

# THE VIBE

VOL 4 ISSUE 1 . 2020

YOUR  
GUIDE TO  
MODERN  
LIVING IN  
THE SOUTH

In the midst of crisis, the  
**Filinvest City** community  
rises to fight COVID-19

# AT THE FRONTLINES

Photo of the Frontliner Courtesy of  
Research Institute for Tropical Medicine (RITM)



Your Window Onto  
A Picture Perfect Landscape

**GOLF RIDGE**  
PRIVATE ESTATE  
AT FILINVEST  
MIMOSA+ CLARK

FILIGREE



This mid-rise, luxury development and private estate located in Filinvest Mimosa+, Clark, Pampanga provides unprecedented views of lush greeneries of Mimosa's world class golf course. Its resort style amenities combined with modern, spacious and refreshing living spaces, create a space of tranquility and solace for its residents.

Scan to know more  
about Golf Ridge



# MESSAGE FROM THE VIBE TEAM

**F**ilinvest City has always been a cradle of life. From its vibrant surroundings to its live-work-play culture, the township embodies what we call a balanced community. People blended with nature, and nature blended with people. This equilibrium was sadly disrupted by the unprecedented pandemic, COVID-19. Like the rest of the world, the once bustling central business district turned quiet and empty. People were mandated to stay home to help flatten the curve and save more lives.

But there were brave citizens who answered the call of duty despite the imminent risks. These are the people who took care of the sick and who continued to work to provide essential services. They are the doctors, nurses, medical staff, security, maintenance, delivery personnel, bank associates and more. These are our frontliners whom we dedicate this special issue to.

As heroes clothed not in capes but protective gears, you, our frontliners, have helped this city sustain its life. You have taught us how to be selfless by showing a kind of service that could not be equalled. We hope that, through this issue, we are able to uplift and inspire you.

To our readers who are not at the front lines, may you also be inspired by the stories you find here—stories that highlight *bayanihan* within and outside the city we all call home.

We haven't won the fight yet; the virus is still well in our midst. As we venture into the new normal, let us continue to do our part in keeping ourselves, our family, and our community safe and healthy. Filinvest City will remain open to serve its people while at the same time practicing safety precautions.

Stay safe and healthy!

*The Vibe Team*



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Share with us your comments and suggestions for our upcoming issue.  
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## AT A GLANCE

*COVID-19 has proven to be a devastating opponent. But any crisis or challenge that we face as a community, we can overcome if we all work together and cooperate. Bayanihan is, indeed, alive and well in the hearts of Filipinos, and we must not lose hope. Rather than submit to despair, we must be inspired by each other and remain vigilant, most especially as we move forward into the “new normal.”*

**F**ilinvest City—under the inspiring leadership of the Gotianun family—has safely and securely helped the community navigate through this crisis with sound planning and strategy, and an aggressive relief campaign that extends help to LGUs, hospitals, and other organizations.

Filinvest Development Corporation (FDC), through its corporate social responsibility arm Filinvest City Foundation, launched numerous citywide efforts to help the community survive throughout the most crucial months of the pandemic.

Lending its full support, FDC committed to allocate P100 million to help Metro South recover. This fund covers financial aid and donations to different LGUs and hospitals, the procurement of much-needed medical supplies and equipment, relief goods for communities, and the conversion of venues into COVID-19 health facilities.

As of date, an estimated P72.1 million has already been spent to acquire thousands of tests kits, face masks and shields, and personal protective equipment (PPE) for health workers, which have been distributed to key hospitals and centers like the Research Institute for Tropical Medicine (RITM).

**“We hope to reach our unsung heroes, the frontliners and our medical**

**health workers who are tireless in their admirable efforts. We will also provide more COVID-19 test kits that will enable these institutions to accelerate their testing effort to help contain the spread,” shares FDC President Josephine Gotianun-Yap.**

In efforts to share more accurate data to agencies that need it, the Filinvest Group partnered with Thinking Machines, which has developed a platform that collates all important figures on COVID-19—from the number of cases to recoveries to demand and supplies needed.

When it comes to their corporate partners and tenants, Filinvest Lifemalls has also waived rental for select non-operational businesses most affected by the lockdown. Business owners and entrepreneurs—through banking subsidiary EastWest Bank—were additionally given relief as the Filinvest Group rolled out a 30-day extension program on loans and payments and waived fees for interbank transfers. These privileges were also extended to Filinvest Land Inc.’s homebuyers.

Today, lockdown regulations may have been eased, but the community remains vigilant and takes a proactive stance in protecting their health.



# FILINVEST CITY TOWNSHIP UPDATES

**FILINVEST CITY CONTINUES TO GROW AND EXPAND, TRANSFORMING ITS VISION INTO A MASTER-PLANNED COMMUNITY BUILT FOR ALL.**

## FILINVEST AXIS TOWERS

Filinvest Axis Towers, located in Northgate Cyberzone, is an emerging self-contained community that is gearing up to define the premier business district's skyline. Developed by Cyberzone Properties, Inc., this mixed-use development with both office and retail components is part of the city's "Mega Blocks"—key landmarks and value enhancers in Filinvest City.

