

PUSO MINI



QUARTERLY NEWSLETTER

JANUARY TO
MARCH
2025



Stack of IDIC 2025 Calendars featuring IDIC's three (3) senior shuttles.

IDIC LAUNCHES 2025 CALENDAR TO CELEBRATE COMMUNITY AND FUNDRAISE FOR VITAL SERVICES

SEATTLE, WA – IDIC Filipino Senior & Family Services is excited to unveil its newest offering: the 2025 IDIC Calendar. This limited-edition product is both a celebration of community and a key component of IDIC's ongoing fundraising efforts to support its essential programs and services.

The calendar features stunning photos of IDIC members actively participating in programs such as Zumba classes, food programs, and cultural celebrations, capturing the spirit and joy of the IDIC

Cont. to page 2.

WELCOME MESSAGE

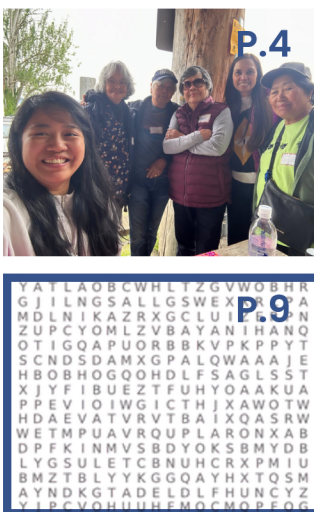


LEN TAYAO
Photographer
PUSO Magazine
IDIC Filipino Senior and Family Services

Explore the latest updates, insights, and inspiring stories as we step into a year full of possibilities. This newsletter connects you with content that embodies our mission and values.

Knowledge empowers—we're here to equip you with the tools to thrive. Plus, enjoy more games in this edition!

Don't forget to renew your membership!



WHAT'S INSIDE

- News You Can Use
- Calendar of Activities Q1
- Health and Wellness
- Cultural Spotlight
- Community Voices
- Resources and Advice
- Crossword Puzzle
- Advertisements

COMMUNITY HIGHLIGHTS

From page 1.

IDIC LAUNCHES 2025 CALENDAR ...

community. It also highlights the sponsors who have generously supported IDIC throughout 2024, serving as a testament to the partnerships that have strengthened the organization's mission.

A Gift with Purpose

More than just a tool to mark the days, the calendar offers members exclusive early access to IDIC's 2025 events and programs. It's the perfect gift for loved ones or a meaningful addition to your home or workspace.

"By purchasing this calendar, you're not just getting a beautiful keepsake—you're directly supporting the programs and services that make a difference in our community," said Lanvin Andres, Executive Director of IDIC.

Limited Availability

Only 40 calendars are available, making this a truly exclusive item. Proceeds will go toward IDIC's fundraising initiatives, including food programs that provide critical support to seniors and families in need.

Get Your Calendar Today

Don't miss out—visit IDIC to purchase your copy of the IDIC 2025 Calendar and join in celebrating the accomplishments of 2024 while looking forward to the year ahead.

For more information, contact IDIC at PUSO@idicseniorcenter.org



RENEW YOUR IDIC MEMBERSHIP TODAY!

Stay connected and enjoy the exclusive benefits of being an IDIC member for just \$12/year! Membership is optional but comes with great perks, including:

- ✓ Early access to events and programs
- ✓ A detailed program schedule
- ✓ Features on different programs and services
- ✓ Exclusive photos of our members in action

Don't miss out on the opportunity to stay informed and engaged with our vibrant community. Renew now and continue supporting the programs that matter to you!

