

PUSO MINI



AN QUARTERLY NEWSLETTER

OCTOBER TO
DECEMBER
2025



Tim Pavino performed at the Muckleshoot Anniversary Celebration last year.

BACK AT THE 'SHOOT: IDIC RETURNS TO MUCKLESHOOT CASINO RESORT FOR 54TH ANNIVERSARY CELEBRATION

Auburn, WA – IDIC Filipino Senior and Family Services is set to make a grand return to the Muckleshoot Events Center for its 54th Anniversary Celebration, themed “Bridges of Hope: Uniting Strength with Compassion.” On November 8, 2025, the event will spotlight the ongoing efforts to address the needs of vulnerable seniors and their families, especially those within IDIC’s community.

The celebration, which will include a fundraiser to support IDIC’s vital food access programs,

Cont. to page 2.

WELCOME MESSAGE



Stay connected and inspired with this edition, brimming with the latest updates, valuable insights, and heartwarming stories!

We invite you to support our sponsors and consider placing ads in our magazines and newsletters. It's a great way to reach a broader audience while contributing to our mission.

Keep supporting IDIC by placing your ads on our magazine!



WHAT'S INSIDE

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COMMUNITY HIGHLIGHTS

From page 1.

Back at the 'Shoot: IDIC returns to..

promises an unforgettable evening of performances, raffles, and entertainment. Guests will be treated to a mesmerizing tango performance by sibling duo Rhosalie and John Paul Perry and a lovely performance from the IDIC Young Once with Kiro-7's Linzi Sheldon and community leader Tony Zapata.

Adding to the excitement, the event will feature a Silent Auction with incredible items, raffle prizes, and a dance party accompanied by live music from the vibrant Kabagis Band.

Attendees are also encouraged to place their ads in the PUSO Magazine, a special publication for the night.

Tickets are now on sale! Join IDIC in its fight to create a brighter future for seniors and their families. Don't miss this opportunity to celebrate, give back, and dance the night away!

To purchase tickets online or on-site, please contact **Marie Batara** at marie.batara@idicseniorcenter.org or call 206.587.3735, **Flor Varanal** at flor.varanal@idicseniorcenter.org or visit www.idicseniorcenter.org/gala.

For sponsorship and ads, contact Apollo at apollo.rimando@idicseniorcenter.org.

Get ready to bid on some awesome Silent Auction!



Silent Auction preview for IDIC's 54th Anniversary Celebration on November 8

Following a successful Silent Auction last year during the Together WE Thrive Event, IDIC is following it up with more awesome items! We are still open for Silent Auction item donations!

Read rules and mechanics for more details. Winners will be informed personally with final price and redemption instructions. Multiple payment methods are available. Fee transactions may apply.

CALENDAR OF ACTIVITIES **October**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	1 <i>Filipino-American History Month</i> Enhance@Fitness Line Dancing Senior Meal Food Bank	2	3 <i>Enhance@Fitness</i> Line Dancing Senior Meal Food Bank IDIC Vaccination Drive	4
6	7 <i>Enhance@Fitness with APO</i>	8 <i>Enhance@Fitness</i> Line Dancing Senior Meal Food Bank ACAP Program	9	10 <i>Enhance@Fitness</i> Line Dancing Senior Meal Food Bank	11
13 <i>Indigenous Day</i>	14 <i>Enhance@Fitness with APO</i>	15 <i>Enhance@Fitness</i> Line Dancing Senior Meal Food Bank	16	17 <i>Enhance@Fitness</i> Line Dancing Senior Meal Food Bank	18
20	21 <i>Enhance@Fitness with APO</i>	22 <i>Enhance@Fitness</i> Line Dancing Senior Meal Food Bank	23	24 <i>Enhance@Fitness</i> Line Dancing Senior Meal Food Bank ACAP Program	25
27	28 <i>Enhance@Fitness with APO</i>	29 <i>Enhance@Fitness</i> Line Dancing Senior Meal Food Bank	30	31 <i>Enhance@Fitness</i> Line Dancing Senior Meal IDIC Halloween Celebration Food Bank	1

