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Apt. #ME  
Bronx, NY 10462

**(718) 409-1619**

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**PEP for Seniors** is a cooperative effort led by CenterLight Health System, with the Parkchester Preservation Company, Parkchester Preservation Management, Parkchester North and South Condominium Boards, Bronx Jewish Community Council and Jewish Association for Services for the Aged. PEP for Seniors is funded in part by NYC Aging.

# PEP Talks

Parkchester Enhancement Program (PEP) for Seniors

Issue 253 | October 2025

Si deseas información en español sobre este boletín de noticias, puedes comunicarnos al (718) 409-1619. Hablamos Español!

PEP for Seniors now has a robust email list. We have found that it is the fastest way to deliver time-sensitive information. If you would like to be included in our email list, please call PEP and we will register you.





### Calling all Bakers and Individuals with a sweet tooth!

Please join us for our Halloween Bake Sale at PEP

We are looking for bakers and for volunteers to help us sell delicious, home-baked goods. If you plan to bake or volunteer, please contact our office to let us know.

Thursday 10/23/2025, from 10:30am -4:00pm AND  
Friday 10/24/2025, from 10:30am -4:00pm


10% of our profits will be donated to the Breast Cancer Research Foundation

### Alzheimer's Association Lecture

Tuesday, October 21st at 10am

**Topic: Responding to Dementia Related Behaviors**

Jamel Thigpen, Program Manager will be here at PEP to lead these discussions. All are welcome; call to register. please. Space is limited.




### Join us for Health Lectures with Mark Adelman

Mark Adelman, Clinical Microbiologist, will be at the PEP office (in-person) for this special Health Lecture:

**"Lifestyle Approaches to Prevent Colon Cancer"**  
**on Tuesday, October 7th at 11am**

This is a FREE workshop—call PEP to register.



## Join us for the following classes:

- **Chair Yoga with Adira**  
Tuesdays at PEP, 9-10am
- **Zumba with Leslie**  
Wednesdays at PEP, 1-2pm
- **Dominoes**  
Thursdays at PEP, 10:30am-12:30pm
- **Walk with Ease (Walking Club w/Nicole)**  
Mondays at PEP, 9-10am
- **Chair Exercise with Cheryl**  
Mondays at PEP, 10:30-11:30am
- **Book Club with Verna Hodge**  
Second Monday of the month at PEP, 3-5pm
- **Knitting & Crochet with Priscilla & Esmie**  
Thursdays at PEP, 1-3pm
- **Art with Evelyn**  
Fridays on Google Meet, 2:30-4:30pm
- **Men's Group with Marlon** - 1st and 3rd  
Wednesdays at PEP, 10am-12pm
- **Jewelry Making with Gregory Sumlin**  
Fridays at PEP, 2-4pm
- **Blood Pressure Screenings with Linda, RN**  
Tuesdays at PEP, 9:30am-12pm
- **Crafting & Crochet with Cookie (Sandra)**  
Mondays at PEP, 1-3pm
- **Crafting with Recycled Materials (Carmen)**  
Tuesdays at PEP, 1-3pm

## Are you ready for MEDICARE OPEN ENROLLMENT SEASON?

Joshua & Maribel Reyes will be coming to PEP in October to help you learn more about the new and changing Medicare plans for 2026; Open Enrollment starts on October 15th. Be ready!

**Discussion about Medicare Plans (United Healthcare, Aetna, Health First, Cigna) -**  
Wednesday, October 1st from 12-1pm

**Discussion about Medicare Plans (Others, TBA) -**  
Tuesday, October 14th from 11am-12pm



**Individual appointments with Josh Reyes:**  
Tuesday, October 21 from 10am-2pm AND Tuesday, October 28 from 10am-2pm.  
**Call to reserve an appointment time.**



**Join PEP's Walking Club with Nicole - every Monday morning**

Every Monday morning 8:45am at PEP (warm up), then the walk starts at 9am. We will walk along the South Oval track for about 45 minutes, then we will cool down stretches and end by 10am. All skill levels are welcome, and people with medical equipment (cane, rollator) are also welcome. Will cancel if it is raining heavily.



**CenterLight PACE**  
*A Medicare and Medicaid Program for Adults 55+*

CenterLight PACE offers an all-inclusive, customized plan carried out by an Interdisciplinary Team (IDT) that includes, but is not limited to, a provider, nurse, nutritionist, social workers, rehab therapists, and recreation specialists. Together, the IDT will work with you and your family to help you continue to enjoy living safely in your own home and community. For more information, please call: **1-833-252-2737 (TTY 711)**, 8AM-8PM, Monday-Friday. Web: **[www.centerlighthealthcare.org](http://www.centerlighthealthcare.org)**.

## Parkchester Baptist Church Food Pantry

2021 Benedict Ave. | 718-823-8124

Call for information on their food pantry; bring ID! dates/times may change.

## St. Helena's Church Food Pantry

1315 Olmstead Ave. | 718-892-3232

Wednesdays, 1-3pm while supplies last.