CALENDAR OF ACTIVITIES January

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 New Year's Day (IDIC Closed)	31 New Year's Eve (IDIC Closed)	1 New Year's Day (IDIC Closed) IDIC Membership Renewal Month	2 Limited Services	3 Limited Services	4
6 IDIC Regular Services Resumes	7 Enhance@Fitness with APO	8 IDIC Membership Renewal Reminder Enhance@Fitness Line Dancing Senior Meal Food Bank ACAP Program	9	10 IDIC Membership Renewal Reminder Enhance@Fitness Line Dancing Senior Meal Food Bank	11
13	14 Enhance@Fitness with APO	15 IDIC Membership Renewal Reminder Enhance@Fitness Line Dancing Senior Meal Food Bank	16	17 IDIC Membership Renewal Reminder Enhance@Fitness Line Dancing Senior Meal Food Bank	18
20 Martin Luther King Jr. Day (IDIC Closed) Inauguration Day	21 Enhance@Fitness with APO	22 IDIC Membership Renewal Reminder Enhance@Fitness Line Dancing Senior Meal Food Bank	23 Senior Companion Program Monthly Meeting	24 IDIC Membership Renewal Reminder Enhance@Fitness Line Dancing Senior Meal Food Bank ACAP Program	25
27	28 Enhance@Fitness with APO	29 IDIC Membership Renewal Reminder Enhance@Fitness Line Dancing Senior Meal Food Bank Lunar New Year	30	31 IDIC Membership Renewal Reminder Enhance@Fitness Line Dancing Senior Meal Food Bank	1

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

CALENDAR OF ACTIVITIES February

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31	1 <i>Black History Month</i>
3	4 <i>Enhance@Fitness</i> with APO	5 <i>Enhance@Fitness</i> Line Dancing Senior Meal Food Bank	6	7 <i>Enhance@Fitness</i> Line Dancing Senior Meal Food Bank	8
10	11 <i>Enhance@Fitness</i> with APO	12 <i>Enhance@Fitness</i> Line Dancing Senior Meal Food Bank ACAP Program	13	14 <i>Enhance@Fitness</i> Line Dancing Senior Meal Food Bank IDIC Valentine's Day Celebration	15
17 <i>President's Day</i>	18 <i>Enhance@Fitness</i> with APO	19 <i>Enhance@Fitness</i> Line Dancing Senior Meal Food Bank	20	21 <i>Enhance@Fitness</i> Line Dancing Senior Meal Food Bank	22
24	25 <i>Enhance@Fitness</i> with APO	26 <i>Enhance@Fitness</i> Line Dancing Senior Meal Food Bank	27 <i>Senior Companion Program Monthly Meeting</i>	28 <i>Enhance@Fitness</i> Line Dancing Senior Meal Food Bank ACAP Program	1

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

CALENDAR OF ACTIVITIES March

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
24	25	26	27	28	1
3	4 <i>Enhance@Fitness</i> with APO	5 <i>Ash Wednesday</i> <i>Enhance@Fitness</i> Line Dancing Senior Meal Food Bank	6	7 <i>Enhance@Fitness</i> Line Dancing Senior Meal Food Bank	8
10	11 <i>Enhance@Fitness</i> with APO	12 <i>Enhance@Fitness</i> Line Dancing Senior Meal Food Bank ACAP Program	13	14 <i>Enhance@Fitness</i> Line Dancing Senior Meal Food Bank IDIC Quarterly Birthday Celebration	15
17 <i>St. Patrick's Day</i>	18 <i>Enhance@Fitness</i> with APO	19 <i>Enhance@Fitness</i> Line Dancing Senior Meal Food Bank	20	21 <i>Enhance@Fitness</i> Line Dancing Senior Meal Food Bank	22
24	25 <i>Enhance@Fitness</i> with APO	26 <i>Enhance@Fitness</i> Line Dancing Senior Meal Food Bank	27 <i>Senior Companion Program Monthly Meeting</i>	28 <i>Enhance@Fitness</i> Line Dancing Senior Meal Food Bank ACAP Program PUSO Newsletter Release	29
31	1	2	3	4	5

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



HEALTH AND WELLNESS



Seniors enjoying some physical fitness activities.

HEALTH TIPS

1. **Use a Humidifier:** Heating systems can dry out the air. A humidifier helps maintain moisture, reducing respiratory irritation and dry skin.
2. **Monitor Weather Alerts:** Stay updated on weather forecasts to prepare for storms, cold snaps, or power outages.
3. **Maintain Social Activities:** Attend community events or virtual gatherings to stay socially active, even if outdoor mobility is limited.
4. **Stay Warm Indoors:** Keep your home temperature at a comfortable level (68–72°F). Use space heaters safely, and dress in layers even indoors.

WELLNESS ACTIVITY HIGHLIGHT: SENIOR COMPANION

The Senior Companion program focuses on providing assistance and companionship to older adults who have difficulty with daily living tasks, such as shopping or paying bills. Through this program, AmeriCorps Seniors volunteers keep seniors independent longer and provide respite to family caregivers. AmeriCorps Seniors volunteers report better health and longevity having served their community.