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

CALENDAR OF ACTIVITIES **November**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31	1 <i>All Souls' Day</i>
3	4 <i>Election Day</i> <i>Enhance®Fitness with APO</i>	5 <i>Enhance®Fitness</i> Line Dancing Senior Meal Food Bank	6	7 <i>IDIC Anniversary Celebration Preparation (IDIC Closed)</i>	8 <i>IDIC Anniversary Celebration</i> <i>Muckleshoot Casino Events Center</i>
10	11 <i>Veteran's Day (IDIC Closed)</i>	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	15
17	18 <i>Enhance®Fitness with APO</i> Senior Companion Program Monthly Meeting	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 with APO</i>	26 <i>Enhance®Fitness</i> Line Dancing Senior Meal <i>IDIC Thanksgiving Celebration</i> Food Bank	27 <i>Thanksgiving (IDIC Closed)</i>	28 <i>Thanksgiving Weekend (IDIC Closed)</i>	29

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

CALENDAR OF ACTIVITIES **December**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 <i>Enhance®Fitness with APO</i>	3 <i>Enhance®Fitness</i> Line Dancing Senior Meal Food Bank	4	5 <i>Enhance®Fitness</i> Line Dancing Senior Meal Food Bank <i>IDIC Quarterly Birthday Celebration</i>	6
8	9 <i>Enhance®Fitness with APO</i>	10 <i>Enhance®Fitness</i> Line Dancing Senior Meal Food Bank ACAP Program	11	12 <i>Enhance®Fitness</i> Line Dancing Senior Meal Food Bank <i>IDIC Christmas Party Celebration</i>	13
15	16 <i>Enhance®Fitness with APO</i>	17 <i>Enhance®Fitness</i> Line Dancing Senior Meal Food Bank ACAP Program	18	19 <i>Limited Services</i>	20
22 <i>Limited Services</i>	23 <i>Limited Services</i>	24 <i>Christmas Eve (IDIC Closed)</i>	25 <i>Christmas Day (IDIC Closed)</i>	26 <i>Limited Services</i>	27
29 <i>Limited Services</i>	30 <i>Limited Services</i>	31 <i>New Year's Eve (IDIC Closed)</i>	1 <i>New Year's Day (IDIC Closed)</i>	2 <i>Limited Services</i>	3

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



HEALTH AND WELLNESS



HEALTH TIPS

1. **Eat Warming Foods:** Consume soups, stews, and hot beverages to keep your body warm. Foods rich in protein and healthy fats provide longer-lasting warmth.
2. **Exercise Indoors:** Stay active with indoor exercises like stretching, yoga, or stationary biking to maintain mobility and warmth.
3. **Check Carbon Monoxide Detectors:** Ensure your home has working carbon monoxide detectors, especially if using heaters or fireplaces.
4. **Prevent Falls:** Icy paths can be hazardous. Wear shoes with good traction and use salt or sand to clear walkways. Indoors, use non-slip rugs.

WELLNESS ACTIVITY HIGHLIGHT: **SOCIALIZATION AT THE CENTER**

Members and guests come together to connect and build friendships. Participate in lively conversations, share stories, and enjoy meaningful interactions that create a sense of community. There's plenty to do at the Center beyond basic services, from singing your heart out during karaoke to playing table games or simply chatting and gossiping with friendly staff and fellow members. It's the perfect way to meet new people, catch up with old friends, and strengthen your sense of belonging.

SCHEDULE

- Monday to Friday
9:00 AM to 5:00 PM
- Different start time for different activities

Call 206.587.3735 for more details.



IDIC members enjoying each others company during different programs at the center.

CULTURAL SPOTLIGHT



CULTURAL IMPACT: SIMBANG GABI

Simbang Gabi is a cherished Filipino Christmas tradition that spans nine days of early morning masses leading up to Christmas Eve. Beginning as early as 4:00 AM, these masses are a testament to devotion and sacrifice, with many Catholics believing that completing the novena can bring special blessings and answered prayers. Churches are adorned with dazzling parols (star-shaped lanterns), filling the atmosphere with warmth and anticipation. The tradition not only highlights the deep faith of the Filipino people but also serves as a reminder of the importance of hope, gratitude, and community during the Christmas season.

Beyond its religious significance, Simbang Gabi is also a vibrant cultural event, bringing families and communities together in celebration. After each mass, attendees often gather for festive breakfasts featuring beloved Filipino delicacies such as bibingka, a soft rice cake baked in banana leaves, and puto bumbong, a purple sticky rice treat steamed in bamboo tubes. These shared moments of faith, food, and fellowship create a unique blend of spiritual reflection and cultural pride, making Simbang Gabi a meaningful and unifying tradition for Filipinos around the world.

