalilikom na pondo mula sa mga tumatangkilik sa Lotto. Mensahe niya para sa mga mananaya, “...kung hindi man sila tumama e ‘yung kanilang binili (ng Lotto) ay hindi naman nasayang gawa nang napaukol ito sa kawanggawa... maging conscious sila na ‘di lamang sila tumataya para manalo kung hindi para mayroon silang mapagkawangawang pag-tulong... hindi nasayang (ang pera nila) kahit ‘di sila nanalo.”

Sa huli, nais ni Chairman Maliksi na may maiambag siya para sa kinabukasan ng PCSO. “Gusto kong maging responsibo ang ating pagse-serbisyo sa ating mga kababayan... gusto kong makapag-iwan ng legacy na makita ng mga tao na ang PCSO ay dapat magpatuloy... na nandyan ang PCSO upang tumugon at tumulong sa mga tao,” mariin niyang sinabi.

Sa pamumuno ni Chairman Maliksi, asahan nating patuloy na magkakaroon ng maliksing pamamahala ang Philippine Charity Sweepstakes Office. Sa pamamagitan ng kanyang pamumuno at pagtutulungan ng bawat isa sa ahensya, mananatiling matatag ang PCSO sa pagpapatibay sa mandato nitong makalikom ng pondo para maserbisuhan ang milyong-milyong mga kababayang nangangailangan ng tulong pang-kalusugan. (Queenie Rose Balita)



PCSO WELCOMES NEW CHAIRMAN. General Manager Jose Ferdinand M. Rojas II, (2nd from left) together with PCSO Directors (from R), Francisco G. Joaquin III, Mabel V. Mamba, Betty B. Nantes, and Florencio “Bem” Noel (left), welcomes newly appointed PCSO Chairman, Erineo “Ayong” Maliksi, (middle), as he makes his first official round at the PCSO Head Office, Executive Wing, 4/f of the Sun Plaza Building, Mandaluyong City. Afterwards a special board meeting was called to formalize and confirm his nomination as the new Chairman of the PCSO. Chairman Maliksi was nominated and hand-picked by His Excellency President Aquino as Chairman of PCSO on April 17, 2015, and will be serving the agency until June 30, 2016. *(Eugenio Darcy Geronimo & Eric delos Reyes)*

FLAG RAISING WITH THE NEW CHAIRMAN. Chairman Maliksi was formally introduced and welcomed by PCSO Vice-Chairman and General Manager Jose Ferdinand M. Rojas II during the flag raising ceremony on April 27, 2015 at the Conservatory Building. Chairman Maliksi gave a short but meaningful message to PCSO family. He said that he will work the best as he can to ensure that PCSO will expedite the processing of assistance especially for those who need it most. He also encouraged all PCSO officials and employees to cooperate and work together to deliver the true spirit of charity to the underprivileged sectors of society. Given his background as a former lawmaker and governor, Maliksi said that it is imperative that assistance is given immediately to those in need. *(Leila Valencia / Eric delos Reyes)*



PCSO partners with St. Luke’s Medical Center

PCSO ASAP Program. The Philippine Charity Sweepstakes Offices (PCSO) signed a Memorandum of Agreement with St. Luke’s Medical Center (SLMC) for the PCSO’s “ASAP” (At Source Ang Processing) program on April 22, 2015 at the St. Luke’s Medical Center, Global City. This program aims to expedite the provision of services by partner agencies, and facilitate the manner the requests are processed in PCSO. Through this partnership, PCSO help desks will be available at St. Luke’s hospitals in Global City and Quezon City, ensuring that the requests for the PCSO’s Individual Medical Assistance Program (IMAP) are attended to faster and made more accessible for indigent patients seeking medical-related and healthcare-related assistance. *(Queenie Rose Balita/ Jaime Jacinto)*