### Completion Update

- Axis Towers One and Two: 100% completed
- Axis Tower Three: Completion by 4th quarter of 2021
- Axis Tower Four: Completion by 1st quarter of 2021  
(Axis Tower Four will be finished ahead of Axis Tower Three)

### Occupancy

- Axis Tower One: 89% completed
- Axis Tower Two: 42% completed



## BLOC 10

Located along Corporate Woods Avenue across Far Eastern University-Alabang is the two-storey verdant commercial development, Bloc 10. It has a gross floor area of 6,255 sq.m that exudes a "university campus" feel with an intimate quality of spaces for people to gather, interact, and relax.

### Completion Update:

100% Completed

## OUR LADY OF LOURDES CHAPEL

As a way of giving back to the community, the Garden City is building Our Lady of Lourdes Chapel that will serve as a sanctuary in the midst of a modern cosmopolitan center. Set to be an iconic landmark along Civic Drive, this new structure is expected to add to the full lifestyle experience being offered in Filinvest City. The chapel takes inspiration from the white lily flower which symbolizes the Virgin Mary's chastity during The Annunciation and can comfortably house around 250 seated parishioners.

### Completion Update:

63% completed (target completion by 2021)



## CENTRAL PARK

To further enhance pedestrian and vehicular access, Filinvest City is currently developing Central Park. Intersecting Promenade and Spectrum Midway Avenues, this park will offer green spaces for multiple purposes including active and passive outdoor activities such as walking, exercising, socializing, and relaxing.



### Completion Update:

Target completion by 2021

# FILINVEST CITY FOUNDATION RAMPS UP ITS EFFORTS IN THE FIGHT AGAINST COVID-19

THE COVID-19 PANDEMIC HAS SWEEPED ACROSS THE WORLD AT DEADLY SPEED. IN THE PHILIPPINES, ITS FOCUS HAS BEEN ON MOST OF METRO MANILA AND CEBU. THIS HAS PLACED MANY COMMUNITIES—FROM FRONTLINERS AND HEALTHCARE WORKERS, CORPORATE PROFESSIONALS, FAMILIES, AND THE MARGINALIZED SECTOR—AT RISK.

**A**s such, Filinvest City Foundation has banded together to lead the fight against COVID-19, ramping up relief efforts and medical initiatives to support its communities.

## PROVIDING RELIEF AND ASSISTANCE

Late last March, Filinvest City Foundation coordinated the generous donations from the Republic of Singapore, securing much-needed medical supplies to the Philippines. These included 40,000 testing kits and four ventilators from the Temasek Foundation based in the city-state. These crucial supplies were added to the four ventilators directly donated by the Filinvest City Foundation.

The essential equipment was turned over by Singapore's Ambassador to the Philippines, Gerard Ho Wei Hong, to Philippine Secretary of Foreign Affairs Teodoro Locsin Jr. at the Department of Foreign Affairs in Manila.

On top of this, the Gotianun family, who leads Filinvest Development Corporation (FDC), pledged P100 million to fund COVID-19 efforts. To date, an estimated P72.1 million has been dispersed as financial aid for the different *barangays*, hospitals, agencies, and government offices.



**From Top to Bottom:** (1) Filinvest Tent turned into a quarantine facility; (2) Chief of Presidential Protocol and Presidential Assistant on Foreign Affairs Robert E.A. Borje (left) and Singapore Ambassador Gerard Ho Wei Hong during the turnover of four ventilators from Filinvest City Foundation together with the donations of the Republic of Singapore.

The group also donated test kits and personal protective equipment (PPE) to the frontliners of Ospital ng Muntinlupa (OsMun) and Research Institute for Tropical Medicine (RITM). The Muntinlupa Government was likewise given 2,010 testing kits.

Inspiring hope among the frontliners, FDC's Josephine Gotianun-Yap shares, "We hope to reach our unsung heroes, the frontliners, and our medical health workers who are tireless in their admirable efforts."

As part of its citywide initiative, Filinvest City Foundation has also allocated funds for relief goods and distribution. To date, the Muntinlupa government has received P2.4 million in financial aid, which was used to donate 1,000 food packs to the residents of Brgy. Alabang and 2,200 sacks of rice for the Ospital ng Muntinlupa workforce and office of the Muntinlupa Councilor and Vice Mayor.

Meanwhile, over P170,000 was given to the Educational Research and Development Assistance (ERDA) Foundation Inc. or a total of 600 packs of relief goods were distributed to the affected families of COVID-19 within the city.

## UNIQUE COMMUNITY EFFORT

In one of its unique efforts to fight the pandemic, Filinvest City Foundation partnered with Department of Health (DOH), the Department of Science and Technology (DOST), Ateneo de Manila University's Jason Haw, and the country's leading data science company Thinking Machines to develop *DataCollect*, a secure online platform that collates and analyzes important information on COVID-19 cases, health facilities, laboratory testing, and socio-demographics, among others.

**"We hope to reach our unsung heroes, the frontliners, and our medical health workers who are tireless in their admirable efforts."**





(From Top to Bottom) Filinvest City Foundation donates (1) relief goods to Brgy. Alabang; (2) personal protective equipment to RITM; (3) relief goods to ERDA Foundation, Inc.; (4 and 5) personal protective equipment and sacks of rice to Ospital ng Muntinlupa.

