

# PUSO MINI



QUARTERLY NEWSLETTER

APRIL TO JUNE  
2025



Excited IDIC members celebrate the newly donated pingpong tables, promoting fun and active living!

## NEW PINGPONG TABLES BRING FRESH ENERGY TO IDIC SENIORS

Seattle, WA – Seniors at the IDIC Filipino Senior and Family Services Center now have an exciting new way to stay active, thanks to the donation of two portable pingpong tables.

The generous gifts, received in January and February respectively, aim to encourage physical movement and social engagement among IDIC members.

One of the tables was personally donated by Eden Qi of Sound Generations, while the other came from the Asian Counseling and Referral Service (ACRS). During a recent site visit, ACRS representatives inquired about IDIC's needs and saw an opportunity to support the center by providing another pingpong table.

Cont. to page 2.

## WELCOME MESSAGE



**APOLLO RIMANDO**  
Editor-in-Chief  
PUSO Magazine  
IDIC Filipino Senior and Family Services

Stay informed and inspired with this edition, filled with the latest updates, valuable insights, and heartwarming stories as we welcome the season of Spring.

We encourage you to support our sponsors—consider placing ads in our magazines and newsletters to reach a wider audience while supporting our mission.

Happy reading and thank you for being part of our community!



**P.2**



### Summer Luau

**DANCE YOUR HEARTS OUT 2025**  
DANCE PARTY & FUNDRAISER

SATURDAY, JUNE 5TH AT 4:00PM  
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TO BENEFIT IDIC'S SOCIAL SERVICES AND HEALTH & WELLNESS PROGRAMS  
LIMITED TICKETS FIRST-COME-FIRST-SERVE BASIS



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## COMMUNITY HIGHLIGHTS

From page 1.

### New Pingpong Tables Bring Fresh Energy to IDIC Seniors

The initiative was further championed by Hazel Boado and her colleagues, Bonita Cheng and Binh Tran, after a heartfelt request from Rose Diloy from IDIC. Recognizing the importance of keeping seniors active, the team worked together to introduce this new form of exercise to the center.

With these additions, IDIC seniors now have another fun and engaging way to stay fit while fostering community connections. The tables are already proving to be a hit, with members eagerly picking up paddles and rallying for both exercise and enjoyment.

This latest effort aligns with IDIC's ongoing mission to promote senior wellness through innovative and interactive activities. As the pingpong paddles continue to swing, the center remains committed to providing meaningful programs that enhance the lives of its members.

Visit [www.idicseniorcenter.org](http://www.idicseniorcenter.org) or [FB.com/IDICSeniorCenter](https://www.facebook.com/IDICSeniorCenter)

### IDIC's Annual Summer Luau Returns This June – Get Your Tickets Now!

Get ready for a night of island vibes, lively entertainment, and community spirit! IDIC Filipino Senior & Family Services is set to host its Annual Summer Luau on June 7th at the senior center—an exciting afternoon filled with music, dance, and delicious food.

This festive fundraiser will directly support IDIC's health and wellness programs, helping to improve the well-being of seniors and families in our community. Tickets are limited, so don't wait—secure yours today!

For ticket information, contact IDIC or visit our official website. Come celebrate, support a great cause, and experience the aloha spirit with us!



IDIC members enjoy the vibrant festivities at Summer Luau 2024.