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 (NORTH LUZON)	WARAY (BISAYA)
" <i>Kilig</i> "	" <i>Giddy excitement</i> "	" <i>Rigat a naragsak</i> "	" <i>Kuryoso nga pamati</i> "
" <i>Tampo</i> "	" <i>Sulking</i> "	" <i>Agkimm</i> "	" <i>Pagtampo</i> "
" <i>Sayawan</i> "	" <i>Dance party</i> "	" <i>Padas ti sayaw</i> "	" <i>Sayawan</i> "
" <i>Takbo</i> "	" <i>Run</i> "	" <i>Agdalus / agtaray</i> "	" <i>Dagmit</i> "

COMMUNITY VOICES



Eufemia joyfully poses for her birthday photo.

MEMBER STORIES: EUFEMIA CABREROS, 83 Y/O

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

"My favorite Filipino tradition is the 'prayer community,' where people gather to pray and support each other. I keep it alive by organizing community prayers, novenas, and celebrations, encouraging younger generations to join and cherish this sense of faith and unity."

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?"

"I got involved with IDIC to stay active and connected through exercise and social activities. The most rewarding part is seeing joy during Zumba knowing it improves their well-being and strengthens community bonds."



Eufemia enjoying time with fellow seniors at IDIC.



Chico takes part in a folk dance performance for IDIC.

MEMBER STORIES: CHICO HAYS, 55 Y/O

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

"Honoring elders the old way by placing the elder's hand on my forehead (pagmamano). I will always honor them."

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

"Listen to your elders. They are wise and wisdom is a gift from God."

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?"

"Kare-Kare has been a special dish for my birthday every year, a heartfelt gift from my sisters. They started this tradition, and I would jokingly claim the dish as 'mine.' It's my favorite because it reminds me of the love and care my sisters pour into making it."



Chico receives recognition for his volunteerism with IDIC.

COMMUNITY VOICES



Becky shares a smile at IDIC.

MEMBER STORIES: BECKY ANGELES, 67 Y/O

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

"When my mom turned 99 years old she got sick we had to go and visit her in the Philippines. Good thing she got well and was very happy to see us."

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

"Folk dances like Tinikling and Pangdanggo sa Ilaw and also street dancing to keep our culture alive."

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

"Sharing love with young people fosters unity, overcoming hatred and preventing quarrels."



Becky with husband Rod share a joyful dance at an IDIC event.

VOLUNTEER SPOTLIGHT

The IDIC Young Once - Golden Achievers, a group of dedicated senior volunteers at IDIC Filipino Senior and Family Services, contribute their time and energy to clean up after the food bank and meal programs and assist at major fundraisers. Their commitment reflects IDIC's mission to promote mental and physical well-being for seniors and their families. With engaging activities like ballroom dancing, line dancing, and swing dancing every Wednesday and Friday, IDIC offers fun ways to stay active, foster community, and celebrate life at any age.



The IDIC Young Once – Golden Achievers proudly capture a joyful summer moment.

RESOURCES AND ADVICE



SENIOR SERVICES HIGHLIGHT: **TECH ASSISTANCE**

IDIC offers a free tech assistance program to help members with technology concerns, including troubleshooting devices like phones, tablets, and computers. The program also provides guidance on choosing the best cable, internet, and phone plans to maximize savings on billing. While walk-ins are welcome, appointments are preferred to ensure personalized assistance.

Disclaimer: IDIC is not responsible for any device breakage, plan payment issues, or billing discrepancies arising from recommendations or services provided during the program. Members are encouraged to verify terms directly with service providers before making any changes.