# P100M FOR COVID-19 EFFORTS

*Figures below only show the amount dispersed to date and not the total amount pledged*

**42.3M** WORTH OF PPES AND TESTING KITS

**14.7M** FOR THE DEVELOPMENT OF FILINVEST TENT AS QUARANTINE FACILITY

**4.7M** FUNDING TO THINKING MACHINES TO DEVELOP COVID-19 TRACKER (PHASE 1)

**1,600** PACKS OF RELIEF GOODS

**2,200** SACKS OF RICE

**8** VENTILATORS

This granular information, presented in a convenient and accessible dashboard via [www.doh.gov.ph/covid19tracker](http://www.doh.gov.ph/covid19tracker), aims to help senior decision makers across government levels—primarily the Inter-Agency Task Force on Emerging Infectious Diseases (IATF-EID)—in developing plans and strategies related to the crisis, enabling users to view and filter through various datasets in one place while also allowing them to see the trends in new cases, as well as the overview of demand (case counts and testing data) and supply (PPEs, hospital staffing, room vacancies, and inventories).

All partner hospitals are mandated to implement the system of data collection, as stated in Republic Act 11332 or the Mandatory Reporting of Notifiable Diseases and Health Events of Public Health Concern Act.

Filinvest City Foundation also teamed up with the DOH in converting the Filinvest Tent into a quarantine facility in efforts to decongest nearby hospitals.

## SUPPORTING A NATION

But beyond the borders of the southern CBD, Filinvest City Foundation has generously supported other hospitals and agencies that are also in dire need of support.

The group has donated hazmat suits, face shields, ventilators, rapid tests kits, and related essentials to the Philippine General Hospital and Lung Center of the Philippines, to name a few.

It has sent financial aid to different LGUs including Taguig, Pateros, San Mateo Office of the Mayor, City of Cebu Office of the Mayor, Cebu City Perpetual Succor Hospital, Municipality of Kinoguitan, Municipality of Tagoloan, Northern Mindanao Medical Center, Province of Misamis Oriental, Province of Cebu through the Office of the Governor, Davao City's Social Welfare and Development Office, City of Lapu-Lapu's Disaster Risk Reduction Management Office, and several other corporations such as the FDC Utilities, Inc., ANESCO, and MORESCO II (electric utility company in Medina, Misamis Oriental).

"The Filinvest Group is one with the nation in praying for everyone's health and safety in these trying times. With unity, cooperation, and concern for one another, we believe that we can endure this pandemic as one community, as one family," ends Gotianun-Yap.





(From Left) EEI Corp. Project Manager Charlie Santaren, Filinvest City Foundation Inc. President and COO Catherine Ilagan, DOH Director Dr. Leonita Gorgolon, Department of Health Sec. Francisco Duque III, DPWH Undersecretary Emil Sadain, IATF Secretary Carlito Galvez Jr., DILG Sec. Nestor Quinsay Jr., Office of Civil Defense Undersecretary Ricardo Jalad, and Bureau of Fire Protection Chief General Jose Embang Jr.

# CENTERS FOR HOPE & HEALING

FILINVEST CITY STEPS UP, CONVERTING FACILITIES AND SPACES INTO MUCH-NEEDED RECOVERY CENTERS.

Across the country, cities, most especially those in Metro Manila, have had to quickly adapt and address the concerns brought about by the COVID-19 outbreak. While others grappled with the challenge, Filinvest City sprang into action, going further by converting some of its recreational facilities and other public buildings into recovery centers. This was all made possible through the help of the city's community partners—LGUs, schools, hospitals, and other generous tenants.

## FEU Alabang: SCHOOL FOR SUPPORT

Last April 7, the university opened its doors to the frontliners and staff of the Research Institute for Tropical Medicine (RITM), repurposing its new gymnasium into a home for RITM employees.

“FEU Alabang is doing everything it can to support RITM, our neighbor within the Alabang community. We have ensured that protocols are in place and have adhered to the guidelines set forth by the medical facility. We will continue to do our part as members of this community,” shares FEU Alabang Senior Executive Director Benson Tan.

The gym is able to accommodate 50 beds, with separate spaces and facilities for men and women, and a 12-seater lounge area while implementing strict protocols to ensure everyone's safety.



FEU Alabang gym turned into a temporary home of frontliners

## The Palms Country Club: OPENING DOORS

As hospitals, schools, and other hotels initiate their own programs to support frontliners, The Palms Country Club opened its doors to health workers.

Understanding that frontliners also have to deal with extended work hours in cramped spaces, The Palms Country Club offered to become a temporary hub for RITM staff during the enhanced community quarantine. This is a first for exclusive sports and lifestyle clubs in the country.

“The board of The Palms Country Club and its members have responded to the need of our selfless frontliners. This is to ensure that they had a place to stay that is accessible to RITM,” said Francis Gotianun, President of The Palms Country Club.



Message of gratitude from the frontliners to The Palms Country Club

## Filinvest Tent: SPACE FOR HEALING

In an effort to decongest hospitals within the city, The Filinvest Tent has also been turned over to the Muntinlupa LGU as a quarantine facility. The premier events place now houses 108 beds for COVID-19 patients. This initiative was spearheaded by the Filinvest City Foundation and Filinvest Supermalls Inc., in partnership with EEI Corp. The former sponsored the construction materials used for the redesign, while the latter provided manpower. Hospital beds, on the other hand, were donated by the Villar Group of Companies.