Above photo: PCSO Chairman Erineo S. Maliksi (seated, 3rd from left) and Vice-Chairman/General Manager Atty. Jose Ferdinand M. Rojas II (seated, 2nd from right) sign the MOA with SLMC President and CEO Dr. Edgardo R. Cortez (seated, 2nd from left). Seated (L-R) are: SLMC Vice-President and Supply Chain Management Head Ricardo Joaquin V. Sison and PCSO Director Betty B. Nantes. Standing (L-R) are: PCSO Directors Atty. Mabel V. Mamba, and Atty. Francisco G. Joaquin III, and AGM for Charity Sector Dr. Larry R. Cedro. Below photo: PCSO Chairman Erineo S. Maliksi shakes hand with SLMC President and CEO Dr. Edgardo R. Cortez. With them are (L-R): SLMC’s Ricardo Joaquin V. Sison (Vice-President and Supply Chain Management Head), Zuellig Pharmacy’s Atty. Ana Peralta (Corporate Lawyer) and Marlene Gallardo (Assistant Vice-President), and PCSO officials Atty. Mabel V. Mamba (Board Member), Atty. Jose Ferdinand M. Rojas II (Vice-Chairman and General Manager), Atty. Francisco G. Joaquin III and Betty B. Nantes (Board Members), and Dr. Larry R. Cedro (AGM for Charity).

PCSO opens 44th Branch in Northern Samar

The Philippine Charity Sweepstakes Office, (PCSO) inaugurated its 44th branch in Northern Samar, on April 7, 2015. Situated at the Provincial Capitol Complex, Barangay Dalakit, Catarman Northern Samar, the new branch is expected to serve 24 Municipalities, 579 Barangays, and a number of less privileged families in the province.

The opening of the new branch is in keeping with the Agency's vision of raising and providing funds for health programs, medical assistance and services. It is the hope of the PCSO

leadership that it shall by 2020 have a timely and responsive presence in every province.

Assistant General Manager for Branch Operations Sector Ms. Remeliza M. Gabuyo spearheaded the opening of the branch together with Mr. Federico A. Damole, Manager for the Visayas Department, Ms. Josefina Sarsonas, Manager, National Capital Region (NCR) Department and Ms. Irma Guemo, Manager, Southern Tagalog and Bicol Region (STBR) Department and former PCSO VisMin Manager, Mr.

William Medici who helped in realizing the inauguration. A simple ceremony was held at the Governor's Hall with Vice-Governor Lavin delivering the message in behalf of Governor Jose Ong. *"We are sending a strong message of support to PCSO. This development provides a great help in terms of medical and social programs. Thank you PCSO,"* said Vice Governor Lavin.

In her closing remarks, AGM Gabuyo reaffirmed the commitment of PCSO to provide the much needed help for the province in terms of

LGU assistance and PCSO's charity programs. She also underscored the big role being played by PCSO and the LGU's in combating the illegal number games in their respective municipalities.

The new Samar branch will contribute to the growing PCSO Family in the Visayas, providing dedicated charity service to the less fortunate members of the community. With 34 existing lotto partners in the area, PCSO expects to deliver unwavering charity services to the people of the said province. *(Eugenio Darcy Geronimo/ Ericson Delos Reyes)*



A Stronger Partnership. PCSO officials and staff posing for a souvenir shot together with the Mayors and officials of the provincial government of Northern Samar. From left: Mr. Romeo Padulla, Dexter Logarta, Nimfa Ipom, Catherine Acuin, Lester Troncoso, Cristine Ceniza, Jeanette Lloyd, Gensiano Creer, Manager Irma Guemo, Manager Josefina Sarsonas, Mayor Don Avalon of Palapag, Mayor Timoteo Capoquian of Gamay, Mayor Menzon of Lapinig, Mayor Rudy Bagioso of San Antonio, Mr. William Medici, Kristine Anne Tobis, Ricky Hatton, and Rosalyn during a simple ceremony at the Governor's Hall, Catarman Northern Samar.

Proof of partnership. Vice-Governor Gary Lavin, Mayor, Former Board Member Dr. Cam, PCSO NCR Manager, Josefina Sarsonas, Mayor Romualdo Menzon, Provincial Administrator, Atty. Efren Sabong, Mr. William Medici, former PCSO Manager for Visayas-Mindanao Dept. and a local of Catarman, Samar, Ms. Remeliza M. Gabuyo, AGM for Branch Operations Sector of PCSO, and Mayor Madeline Mendoza of Lao-ang show off their newly issued lottery tickets, sending a strong signal of a long-lasting and more productive partnership between Northern Samar and PCSO.



Grand launching of Health Capability Building in Resettlement Areas for the Informal Dwellers

On March 25, 2015, one year after the pilot testing of the “Health Capability Building in Resettlement Areas for the Informal Dwellers” project at Southville 9 Housing Project, Brgy. Pinugay, Baras, Rizal, the Philippine Charity Sweepstakes Office (PCSO) and the National Housing Authority (NHA) together with the local government of Baras Rizal, officially launched the project.