SUPPORT: **VOLUNTEER APPRECIATION**

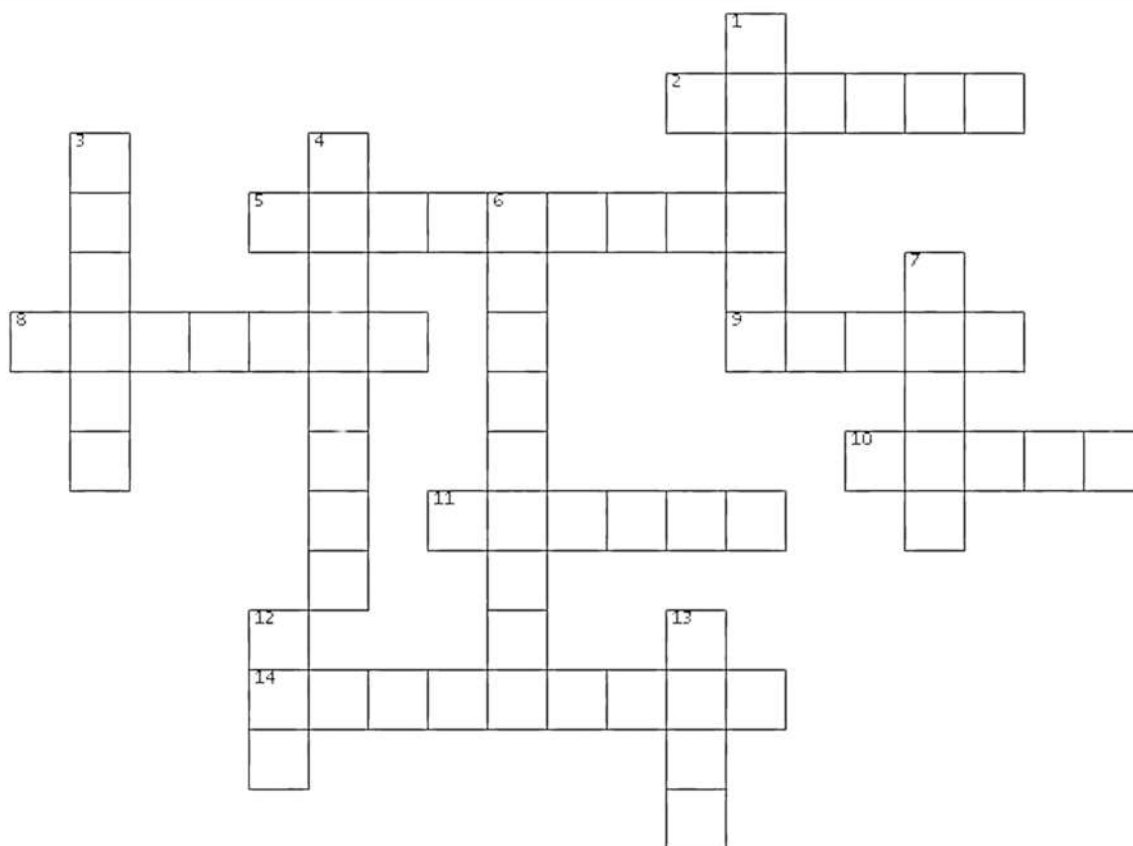
IDIC deeply values the dedication and hard work of its volunteers who contribute to its mission of serving the community. Volunteers with a minimum of six months of service are honored annually at IDIC's Anniversary Events, where their contributions are celebrated and recognized.

Additionally, IDIC hosts a special Volunteer Appreciation Event, providing a meaningful opportunity to thank these individuals for their unwavering support and commitment.

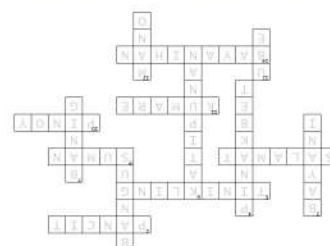
Disclaimer: Volunteers are expected to follow IDIC's rules and restrictions to ensure a safe and respectful environment. We also encourage volunteers to consult with their medical provider to ensure they are fit and able to participate in volunteer activities.



CROSSWORD PUZZLE: MIXED



ANSWERS IN REVERSE:



ACROSS

2. Noodles often served during celebrations.
5. Filipino traditional dance with bamboo poles.
8. Filipino word for "thank you."
9. Sticky rice wrapped in banana leaves.
10. Colloquial term for Filipinos.
11. Filipino word for a close female friend or godmother.
14. Spirit of communal unity and effort.

DOWN

1. Filipino milkfish.
3. Filipino word for hero.
4. Filipino vegetable dish.
6. Revolutionary group during Spanish colonization.
7. Woven mat used for sleeping.
12. Purple yam used in Filipino desserts.
13. Gesture of respect by touching an elder's hand to one's forehead.

WORD SEARCH: PHILIPPINE PROVINCES

E	L	B	M	F	I	U	B	C	Q	V	I	A	T	J	I	C	N	S	F
G	H	O	B	K	A	J	H	J	Q	A	R	A	D	B	O	I	O	K	N
A	H	Y	S	V	B	I	F	C	Z	Z	Y	G	P	M	I	M	I	U	J
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SERENITY
COMMITMENT
ACHIEVEMENT
DISCOVERY
INSPIRATION
OPTIMISM
PURPOSE
PASSION
MINDFUL
CONTENTMENT

AMBITION
RESPECTFUL
ENCOURAGE
ASPIRATION
PERSEVERANCE
INTEGRITY
STRENGTH
DIVERSITY
ADAPTABILITY
INNOVATION

ANSWERS IN REVERSE:

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