The benefactors of this conversion include the Inter-Agency Task Force on Emerging Infectious Diseases (IATF), Department of Public Works and Highways (DPWH), Department of Health (DOH), Department of National Defense (DND), Bureau of Fire Protection (BFP), and Bases Conversion and Development Authority (BCDA). Nexgen Asia, PLDT, SMART, Vista Land, and Meralco are also notable sponsors.

The official turnover ceremony was held last May 13, 2020.



Filinvest Tent turned into a quarantine facility



# COURAGE IN THE FACE OF CRISIS

A CITY IS NOT DEFINED BY ITS SKYSCRAPERS, OR THE NUMBER OF MALLS AND HOTELS IT HAS, OR THE NUMBER OF BUSINESSES AND RESIDENTIAL NEIGHBORHOODS THAT POPULATE IT. IT IS **DEFINED BY ITS PEOPLE** AND THE COMMUNITY THAT BRINGS HEART TO THE CBD.

**F**ilinvest City is one such proud community, not only because it is a world-class CBD, but it is home to brave and selfless people, some of whom in the time of crisis, have risked their very lives to ensure the safety of others.

As challenging as it has been the past few months—not only in the Philippines but all around the world—the people of Filinvest City have felt secure and protected. This is due to the quick action of its city leadership and the bravery of its frontliners—from doctors to nurses, security guards, pharmacists, and even housekeeping personnel. They showed up every day to work, to serve and to protect the people.

Here we share their inspiring stories.

## Bianca Magdaong A DUTY EMBRACED

At just 19 years old, Bianca proudly calls herself a frontliner, working not in the emergency rooms of the local hospital, but the cashier at South Supermarket. It is a job that many may have overlooked prior to the pandemic, but it is one deemed essential and highly appreciated at this time of crisis.

This is Bianca's first job, and she's been working in Alabang for three months. She had to walk for two to three hours to work when shuttles weren't available yet. Despite the risk on her health and her family's concern for her, she persisted. This isn't the first crisis she has come across in recent months, she shares.

Earlier this year, Taal Volcano spewed toxic volcanic ash that carried over to neighboring cities. Based in Batangas, she had to uproot and move to Metro South to find work. "*Lakasan lang ng loob, para makatulong sa pamilya* (I had no choice but to try my luck in order to help my family)," she explains in the vernacular. South Supermarket has been very helpful to its employees, according to Bianca. She also shares that you must always be extra careful when at work and going out.



## Cover Story



### Alyssa Lungca A PROUD SURVIVOR

"I defied the odds, I am a survivor," shares Alyssa, an ICU nurse from the Asian Hospital and Medical Center and a brave COVID-19 survivor. After having gone through what she had in the past few weeks, she has come out of this crisis undoubtedly stronger and wiser.

"I handled a COVID-19 positive patient. She was a nurse, too, who had worked abroad. She was in her 80s and we took care of her. Unfortunately, she didn't make it, but her kind words were comforting, and it has kept me going. [Her words] helped me endure the overtime, dealing with the volume of patients," she shares. These encounters posed high risk on the health of the staff, but it was part of the job, and the best that they could do was be extra careful in their day-to-day dealings.

On March 28, after a three-day duty, Alyssa went home feeling tired with mild backaches. A few more symptoms began to appear and she immediately consulted her team and supervisors. Then on April 1, she found out that she was positive. "I was crying in fear that I wouldn't be able to see my family again, fear that I might acquire pneumonia and be intubated."

"Beforehand, I told my mom that I didn't want to be intubated if my prognosis was already poor. [This is] something I had to tell her because, I've seen how this disease affects patients fast within 24-48 hours. I've seen patients who weren't able to see their family and who have died alone because of the disease." She didn't want to be one of those, and left her healing to God. "Lord, *ikaw na po bahala*," she would pray.

Through God's good grace and the exceptional hospital staff who took care of her, she fully recovered without developing any major complications. "My confinement made me realize how I was taking life for granted. It made me appreciate my life from a different perspective."

### Jessica Wandag SERVING A COMMUNITY IN NEED

On duty at the Research Institute for Tropical Medicine (RITM)—one of the key health facilities in the South servicing thousands of people in the community—Jessica is at the very frontline of the battle. She is a pharmacist, her husband a policeman.

*"Sa bawat araw na kinakailangan naming magserbisyo, hindi po namin maiwasan na magkaroon ng takot,"* she mentions. At home, they have a two-year-old and a five-month-old baby—both considered vulnerable to the highly infectious disease. *"Kahit may pangamba, sila rin po ang nagbibigay sa amin ng lakas na magpatuloy."*

Jessica and her husband are both grateful and comforted because they know that God is watching over them and the community is providing them the much-needed support. *"Maswerte pa rin kami, kasi ramdam namin ang malasakit na ibinibigay sa amin ng aming komunidad. Ito po ang nagpapataas ng aming morale upang ipagpatuloy ang aming responsibilidad at serbisyo sa bayan."*

*"Sa kabila ng kinakaharap nating krisis ngayon, nawa'y mas manaig sa atin ang pagiging mapagmalasakit at mabuting mamamayan,"* she ends.



### Camilo Jamero: TO PROTECT AND TO SERVE

Based in Bicutan, Camilo, dad of two and a security guard on duty at the Muntinlupa Fire Station, usually bikes to and from work every day. From enjoying the scenes of a usually bustling city, Camilo saw the CBD into a ghost town overnight. The streets became eerily quiet and still, with no other people except for him and other frontliners on duty.