The program was attended by Baras, Rizal Mayor Katherine B. Robles, who led the ribbon cutting ceremony, Rizal Provincial Board Member Jun Rey San Juan, Brgy. Capt. Jofre Seclot of Brgy. Pinugay, Dr. Jose Bernardo H. Gochoco Jr., Manager of the PCSO Medical Services Department and Arch. Susana V. Nonato of NHA Southern Luzon and Bicol (SLB) Area Management Office. Blessing and inauguration of the Barangay Health Station building officiated by Rev. Fr. Elmer P. Balofinos, OAD and the unveiling of the Marker followed shortly. Dr. Jose Bernardo H. Gochoco and Arch. Susana V. Nonato formally turned over to Mayor Robles and Brgy. Capt. Seclot the implementation of the project and the barangay health station building. The Php30,000.00 worth of medical equipment (weighing scale, wheelchair, etc) and supplies and the Php100,000.00 worth of basic medicines donated by PCSO will help equip the health facility with the essential medical apparatus and address the medical needs of the relocated residents.



Mayor Robles and Capt. Seclot expressed their gratitude to PCSO and NHA for their support for the project which will benefit the estimated 19,200 relocated residents of Southville 9 Housing Project, Brgy. Pinugay, Baras, Rizal. According to the two officials, the project is a big help in providing basic health services to the relocated families, primarily the sick children and elderly as the nearest municipal health center is 11.5 kilometers away. They assured PCSO of their commitment for the continuous implementation of the project and promised to give their all-out support for its continual improvement.

Relocated residents Mary Shane Bautista and Rommel Jay Gargar, informal settlers from Masinag and Fortune Marikina, also expressed their appreciation for the efforts of PCSO, NHA and their local officials to address their medical

and health needs. They were among the 2,845 beneficiaries who have been provided medical and dental services and basic medicines by PCSO Medical and Dental Team during the year long once-a-week medical and dental consultation.



On March 6, 2015, AGM Conrado Zaballa, representing PCSO Acting Chairman and General Manager Jose Ferdinand M. Rojas II, NHA General Manager Atty. Chito M. Cruz and Mayor Katherine B. Robles signed the Memorandum of Agreement for the project.

The Health Capability Building in Resettlement Areas for the Informal Dwellers project is a tripartite undertaking of PCSO, NHA and concerned local government unit. The project supports the President’s commitment to provide a safe and healthy environment for the relocated informal settlers who once lived in areas exposed to diseases and imminent dangers during rainy season. It involves the provision of capability-building activities toward the establishment of a functional health facility which will attend to the medical, dental and other non-health related needs of the relocated families, primarily the sick children and elderly.

Also coinciding with the grand launching of the said project was the conduct of Medical and Dental Mission spearheaded by the PCSO Medical and Dental Team with the special participation of the Charlie Battery, 5th Field Artillery Battalion, AAR Philippine Army headed by Capt. Giovanni Sawyer. More than 1,000 residents benefitted from the said activity.



After the successful pilot testing of the project, the same is set to be launched this year by PCSO in two identified relocation areas in Trece Martires, Cavite, at Southville 2 Phase 3 Brgy. Aguado 3 and Sunshine Ville Brgy. Cabuco. (Lowela Lupisan/ Roselle Dela Umbria)

Overview of Iloilo Branch Office

March 19, 2015—at exactly 8:00 am, the PCSO Iloilo Branch Office welcomed the charity patients seeking health/medical assistance. As one of the pioneer Branch Offices, it has been providing quality services for its clientele since the 1970's.

Iloilo Branch Office Officer-in-charge Cedric Recamara shared the latest updates regarding the office.

Rent-free space. From the Boy Scouts of the Philippines, the office on September 19, 2014 transferred to the Iloilo Sports Complex to save on rent. “(The transfer) is mainly because of the thrust of the management to look for office space which is free on rental,” he shared. Based on the Branch Operations Sector’s (BOS) 2014 report, the agency is able to realize a monthly savings of Php 37,026.00 as a result of the transfer.

The A-team. For Recamara, his personnel have been hard-working. Only having 10 employees, he noted that they are understaffed; however, he said that the office still performs well. When asked on how he manages his personnel, he said that he utilizes the office’s manpower to maximize their capabilities. “All (personnel) are participative and cooperative,” he quipped, which makes him assign and distribute workloads effectively among his staff.



Iloilo Branch Office OIC Cedric Recamara (seated) with his staff.