IDIC members who are AmeriCorps Seniors volunteers serving as Homage Senior Companions are matched with older adults in the community with the goal to support clients to continue to live at home and have a good quality of life.

SCHEDULE

- Fourth Thursday of the Month from 1:00 PM to 3:30 PM
- Different day on select months due to holiday schedule

Call 206.587.3735 for more details.



IDIC members given Certificate of Appreciation for their generous service to the AmeriCorps Seniors Homage Senior Companion Program together with IDIC staff.

CULTURAL SPOTLIGHT



CULTURAL IMPACT: “BAHALA NA” (IT IS WHAT IS IT/COME WHAT MAY)

“Bahala Na” is a Filipino expression that conveys a mix of trust in divine providence and resilience in the face of uncertainty.

Derived from Bathala, an ancient deity, the phrase reflects the Filipino cultural and spiritual outlook, where faith in a higher power guides individuals through life’s challenges. While some view it as passive resignation, for many Filipinos, “Bahala Na” is a hopeful mantra that inspires courage and optimism, encouraging action despite the unknown.

More than just a saying, “Bahala Na” represents a balance between surrender and perseverance. It acknowledges life’s unpredictability while motivating individuals to do their best, trusting that outcomes will fall into place. This philosophy embodies the resilience and faith that define the Filipino spirit, offering strength and comfort in moments of adversity.

Some would also jokingly say “Bahala na si Batman” “Let Batman take care of it.”



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	PANGASINENSE (PANGASINAN)	BICOLANO (BICOL)
<i>“Sama-sama”</i>	<i>“Together”</i>	<i>“Sama-sama”</i>	<i>“Orogma kaibahan”</i>
<i>“Maligaya”</i>	<i>“Happy”</i>	<i>“Matage-tage”</i>	<i>“Marhay na boot”</i>
<i>“Gutom na ko”</i>	<i>“I’m hungry”</i>	<i>“Ak labay”</i>	<i>“Alop na ko”</i>
<i>“Dog”</i>	<i>“Aso”</i>	<i>“Aso”</i>	<i>“ayam”</i>

COMMUNITY VOICES



Pori Paculdo posing for her solo shot during the birthday celebrations.

MEMBER STORIES: PORI PACULDO, 84 Y/O

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

"I was a teacher and a nutritionist back in the day."

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

"Be positive always."

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?"

"Everyone is happy, dancing and eating together. I also like to exercise and go to their food bank."



Eustaquia Pagtakhan and Naty Tayao with Pori Paculdo during lunch.



Fred Valdez at the Seatac Airport.

MEMBER STORIES: FRED VALDEZ, 73 Y/O

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

"I love exploring the Philippines' stunning destinations, from pristine beaches to lush mountains, while enjoying fresh, delicious local food that celebrates the country's rich culture."

QUESTION: TRAVEL AND EXPLORATION: "IF YOU COULD VISIT ANY PLACE IN THE PHILIPPINES AGAIN OR FOR THE FIRST TIME, WHERE WOULD IT BE?"

"Bacolod, Negros Occidental."

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

"Embrace each day with faith in your heart, finding joy in life's simple blessings and the beauty of every moment."



Fred and Editha Valdez during their wedding in the Philippines.

COMMUNITY VOICES



Jun Mata Alvarez during birthday celebration.

MEMBER STORIES: CASILDA "JUN" ALVAREZ, 82 Y/O

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

"I cherish our culture through traditional dances. As a former Larawan Dance Company member, I now promote it by organizing events and inspiring the next generation."

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

"Subli and Pamulinawen hold significant meaning for me as they beautifully represent Filipino traditions and showcase our rich cultural heritage."

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

"Respect and honor those who are older by valuing their wisdom and guidance, strengthening relationships and traditions."



Jun Mata with fellow members.

VOLUNTEER SPOTLIGHT

AmeriCorps Seniors volunteers from IDIC serving as Homage Senior Companions support older adults in the community by helping them live at home with a good quality of life. Their primary focus is companionship, whether by accompanying clients to IDIC activities, visiting them at home for social interaction, or providing respite for caregivers. Some also assist with transportation to appointments or shopping. Senior Companions must be 55 or older, low-income, and able to serve 5-8 hours a week. They receive a small reimbursement for their time and mileage, which is non-taxable and doesn't affect other benefits.