Camilo shares that it would be unfair of him to say that he wasn't scared. *"Nakaramdam din ako ng takot, kasi hindi natin nakikita 'yun pandemic na ito. Baka mahawa tayo c anuman. Talagang pag-iingat at proteksyon na lang kasi nasa labas na kami."*

Despite the risks and the difficulty of fighting an invisible enemy, *"Nangangailangan tayo sa pang-araw-araw kaya kailangan magtrabaho,"* he explains. When it comes to the fear of possibly bringing the sickness home, he says that he maintains good hygiene and follows all the recommended protocols of regular handwashing, keeping social distance, and immediately changing clothes and taking a bath once he gets home. He also recommends leaving work items outside of the home to better protect the family.

Tough as the situation may be, he has been encouraged and inspired by the many kind words of the people. *"Nung una medyo masakli na hindi kami kinikilala bilang frontliner pero ngayon nakaka-proud na tawaging frontliner."*





### Milaine Payad HOLDING ON TO HOPE

Milaine has seen sickness and death every day of her career as the head nurse of the Intensive Care Unit of the Research Institute for Tropical Medicine. But the work environment has become more harrowing due to the rising number of COVID-19 cases. While some scenes have been heartbreaking, she continues to hold on to hope, inspired by the people and the patients who continue to fight for their lives.

“We had a very friendly and appreciative patient earlier in the outbreak. One night he told me, ‘Isa ka sa pinakamagaling kong nurse. Salamat sa pag-aalaga sa akin kahit nakakapagod. I salute all of you here, ang laki na ng sinasakripisyo niyo,’ I left his bedside and cried. The next day, he died and I cried some more.”

When a COVID-19 patient is admitted, the length of their stay in the hospital becomes indefinite, she says. Because of the highly contagious nature of the disease, no one is allowed to visit even for a minute. “The nurses and doctors become their only companion, and so we try our best to be a stand-in for their family. We love, care, and support them throughout the battle by giving them the best care possible, and by regularly sharing encouraging words and spiritual messages.”

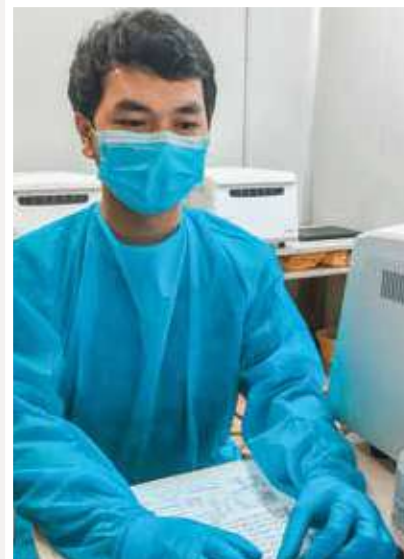
“Being a nurse at this time,” she admits, “is both the best and the worst experience. We celebrate the wins of patients recovering and try not to let the deaths break us *kahit gaano kasakit*. I am proud to be a frontliner and I’ll never stop fulfilling my oath.”

### Arlene Cortez A CLEAN SLATE

It is the silent workers like Arlene who are most affected by the crisis. Working at Botanika Nature Residences in the housekeeping department, she understands the gravity of the situation and importance of her role in this crisis.

Eight months into her first job, Arlene had never imagined that her 2020 would turn out this way. At the start of the ECQ, she would walk for an hour to get to the office. Eventually, as the lockdown became stricter, the company offered to have all essential workers, including Arlene, to stay at the property.

*“Malungkot dahil malayo sa pamilya pero kailangang magtrabaho. At kahit gusto kong umuwi, bawal at baka mahawaan ko magulang at kapatid ko.”* So she stayed and worked for two months straight. Though saddened by being separated from her family, she focused all her energies into more productive work—cleaning the admin, lobbies, and other shared public spaces. She was extra vigilant in sanitizing high-touch areas of the place such as hallways, elevators, and the like. *“Normal na nakakaramdam ng kaba at takot, pero iniisip ko na lang na dapat malinis para sa health at hygiene. Nakakatuwa rin kasi may nakaka-appreciate sa amin.”*



### Merc Emil Matienzo UNCRACKING THE CODE

COVID-19 has proven to be a dangerous and uniquely mystifying sickness, with many doctors and scientists scrambling to better understand the novel disease. Merc, a molecular biologist at the Research Institute for Tropical Medicine (RITM), is doing his part in saving lives, tracking the spread of the disease, and unlocking the key to COVID-19.

“I voluntarily signed up as a lab staff augmenter for COVID-19 testing. I was nervous my entire first shift, because I was facing an unfamiliar enemy, which was completely different from the bacteria that I routinely process in the tuberculosis lab. I was uneasy and excessively conscious of my PPE, whether I had donned it right.”

As a COVID-19 lab augmenter, Merc is at high risk of exposure as he deals with isolating the viral RNA to confirm the case of coronavirus. “This is what I had signed up for and I don’t regret it. I learned new protocols and practices inside the outbreak lab; all of which have become constant reminders that this is my chosen career path.”

“After this pandemic, I hope more people will support the funding of much-needed research. A scientific approach to public health concerns prevents another disease outbreak of this magnitude. I pray that we all realize how crucial it is to prioritize and strengthen public health programs—it’s about time we step up and see how strong our nation can grow.”