Gaming services. In 2014, the Iloilo Branch Office achieved 88% of their sales target. Consequently, he shared that the Small Town Lottery operated by Iloilo STL Gaming Corporation is doing well. “It is one of the most organized and systematic STL operations in the region,” he said. He also added that the STL sales exceed the Presumptive Monthly Retail Receipt (PMRR). As a confirmation of the STL’s success, he shared that some people ask when the STL would operate for the whole Iloilo province, since the STL only operates within Iloilo City.

Charity cases. Everyday, the Iloilo Branch Office accommodates around 40 to 50 patients. With a 400,000-peso budget per day, dialysis and chemotherapy are the most common health problems which patients seek assistance for in the

office. Based on BOS’ 2014 report, it served 4,138 patients, the second highest among the Branch Offices in the Visayas region.

Future plans. When asked about his plans for the office, Recamara is on track. “We hope we could meet our sales target for the year, or even surpass the same, open Antique Branch within the year, and serve as many



Charity patients wait for the release of their guarantee letters at the PCSO Iloilo Branch Office.

IMAP patients/clients as possible,” he said. Thus, the PCSO Iloilo Branch Office strives to uphold the agency’s mandate of generating income through lotteries and sweepstakes for Filipinos’ medical/health services. Hopefully, the Branch Office will continue to have exceptional operations for its clientele—the gaming public, the agents, and the charity patients. (Queenie Rose Balita)



SPECIAL HANDICAP RACE. The Philippine Charity Sweepstakes Office (PCSO) recently sponsored the Special Handicap Race held at the Metro Manila Turf Club, Inc. in Malvar, Batangas. Upper photo shows winning horse “Mega Red” ridden by J.T. Zarate exhibiting his winning form. Lower photo shows horse-trainer, Edwin Vitali receiving the “Winning Horse Owner” trophy from Gerald C. Rojas, PCSO Racing Consultant. Joining them are (L-R) PCSO Racing Committee members Jennifer Ortuoste, Ariel de Ocampo, Orlando Malaca, Daniel Valmonte and Assistant Racing Manager of Metro Turf, Arthur Escala. (Photos by Jaime Jacinto)

H O R S E R A C E S



PCSO SPECIAL MAIDEN RACE. The Philippine Charity Sweepstakes Office (PCSO) conducted the 3 year-old Open Special Maiden Race on Saturday, April 18, 2015 at the Metro Manila Turf Club, Inc., in Malvar, Batangas. Upper photo shows winning horse “Magnetism” ridden by J.T. Zarate rushing to the finish line. Other photo shows L-R: Jenny Ortuoste, Ariel de Ocampo, Mayor Leonardo Javier Jr. (Winning Horse Owner), Gerald Rojas, Ruben Tupas (Winning Horse Trainer), Orlando Malaca, Desoto Tupaz and Arthur Escala, Assitant Racing Manager of Metro Turf. (Photos by Jaime Jacinto)

80th Anniversary Celebration in the Visayas Department



Acting Chairman and General Manager Jose Ferdinand M. Rojas II together with all the honorable members of the Board and AGMs of the different sectors came to Cebu City for the 80th anniversary celebration of the Visayas Department. Officers and staff from the different Visayas branches converged in the Queen City of the South to celebrate this very special occasion. On March 19, authorized representatives of twelve (12) municipalities of Cebu Province gathered together to attend the ceremonial turnover of ambulances. The event was attended by the General Manager, all directors and AGMs. Radiant

smiles on the faces of the recipients were visible from every corner of our office in Cebu, with much gratitude in their hearts. March 21 was the day our 80th Anniversary was celebrated in Radisson Blu Hotel - Cebu. All Visayas Branches namely: Aklan, Cebu, Iloilo, Leyte, Negros Occidental, Negros Oriental and Samar participated in the dance contest. Officers and Staff from Bohol and Capiz Branches did not join the contest but represented their branches through exceptionally entertaining intermission numbers. The Negros Occidental Branch won the dance contest with their Masskara presentation

followed by Cebu Branch with their Sinulog dance mixed with a modern dance. The third prize went to the Negros Oriental Branch with their hip-hop dance.

After the dance contest and awarding, the floor was opened for dancing and winners of the raffle. It was evident that everyone had a great time on the dance floor with prizes in their hands.