## CALENDAR OF ACTIVITIES April

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1 <i>April Fools' Day</i> Enhance@Fitness with APO	2 <i>Enhance@Fitness</i> Line Dancing Senior Meal Food Bank	3 <i>IDIC Museum Thursdays</i> Field Trip (Upon availability)	4 <i>Enhance@Fitness</i> Line Dancing Senior Meal Food Bank	5
7	8 <i>Enhance@Fitness</i> with APO	9 <i>Enhance@Fitness</i> Line Dancing Senior Meal Food Bank ACAP Program	10	11 <i>Enhance@Fitness</i> Line Dancing Senior Meal Food Bank	12 <i>Passover</i>
14	15 <i>Tax Day</i> Enhance@Fitness with APO	16 <i>Enhance@Fitness</i> Line Dancing Senior Meal Food Bank	17	18 <i>Enhance@Fitness</i> Line Dancing Senior Meal Food Bank	19 <i>IDIC Senior Field Trip: Tulip Festival</i> (Tentative Date)
21 <i>Earth Day</i>	22 <i>Enhance@Fitness</i> with APO	23 <i>Enhance@Fitness</i> Line Dancing Senior Meal Food Bank	24 <i>Senior Companion Program Monthly Meeting</i>	25 <i>Enhance@Fitness</i> Line Dancing Senior Meal Food Bank ACAP Program	26
28	29 <i>Enhance@Fitness</i> with APO	30 <i>Enhance@Fitness</i> Line Dancing Senior Meal Food Bank	1	2	3

\*The dates and times of activities are subject to change.

## CALENDAR OF ACTIVITIES **May**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	1 <i>Asian Pacific American Heritage Month</i>  IDIC Museum Thursdays Field Trip	2 <i>Enhance®Fitness</i> Line Dancing Senior Meal Food Bank	3
5 <i>Cinco de Mayo</i>	6 <i>Enhance®Fitness</i> with APO	7 <i>Enhance®Fitness</i> Line Dancing Senior Meal Food Bank	8	9 <i>Enhance®Fitness</i> Line Dancing Senior Meal Food Bank <b>IDIC Mother's Day Celebration</b>	10
12	13 <i>Enhance®Fitness</i> with APO	14 <i>Enhance®Fitness</i> Line Dancing Senior Meal Food Bank <b>ACAP Program</b>	15	16 <i>Enhance®Fitness</i> Line Dancing Senior Meal Food Bank	17
19	20 <i>Enhance®Fitness</i> with APO	21 <i>Enhance®Fitness</i> Line Dancing Senior Meal Food Bank <i>Final Day for Submission of ads for PUSO Magazine</i>	22 <i>Senior Companion Program Monthly Meeting</i>	23 <i>Enhance®Fitness</i> Line Dancing Senior Meal Food Bank <b>ACAP Program</b>	24
26 <i>Memorial Day (IDIC Closed)</i>	27 <i>Enhance®Fitness</i> with APO	28 <i>Enhance®Fitness</i> Line Dancing Senior Meal Food Bank	29	30 <i>Enhance®Fitness</i> Line Dancing Senior Meal Food Bank	31

\*The dates and times of activities are subject to change.

## CALENDAR OF ACTIVITIES **June**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3 <i>Enhance®Fitness</i> with APO	4 <i>Enhance®Fitness</i> Line Dancing Senior Meal Food Bank	5 IDIC Museum Thursdays Field Trip	6 <i>Enhance®Fitness</i> Line Dancing Senior Meal Food Bank	7 <i>Eid al-Adha</i>  <b>IDIC Summer Luau</b>
9	10 <i>Enhance®Fitness</i> with APO	11 <i>Enhance®Fitness</i> Line Dancing Senior Meal Food Bank <b>ACAP Program</b>	12	13 <i>Enhance®Fitness</i> Line Dancing Senior Meal <b>IDIC Father's Day Celebration</b> Food Bank <b>IDIC Quarterly Birthday Celebration</b>	14
16	17 <i>Enhance®Fitness</i> with APO	18 <i>Enhance®Fitness</i> Line Dancing Senior Meal Food Bank	19 <b>Juneteenth (IDIC Closed)</b>	20 <i>Enhance®Fitness</i> Line Dancing Senior Meal Food Bank	21
23	24 <i>Enhance®Fitness</i> with APO	25 <i>Enhance®Fitness</i> Line Dancing Senior Meal Food Bank	26 <i>Senior Companion Program Monthly Meeting</i>	27 <i>Enhance®Fitness</i> Line Dancing Senior Meal Food Bank <b>ACAP Program</b>	28
30	1	2	3	4	5

\*The dates and times of activities are subject to change.