*Their stories are only some of the thousands shared by the heroes at the frontlines. Whether you are a doctor, essential worker, government leader, or citizen who has chosen to stay home to protect the community, know that all your efforts are lauded. By working together, protecting each other, and being united, we can heal as one.*

Medical Frontliners photos are provided by the Research Institute for Tropical Medicine and Asian Hospital and Medical Center. All frontliners featured in this article wear the proper personal protective equipment while at work. Physical distancing was observed in taking their photos.



**RICA ESTRADA**  
Museum Director and Curator

To our frontliners, thank you for inspiring goodness, and for reminding us every day that humanity can **shine even in the darkest of times.**



**TERESITA ALBINO**  
Senior Citizen

To all our frontliners in the medical and maintenance field, thank you for always being there to help us. Even though it's risky for you, **service is still your priority.**



**ANSELM GARVIDA**  
Med Student

For all men and women in the frontlines against COVID-19, thank you for protecting the rest of the world from it. We know you are already tired from fighting the war and sacrificing your time with your loved ones. We may not be able to repay you for everything you did, but, rest assured, **you will never be forgotten.**



**FRANCIS VILLANUEVA**  
CEO

**Thank you for your bravery and sacrifice.** I hope you know that there are people who know and appreciate what you do every single day. But no matter what your responsibility may be, never forget to take care of yourselves first. God Bless!

## OUR MODERN DAY HEROES



*Photo from Ospital ng Muntinlupa*

IN SUPPORT OF ALL THE FRONTLINERS ALL OVER THE WORLD, THE COMMUNITY WOULD LIKE TO EXPRESS ITS HEARTFELT GRATITUDE TO ALL THEY HAVE DONE AND CONTINUE TO DO.

**PENNY PUNO**  
Incoming Kinder

I put a red cross inside a heart to send my love to all the frontliners. Thank you for taking care of the sick. Please **always be careful.**



**ELLA ABELIDO**  
Writer

You deserve nothing but gratitude, and appreciation. Your dedication sacrifices and valiant efforts in this battle against COVID-19 are very much appreciated. I admire you for making this a better world for all of us. You are in my prayers and **we will get through this together.**



**JERILYN INGCO**  
Sales Executive

**Salute to all the frontliners** who have to work and risk their health during this pandemic. These words are not nearly enough to appreciate what you do for the country. We are truly grateful for your selfless service to the country and countrymen, and for working tirelessly to help keep our communities safe. Only with your dedication and skill can we get through these trying times. You are always in our prayers. May the Lord bless, protect, and keep you and your families safe always!



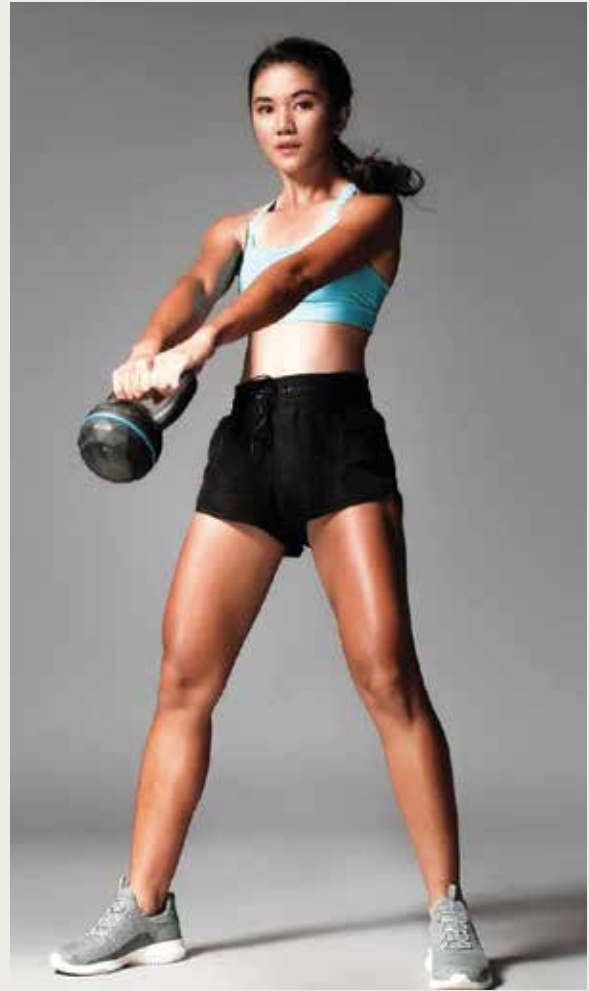
**MAC BAUTISTA**  
Brand Officer

Thank you for teaching us how to be brave when no one else could, and for saving lives even if it meant putting your own safety at risk. You share your strength and love for others in ways that touch hearts and make our world a better place.

As we continue to navigate through these uncertain times, one thing's for sure—the human spirit is unstoppable. Through all your hard work and selfless sacrifices to serve our country, we're confident that we will emerge stronger and more connected than ever.

From the bottom of our hearts, **we salute you.**





# TRAINING ON LOCKDOWN

CHAMPION ELITE MOUNTAIN BIKE RACER **ARIANA DORMITORIO** SHARES HER QUARANTINE EXPERIENCE.

**A**s a cyclist, Ariana Dormitorio's life lies in the outdoors; but she had to park her wheels when the COVID-19 pandemic came and forced everyone, including her, to stay at home. In this exclusive interview, the "Queen of Trails" shares how she managed to stay fit and sane during the two-month community quarantine.