Our heartfelt gratitude to our Honorable GM, Honorable Board Members and AGMs. It was truly a "celebration"! (Glen Jesus M. Rada)

CHAIRMAN ATTENDS PCSO'S 80th ANNIVERSARY CELEBRATION IN DAVAO.

The Philippine Charity Sweepstakes Office (PCSO) Chairman Erineo "Ayong" S. Maliksi attended the agency's 80th anniversary celebration of the Mindanao Branch Offices on April 25, 2015 at the Grand Ballroom, Marco Polo Hotel, Davao City. During the event, Chairman Maliksi delivered a speech for PCSO officials and employees in the region. In his speech, Chairman Maliksi urged all PCSO officials and employees to work together so that the agency may uphold its mandate of providing medical/health programs and charities of national character to aid Filipinos throughout the country. (Photo by Eric delos Reyes)



AMBULANCE DONATION



PCSO DONATES AMBULANCE TO DAVAO CITY. Philippine Charity Sweepstakes Office (PCSO) Chairman Erineo “Ayong” S. Maliksi (3rd from left) hands the symbolic key of a new ambulance to Davao City Mayor Rodrigo Duterte (4th from right) on April 25, 2015 at the Marco Polo Hotel, Davao City. With them (L-R) are PCSO Director Atty. Francisco G. Joaquin III, Vice-Chairman and General Manager Atty. Jose Ferdinand M. Rojas II, and Directors Atty. Mabel V. Mamba, Betty B. Nantes, and Florencio Gabriel G. Noel. The PCSO Ambulance Donation Program provides ambulance units to hospitals, health institutions, municipalities/provinces, and city health offices in different priority areas.



PCSO DONATES AMBULANCE TO AGUSAN DEL SUR. Philippine Charity Sweepstakes Office (PCSO) Chairman Erineo “Ayong” S. Maliksi (3rd from right) hands the symbolic key of a new ambulance to Hon. Jenny de Asis (4th from left), Mayor of the Municipality of San Francisco, Agusan del Sur on April 25, 2015 at the Marco Polo Hotel, Davao City. With them (L-R) are PCSO Directors Florencio Gabriel G. Noel and Betty B. Nantes, Vice-Chairman and General Manager Atty. Jose Ferdinand M. Rojas II, and Directors Atty. Mabel V. Mamba and Atty. Francisco G. Joaquin III. The PCSO Ambulance Donation Program gives ambulance units to various hospitals, health institutions, local government units (LGUs), and city health offices throughout the country.

PCSO IN ACTION

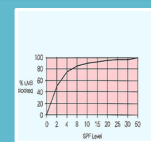


PCSO MEDICAL AND DENTAL MISSION IN BRGY. SAN VICENTE, SAN PEDRO, LAGUNA. The Philippine Charity Sweepstakes Office (PCSO), in partnership with radio station DZMM, conducted a medical and dental mission last April 15, 2015 at the Chrysanthemum Elementary School in Barangay San Vicente, San Pedro Laguna. A total of 226 patients were served during the medical and dental mission which provides basic medical services for the poor. (Photos by Arnold Ramos)

HEALTH CORNER

SUMMER SKIN CARE TIPS

Summer means sun, shorts, sandals, bathing suits, and bronzed skin. But with beach hair and shorter hemlines comes the dangers that not only instigate the probability of skin cancer, but the aging process as well. Sun exposure is, essentially, subjecting you to sun damage – but in the same note, avoiding the outdoors altogether is both impractical and nearly impossible. Thus, taking preventative measures in preparing and caring for it are crucial in keeping your skin in tip-top condition for the ultimate skin-baring season. *As the summer rages on, protect your skin so you*



Stay out of the sun between the hours of 10am and 3pm

The hottest part of the day during the summer is the most damaging time. Don't stay out in the sun for long periods of time around the hottest hours; the longer you're outside, the longer your skin is exposed to the radiation. Get your exercise and activities done in the earlier, cooler hours, or in the later, cooler hours of the day.



Wear protective clothing over your skin

Cover up as much skin as you can, using lightweight fabrics when it's really hot and uncomfortable. Choose fabrics that won't itch, scratch, or overheat you and prefer light colors over dark ones, to keep the heat level down. Wear a hat, your facial skin will benefit from a permanent ring of shade over it in the heat of the sun. To protect your eye skin (and eyes), wear sunglasses. Eyes are prone to melanomas and cataracts, and the sensitive skin around the eyes is prone to fast skin aging.