## HEALTH AND WELLNESS



### HEALTH TIPS

**1. Maintain a Healthy Weight:** While staying active and eating healthy are key, monitoring weight is also important. Being overweight or underweight can lead to various health problems. Regularly checking weight and discussing any significant changes with a healthcare provider can help maintain a healthy balance.

**2. Balance Training:** Falls are a major risk for seniors. Incorporating balance exercises such as tai chi, yoga, or simple balance drills can help improve stability and prevent falls.

**3. Limit Alcohol Intake:** Excessive alcohol consumption can lead to various health issues, including liver disease, high blood pressure, and increased risk of falls. Seniors should limit their alcohol intake according to guidelines or as recommended by their doctor.

### WELLNESS ACTIVITY HIGHLIGHT: LINE DANCING

IDIC hosts line dancing activities for members every service day, welcoming participants of all ages.

With simple, easy-to-follow steps, line dancing provides a fun and engaging way for seniors to stay active and connected. Join us and enjoy the rhythm, movement, and community spirit!

Membership not required. You can be zero to hero in no time!

### SCHEDULE

- Wednesday and Friday before and after lunch program
- Typically 10:30 AM-11:30 AM and after lunch.

Call 206.587.3735 for more details.



IDIC members dancing to music from line dancing to ballroom.



## CULTURAL SPOTLIGHT



### CULTURAL IMPACT: PAMAHIIN

“Pamahiin” refers to the various superstitions deeply rooted in Filipino culture, shaping the daily lives of many individuals even in modern times. These beliefs span a wide array of topics, from health and safety to luck and fortune, reflecting the rich traditions and practices of Filipino heritage. For instance, sweeping the floor at night is said to drive away good fortune, while cutting nails in the evening is thought to bring bad luck. Such customs are often followed to avoid tempting fate or out of reverence for cultural traditions handed down through generations.

While these superstitions may lack scientific grounding, they hold a significant place in Filipino society, often serving as a reminder of the wisdom and experiences of ancestors. They are sometimes observed as a precautionary measure, with people choosing to follow them “just in case” to avoid unfavorable outcomes. More than mere rituals, pamahiin fosters a sense of connection to one’s roots and cultural identity, offering insights into the values and beliefs that have shaped Filipino communities through the ages.

## LANGUAGE CORNER

Hey, did you know that besides Tagalog, which many folks call Filipino, the Philippines is buzzing with over 111 different dialects?

Pretty cool, right?

How about a quick taste of one in English, Filipino, and a couple of local dialects? Let's dive in!

Practice with one of our lolo’s or lola’s!

FILIPINO	ENGLISH	ILOCANO (ILOCOS)	KAPAMPANGAN (PAMPANGA)
“Pumalakpak”	“Clap”	“Agpalakpak”	“Palakpak”
“Ang nakaraan”	“The past”	“Ti naglabas”	“ing milabas”
“Magbigay”	“To give”	“Mangted”	“Miyalu”
“Tumanggap”	“To receive”	“Agawat”	“Mananggap”



## COMMUNITY VOICES



Ester during IDIC's 53rd Anniversary Celebration

### MEMBER STORIES: ESTER SINDAYEN, 66 Y/O

QUESTION: CULTURAL HERITAGE: "WHAT IS YOUR FAVORITE FILIPINO TRADITION, AND HOW DO YOU KEEP IT ALIVE IN YOUR COMMUNITY?"

***"Hospitality and generosity. All Filipinos continue to practice that makes us Filipinos unique."***

QUESTION: "COMMUNITY ENGAGEMENT: "WHAT MOTIVATED YOU TO GET INVOLVED WITH IDIC FILIPINO SENIOR AND FAMILY SERVICES, AND WHAT HAS BEEN THE MOST REWARDING PART OF YOUR INVOLVEMENT?"