**What was your initial reaction when Metro Manila was put under ECQ? How did you cope with being quarantined, considering that you are an adventurer?**

As a person who goes out to train every day, it was quite tough for us to train during ECQ. For two months, we just stayed at home. Luckily, we have equipment that we can still use to train indoors but of course, the fun and excitement is not the same. At times like these, mental and emotional toughness is put to use and I'm glad that I was raised having those two. I grew up always looking at the positive side of things and as an influencer, I try to help people to cope in situations like these as well.

**What did you miss the most about going out?**

I miss the people I train with every day—my Coach D MTB Family. They're the ones who make my training fun and I look forward to seeing them again soon. Of course, I miss the mountains. Riding in trails has always been a safe space for me, and I'm sure I'll be super happy once we get to ride again.

**How does it feel to be exercising at home, and not outside or at the gym?**

There's nothing new with my training schedule during the quarantine. I wake up early, do gym workouts, have lunch, then do

my biking in the afternoon. At night, I just either watch something on Netflix or play Mobile Legends.

Of course, doing home workouts is not as fun as working out in the gym or biking outside, but we make do of what we have and I'm still blessed that I get to continue my training.

**What has this pandemic taught you so far?**

Ever since the ECQ started, I have been posting on social media, telling people to look at the positive side of things. Many have been negative and sharing false news and it wasn't helping everyone already dealing with stress.

We can all conquer this pandemic if we collectively think about the good this brings us: more time with the family, more rest, healing for the earth, etc. Lots of good things still and people should lean towards that.

**Any last words to our readers?**

I hope you're all doing well! Continue to feel happiness and think positively as these things will help you cope with the situation we have right now. If you guys can do that every day until it becomes a habit, that would be great. Like other things, this can be trained as well and you'll be surprised on how your day-to-day life will turn out. Stay safe and thank you for the support.



# FESTIVAL MALL BEATS AGAIN FOR THE CITY

*After two months of strict community quarantine, Festival Mall welcomes you back with much vigor and enthusiasm.*

While they didn't completely shut their doors for the whole duration of the lockdown—the supermarket remained open for the community's essential needs—they used the time given to them to review and enact certain health and safety protocols to prevent the spread of COVID-19. These protocols—temperature scanning, footbath upon entry, 1-meter physical distancing, and wearing of face masks—will still be in place now that they're officially back in business under a more relaxed community quarantine. Signs and decals have been scattered around the mall to serve as daily reminder for the people to follow.

As the heart of the city, Festival Mall beats stronger than ever. Despite shortened operating hours, the retail store has managed to adapt to the situation by bringing its services closer to the people through various delivery platforms.



HERE'S THE LIST OF  
ESSENTIAL STORES  
YOU CAN VISIT IN  
FESTIVAL MALL:

## **SUPERMARKETS**

Landmark Supermarket  
Savemore  
Shopwise

## **BANK**

Eastwest (LGF, UGF,  
and Civic Drive)

## **SERVICES**

Air 21  
Bayad Center  
Cebuana Lhuillier  
DHL Express  
Palawan Express

## **DEPARTMENT STORES**

Landmark Dept. Store  
Robinsons Dept. Store

## **BOOKSTORE AND OFFICE SUPPLIES**

Office Warehouse  
National Bookstore

## **HARDWARE STORES**

Ace Hardware  
Handyman

FOR MORE UPDATES,  
CHECK OUT  
**FESTIVAL MALL'S OFFICIAL  
VIBER COMMUNITY BY  
SCANNING THIS QR CODE:**





# THE NEW NORMAL:

## WHAT TO LOOK FORWARD TO AFTER THE QUARANTINE

Brighter days are, indeed, ahead. But while the lockdowns across certain cities have been lifted, we must stay vigilant and move forward with caution.

Here are some reminders as we ease into the 'new normal':

### CONTINUE TO PRACTICE SOCIAL DISTANCING WHEN OUTSIDE AND IN PUBLIC AREAS.

You can safely take advantage of Filinvest City's wide grounds and parks for exercise and leisure. However, remember to be safe and keep your distance from others. Stand at least one meter apart.



### REGULARLY WASH YOUR HANDS.

Washing your hands often and for 20 seconds ensures that any viruses are effectively killed. If soap and water are not available, sanitize your hands with alcohol.

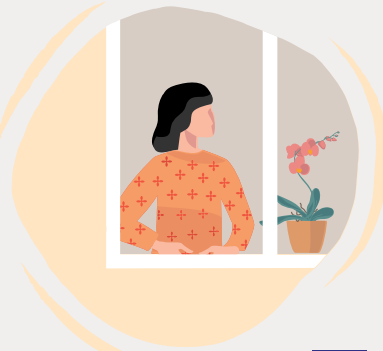
When at Festival Mall, Commercenter, or any of the other lifestyle and business centers, sanitize your hands with the alcohol provided by the admin.



### AVOID GOING OUT, STAY AT HOME.

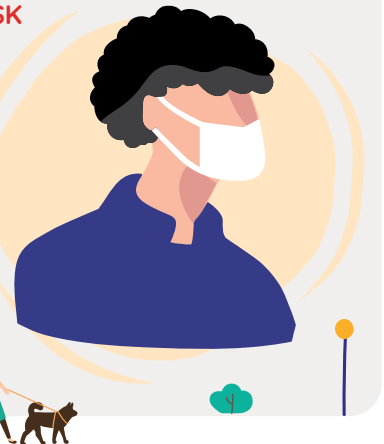
While the restrictions on transportation and movement around the city have been eased, it is highly encouraged that you and your families stay home. Children, adults with medical pre-conditions, and seniors are advised not to go out.