Drink plenty of water

Hydrated skin is better skin and it's easy for skin to become parched during the summer months. Dehydration results in dry skin, frown-lines, spots, a sluggish complexion and a lack of "glow". Drink water regularly throughout the day, preferably between meals (drinking during meals can dilute the nutrients from food). Water will both hydrate your skin and flush out toxins that can mar your complexion.



Moisturize with SPF

Applying moisturizer with SPF is essential regardless of the season. With the onset of warmer weather, however, consider switching your current moisturizer for another with higher SPF and lighter formulation to prevent sun spots, freckles, and early signs of aging.



Avoid spraying perfume on your skin in the sun

The psoralen in perfume (especially in citrus perfumes) can permanently stain your skin when they react with the sun. During the summertime, it is recommended that you spritz your clothes with your fragrance rather than your skin.



Eat healthy foods

A healthy skin comes from eating well and summer is the ideal time to make dietary changes for the better. Cut down on sugar and refined processed foods which create unbalanced blood sugar levels and therefore contribute to premature aging. Eat plenty of fruits and vegetables, in salads, steamed, raw, or as part of a recipe dish. Choose from the rainbow of fruit and vegetable colors to ensure that you're getting all the antioxidants and nutrients your skin needs. A diet rich in flavonoids will help to ensure a healthy and glowing skin.^[20] And include whole grains in your daily diet too, including the ancient grains.

Sources: <http://www.wikihow.com/Look-After-Your-Skin-in-Summer#>
<https://www.mariobadescu.com/summer-skincare>

SPORTS CORNER

PCSO In-house basketball tournament

The Philippine Charity Sweepstakes Office In-house Basketball Tournament opening ceremony held on April 17, 2015 at Dumlao Sports Center, Shaw Boulevard, Mandaluyong City, marks the start of the league's season. The league is participated by all the sectors of PCSO namely: Management Services, Charity, Branch Operations, Executive Office Administrative Service and Gaming, Product Development and Marketing Sector. The tournament aims to develop good sportsmanship, discipline and at the same time provide opportunities to develop lasting friendships with both teammates and opponents. The program typically started with the parade of participating teams with their beautiful muses. Invocation was delivered by Mr. Onofre E. Consolacion followed by the singing of the national anthem of the Philippines by the players and invited guests. AGM for Gaming, Product Development and Marketing Sector and concurrent OIC-General Manager Conrado C. Zaballa delivered the welcome speech after which a power point presentation of last year's tournament season highlighting precious moments was shown. Oath of Sportsmanship was conveyed by Mr. Aaron Austria from the Corporate Planning Department, the MVP of last year season. Declaration of the opening was officially opened by PCSO Sports Committee Chairman and AGM for Administrative Sector, Atty. Lauro A. Patiag, while the inspirational message was delivered by SEU President, Mr. Joel Pastores. The longstanding ritual of the ceremonial toss was led by OIC-General Manager Zaballa marking the start of the game that was played by the Administrative Sector and Branch Operations Sector.

It was a nip and tuck affair which saw the teams exchange leads until the last part of the fourth quarter where Roel Martirez of the Executive Offices took over at crunch time, displaying his feather touch at the perimeter area and shots from beyond area code range. In the end, the executive office outlasted the Administrative team, toppling them with a 7 point lead when the final buzzer sounded. (Leila Valencia/ Jaime Jacinto)

PCSO joins GCAA Sportsfest 2015

The Philippine Charity Sweepstakes Office (PCSO) joined the Government Corporations Athletic Association's (GCAA) Sportsfest 2015 on April 30, 2015 at the Philippine Sports Complex, Pasig City. Hosted by the Philippine Amusement and Gaming Corporation (PAGCOR), the sportsfest showcased various games such as relays, obstacle race, three-legged race, and balloon bursting. Along with PCSO, five other government agencies joined the event: Philippine Health Insurance Corporation (Philhealth), Government Service Insurance System (GSIS), National Food Authority (NFA), Tourism Infrastructure and Enterprise Zone Authority (TIEZA) and PAGCOR. This fun-filled activity strengthened the camaraderie of participating agencies and each team's cooperation and teamwork.



(Below left) PCSO Assistant General Manager for Administration and Sports Committee Chairman Atty. Lauro A. Patiag (wearing checkered polo) and Vice-Chairman Orly Malaca (wearing yellow collared polo) gamely pose with the participants of the GCAA Sportsfest 2015. (Photos by Arnold Ramos)



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