***"Friends, Zumba and line dancing. Field trips too!"***

PERSONAL ACHIEVEMENTS: "CAN YOU SHARE A PERSONAL ACHIEVEMENT OR PROJECT THAT YOU'RE PARTICULARLY PROUD OF, WHETHER IT'S RELATED TO YOUR CAREER, HOBBIES, OR VOLUNTEER WORK?"

***"During the pandemic, I provided food packs to indigent families in my hometown for New Year's and donated school supplies to deserving grade school students in need."***



Rose Sombong with friend and fellow IDIC member Ester.



Efren taking time for a photo after helping a fellow member.

### MEMBER STORIES: EFREN FERNANDEZ, 73 Y/O

WISDOM SHARING: "WHAT PIECE OF ADVICE WOULD YOU GIVE TO THE YOUNGER GENERATION THAT YOU'VE LEARNED FROM YOUR OWN LIFE EXPERIENCES?"

***"Pursue a career, listen to your parents, study hard, listen to your teachers and be good to others."***

ARTS AND ENTERTAINMENT: "IS THERE A PARTICULAR FILIPINO SONG, DANCE, OR PIECE OF ARTWORK THAT HOLDS SIGNIFICANT MEANING FOR YOU? CAN YOU EXPLAIN WHY?"

***"Songs of Elvis, Tom Jones and Engelbert."***

INTERGENERATIONAL CONNECTIONS: "HOW DO YOU SHARE AND CELEBRATE YOUR FILIPINO HERITAGE WITH YOUR CHILDREN OR GRANDCHILDREN?"

***"Bring them to 'Fiesta sa Nasyon', 'Pagdiriwang' and party with your friends and family."***

COMMUNITY ENGAGEMENT: "WHAT MOTIVATED YOU TO GET INVOLVED WITH IDIC FILIPINO SENIOR AND FAMILY SERVICES, AND WHAT HAS BEEN THE MOST REWARDING PART OF YOUR INVOLVEMENT?"

***"IDIC makes everybody happy. Come meet the young once and their beautiful family."***



Efren with members during IDIC's 53rd Anniversary Gala.



## COMMUNITY VOICES



Rhodora happily attended IDIC's Summer Luau 2024.

**FESTIVITIES AND CELEBRATIONS:** "WHAT IS YOUR FAVORITE FILIPINO FESTIVAL OR CELEBRATION, AND HOW DO YOU CELEBRATE IT HERE?"

***"Birthday and Christmas are my favorite celebrations. We usually throw a simple party or dinner with family and friends"***

**CULINARY TRADITIONS:** "DO YOU HAVE A SPECIAL FILIPINO RECIPE THAT HAS BEEN PASSED DOWN IN YOUR FAMILY? WOULD YOU BE WILLING TO SHARE IT AND THE STORY BEHIND IT?"

***"My favorite are pinakbet and lumpia."***

### MEMBER STORIES: RHODORA CALIMLIM, 57 Y/O

**PERSONAL JOURNEY:** "CAN YOU SHARE A MEMORABLE STORY FROM YOUR LIFE IN THE PHILIPPINES THAT YOU OFTEN TELL YOUR FRIENDS AND FAMILY?"

***"Before my family and I moved to the US, we went on a road trip from Asingan to Ilocos, to Cagayan, to Isabela. During this road trip, we went to the Banaue Rice Terraces and other tourist spots."***



Rhodora with the IDIC Dance Group members at the IDIC '24 Luau

## VOLUNTEER SPOTLIGHT

The IDIC Dance Group, part of IDIC Filipino Senior and Family Services' physical health initiative, has evolved from performing traditional Filipino folk dances to showcasing Latin ballroom, square dancing, and more, attracting a younger audience. IDIC is dedicated to promoting mental and physical well-being for seniors and their families. From ballroom dancing to line dancing and swing dancing, IDIC's fun activities have it all. Join them every Wednesday and Friday and experience the joy and benefits of dance!



IDIC Dance Group members posing for their group photo during a cruise trip in 2024.