\*Accepting donations of clothing and shoes only

## NY Public Library - Parkchester

1985 Westchester Ave. | 718-829-7830

## RAIN Parkchester Older Adult Center

1380 Metropolitan Ave. | 718-597-9220

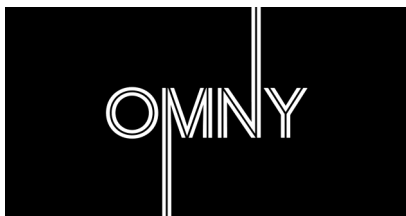
Breakfast & lunch served daily, as well as ongoing programming and case assistance.

## St. Paul's Evangelical Lutheran Church Food Pantry

1891 McGraw Ave. | 718-822-4535

Every Friday, 8-10am. (You are only eligible to come on certain Fridays, based on last name).

St. Paul's is NOT accepting donations of food, clothing or household items at this time.



## MTA OmnyCard Van in Parkchester

2nd Wednesday of each month, 10am—2pm

The MTA Van will be parked near Macy's in Parkchester to help you apply for a reduced fare OmnyCard or to refill your card!



## PEP Book Club with Verna Hodge

Verna's Book Club will be meeting Monday, October 13th at 3pm. All are welcome! At this meeting, the group will be discussing "Looking for Lorraine" by Imani Perry. Lorraine Hansberry, who died at thirty-four, was by all accounts a force of nature. Although best-known for her work *A Raisin in the Sun*, her short life was full of extraordinary experiences and achievements, and she had an unflinching commitment to social justice, which brought her under FBI surveillance when she was barely in her twenties.

## Men's Group with Marlon from NY Connect

Meets on Wednesday, October 1st at 10am & Wednesday, October 15th at 10am. All men welcome!



## MOVIE: Little Shop of Horrors

2009/Musical Comedy/Rated PG-13/1hr, 35 min  
Wednesday, October 15th at 2:30pm at PEP

Seymour--an orphan and a nerd who works in a run-down flower shop on Skid Row--spends his time doing menial tasks and dreaming of his co-worker, Audrey. Then, one day, just after an eclipse of the sun, Seymour discovers a strange plant. The exotic plant draws customers, saves the flower shop from bankruptcy and makes Seymour a hero in Audrey's eyes. But the plant has a rather unique appetite ... and it's getting interested in Audrey too.



## LifeAid Medical Alert

offers state of the art options at affordable prices, **starting at \$19.95 per month** (no taxes, installation fee, or cancellation fee). If you order through PEP, you can take advantage of a special discounted rate for Parkchester residents. **Call PEP at 718-409-1619** and ask to speak with Nicole for more details.

MEDICAL ALERT PRODUCTS

**WIRELESS**  
No landline? No problem! Our wireless system connects to our monitoring center for seamless coverage in and around your home.

**ON THE GO**  
Anywhere you go, help is just a button press away with our mobile medical alert button with GPS.

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(PEP) for Seniors**

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PEP for Seniors 718-409-1619

**Resource of the Month:**

**JASA's Mental Health Resources**

**JASA Mental Health Services for Older Adults**

Since 1976, JASA has supported the mental health of older adults. They offer a variety of services to help seniors live healthier, more fulfilling lives.

**Outpatient Mental Health Treatment (Bronx)**

JASA runs a licensed mental health clinic in the Bronx for adults 55+ dealing with mental health issues.

**Services Include:** One-on-one and group therapy, Medication management, Help connecting to other social services. Available at the main clinic, 10 satellite locations, through telehealth, or at home (if medically necessary). **No one is turned away due to inability to pay. A sliding fee scale is available.**

📍 **Location:** 1490 Southern Boulevard, Bronx, NY 10460

**Mental Health Services at Older Adult Centers**

JASA provides on-site mental health support at several older adult centers in the Bronx. Clinicians offer treatment, information, and referrals. This is the location closest to Parkchester, but please call PEP if you wish to learn more about the other locations in the Bronx:

**Co-op City Bartow Center – 2049 Bartow Ave Call 212.273.5272 or email [help@jasa.org](mailto:help@jasa.org)**

**FREE and confidential financial counseling for everyone (age 18+)**

Get your CREDIT SCORE and CREDIT REPORT and learn about improving your score.

Manage your debt, manage your bank account, build and strengthen your savings.

Learn to protect yourself from fraud & scams!

**To schedule an appointment, call PEP for Seniors and ask for Nicole:  
718-409-1619. Our ARIVA Financial Counselor (Jose Souffront) is bilingual  
(English/Spanish) and is available every Wednesday by appointment only.**

***Reflexology with Rhonda at PEP***

Friday, October 17th from 9:30am—1:30pm. PEP will be booking appointments with Rhonda. Reflexology is hand and foot massage. Please call PEP to schedule your appointment. All are welcome! Fee is \$1 per minute, with a minimum of 20 minutes.