Homage Senior Companions posing for a photo on August 20, 2024 at the Seward Park

RESOURCES AND ADVICE

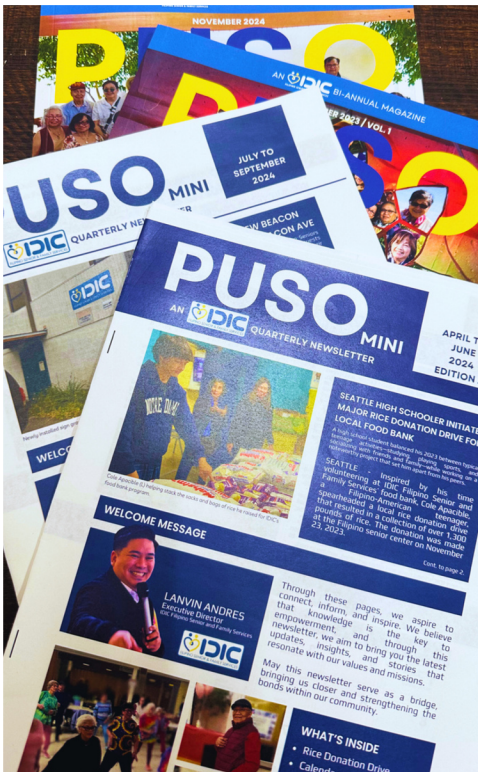


SENIOR SERVICES HIGHLIGHT: **CONVENIENT HOME PICK-UP AND DROP-OFF SERVICES FOR SENIORS**

IDIC Filipino Senior and Family Services Senior Shuttle Service provides complimentary home pick-up and drop-off services for seniors with mobility challenges in the Rainier Valley and Central Area up to 23rd Ave S in Seattle.

This service helps seniors access essential services, meals, and social activities, especially at the IDIC Senior Center. Open to current and active IDIC members only. Registration required.

To register contact us for more details.