## RESOURCES AND ADVICE



### SENIOR SERVICES HIGHLIGHT: **ACAP**

Assisting Care to Aging Population (ACAP) is a holistic IDIC initiative designed to improve the well-being of individuals aged 55 and older by providing essential support to help seniors maintain independence and enhance their quality of life. Administered by volunteer certified healthcare providers, ACAP transforms IDIC into a one-stop wellness hub, offering services such as fall prevention, medication management, chronic disease education, and health literacy programs. By empowering seniors to understand their medical conditions and collaborate with primary care providers, ACAP reduces health risks, fosters independence, and alleviates the financial burden of institutional care.

**Disclaimer:**

Services provided during this mission are for general wellness only and do not replace professional medical care. No doctor-patient relationship is established. Please consult your healthcare provider for personalized advice.



### ACTIVITIES: **SENIOR FIELD TRIPS**

IDIC's Senior Field Trip Activities provide seniors with opportunities to explore local attractions, cultural landmarks, and natural sites, promoting social interaction, physical activity, and mental stimulation.

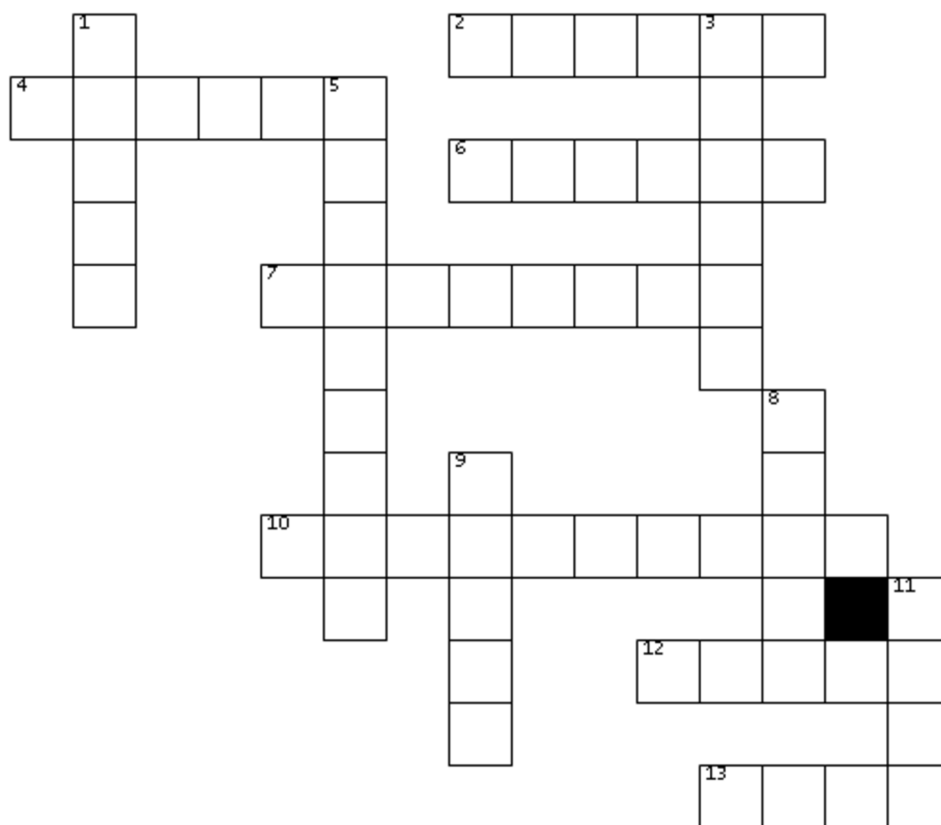
These outings are more than just recreational—they contribute to improved mental health by reducing feelings of isolation, fostering friendships, and offering new experiences that keep the mind active.

Physical activity during trips, such as walking and sightseeing, helps maintain mobility and overall health. By connecting seniors to their community and offering enriching experiences, this program enhances their quality of life, making it a valuable initiative for holistic senior well-being.

**Disclaimer:** First-come-first-served basis. Slots limited. Small donation might be required to cover transportation expenses. Participants are required to sign waiver.