For your convenience, Filinvest City tenants and restaurants offer takeaway and delivery options.



### WEAR A FACE MASK WHEN OUTSIDE.

Covering your nose and mouth not only protects you, it also protects others by minimizing the risk of transmission.



### AVOID CROWDS AND LARGE GATHERINGS.

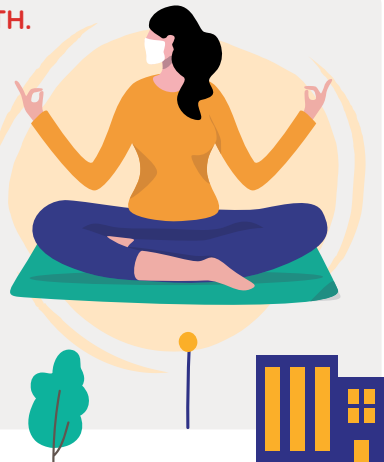
Continue to practice caution even when holding family gatherings at home.



### TAKE CARE OF YOUR MENTAL HEALTH.

People are coping in different ways to the stresses brought about by the crisis. As we ready ourselves for future hurdles, do not forget to nurture your mental health as well.

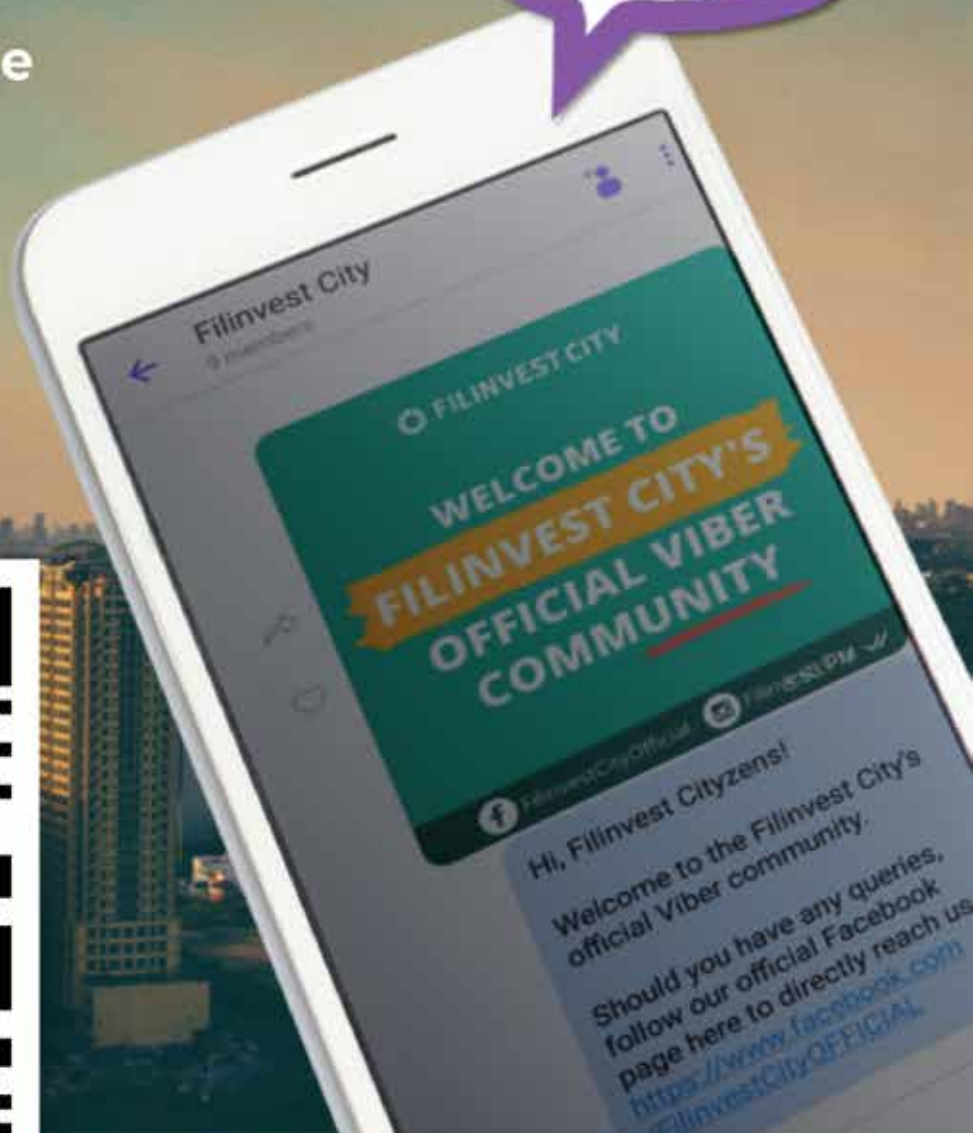
Take advantage of the beautiful scenery unique to Metro South and sit in your front patio or backyard to reconnect with nature and meditate.





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Stay updated with the  
latest news in the  
Metro South.



Scan the QR code to join now!