OTHER SERVICES: **IDIC MAGAZINE AND NEWSLETTER PUBLICATIONS**

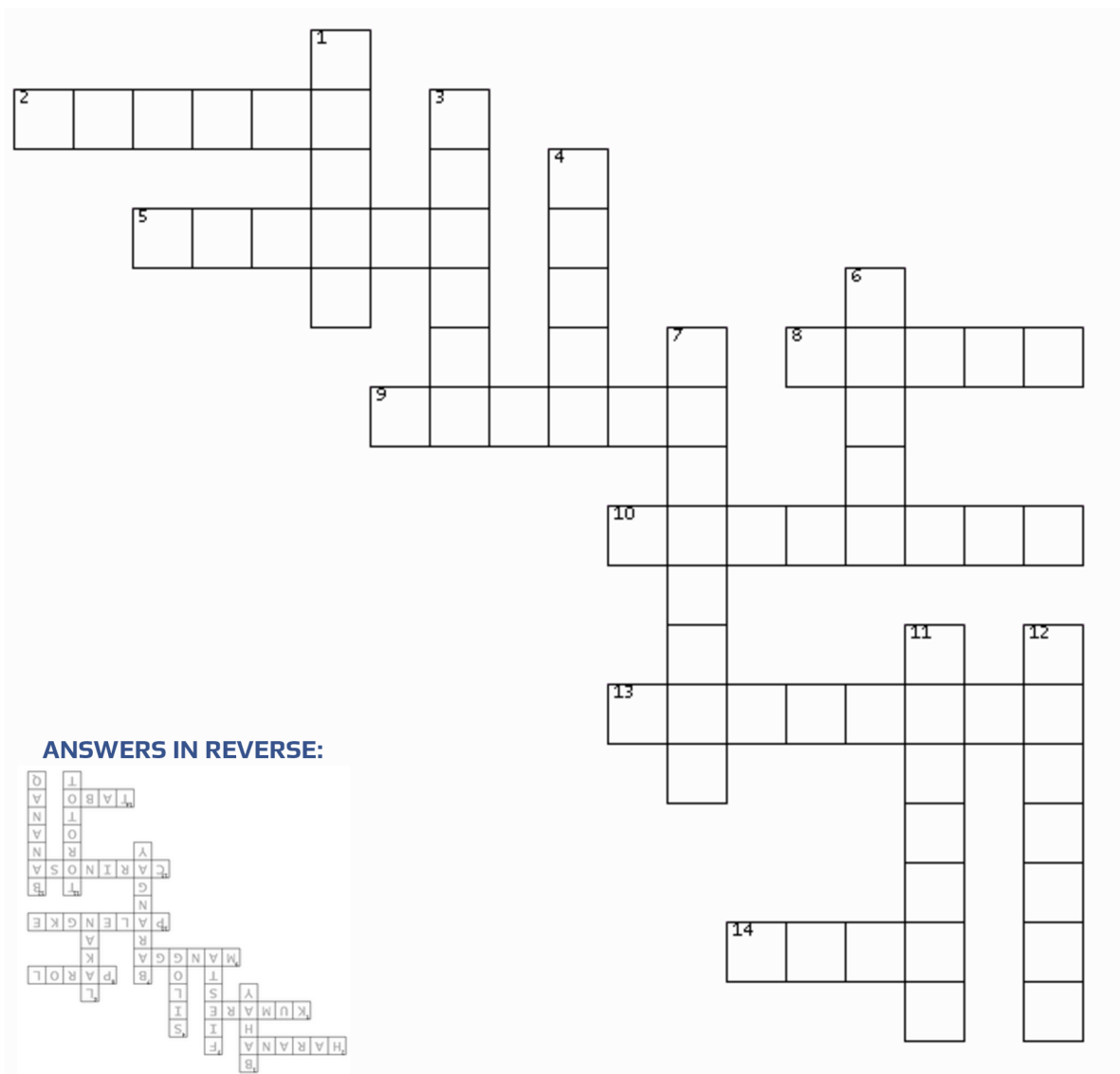
IDIC Publications is a program dedicated to keeping members and guests informed through article write-ups and photos through its Bi-Annual PUSO Magazine and PUSO Mini Quarterly Newsletter.

Community members and businesses are invited to advertise, with proceeds supporting IDIC's food programs and social services. Volunteer writers and photographers are encouraged to contribute content, fostering a collaborative and vibrant community voice.

Contact Apollo Rimando, PUSO Publications Editor-in-Chief, for content ideas, advertisements and other details.



CROSSWORD PUZZLE: MIXED



ACROSS

2. Traditional Filipino serenade (6 letters)
5. Filipino word for a close female friend, often a godmother (6 letters)
8. Traditional Filipino Christmas lantern.
9. Filipino word for mango (6 letters)
10. Traditional Filipino market (8 letters)
13. Traditional Filipino courtship dance.
14. Handy water dipper often used in bathrooms (4 letters)

DOWN

1. Traditional Filipino house (5 letters)
3. Colorful community celebration (6 letters)
4. Breakfast combo of fried rice, egg, and meat.
6. A noble title in ancient Filipino society.
7. Smallest administrative division in the Philippines (8 letters)
11. Noise-making toy often used during New Year celebrations (7 letters)
12. Fried skewered bananas coated in caramelized sugar. (7 letters)

WORD SEARCH: MIXED

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

FRIENDSHIP
 COMMUNITY
 HAPPINESS
 FAMILY
 RESPECT
 KINDNESS
 HEALTH
 CELEBRATION
 SENIORS

MEMORIES
 TOGETHER
 FUN
 CULTURE
 LEARNING
 SUPPORT
 CARE
 JOY

ANSWERS IN REVERSE:

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

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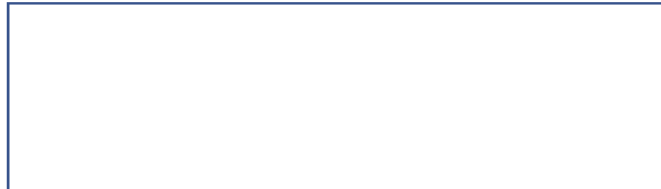
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PUSO MINI

AN  QUARTERLY NEWSLETTER
YEAR 2025 / VOL. 1

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TO GOD BE THE GLORY.

HOURS OF OPERATIONS



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

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