## CROSSWORD PUZZLE: MIXED



### ANSWERS IN REVERSE:



### ACROSS

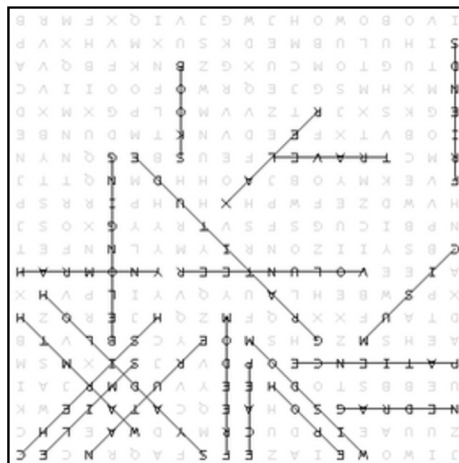
2. Colorful community celebration.
4. Horse-drawn carriage used in the past.
6. Traditional Filipino serenade.
7. Classic Filipino bread roll.
10. Gifts or souvenirs from travel.
12. Popular Filipino dish made with soy sauce and vinegar.
13. Warm soybean curd dessert.

### DOWN

1. National tree of the Philippines.
3. Filipino chicken soup with green papaya.
5. Festival honoring the Santo Niño.
8. Shortened term for a holy figure in Filipino religion
9. Filipino broom made from coconut leaves.
11. Traditional Filipino toy.

## WORD SEARCH

J	I	W	O	W	E	I	A	Z	E	F	S	F	A	Q	R	N	C	E	C
Z	U	U	A	E	I	P	D	U	C	R	M	Y	D	W	A	E	L	H	C
N	E	D	R	A	G	S	O	H	A	E	Q	C	A	T	A	I	E	W	K
U	E	B	B	S	T	O	D	H	E	E	Y	V	U	D	M	R	J	A	I
P	A	T	I	E	N	C	E	O	P	D	V	R	J	S	I	X	M	S	M
A	E	H	S	M	Z	G	H	S	M	O	E	Y	C	S	B	L	V	T	B
D	T	A	U	F	X	X	R	Q	F	M	Z	Q	H	J	E	R	O	Z	H
X	P	S	W	B	E	H	L	A	U	Y	Q	V	Y	I	L	P	V	H	X
A	I	E	E	V	O	L	U	N	T	E	E	R	Y	N	O	M	R	A	H
C	B	S	Y	I	I	Z	O	N	R	I	Y	M	Y	L	N	N	F	E	T
N	P	B	I	C	U	G	S	F	S	V	T	R	Y	Y	G	X	O	S	J
H	V	W	D	Z	E	F	W	P	H	X	H	U	H	P	I	R	R	S	P
F	V	E	K	M	Y	O	B	J	A	O	H	H	D	M	N	Q	T	T	J
R	M	C	T	R	A	V	E	L	F	E	U	S	B	E	G	Q	N	Y	N
I	O	B	V	T	X	F	E	E	D	V	N	K	T	M	D	U	N	B	E
E	G	K	S	X	J	R	T	Z	V	V	M	O	L	P	G	X	M	X	D
N	M	X	H	M	S	G	J	E	Q	R	W	O	F	O	O	I	I	V	C
D	T	U	G	T	O	M	C	U	X	G	Z	B	N	K	F	B	Q	V	A
S	I	H	U	L	U	B	M	E	D	K	S	U	X	M	V	H	X	V	P
I	V	O	B	O	W	O	H	J	W	G	J	V	I	Q	X	F	M	R	B

**PATIENCE****WISDOM****FREEDOM****NATURE****GARDEN****HOLIDAYS****PEACE****RELAX****TRAVEL****WARMTH****FRIENDS****MUSIC****HARMONY****HOPE****BOOKS****SMILE****VOLUNTEER****GRATITUDE****BELONGING****CHERISH****ANSWERS IN REVERSE:**



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**TO GOD BE THE GLORY.**

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Monday to Friday  
9:00 AM to 5:00 PM

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