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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 254 | November 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.



NYS Inflation Check Information / Scam Alert:

The 2025–2026 NY State budget provides for the state's first-ever inflation refund checks. These one-time payments provide relief to people who have paid increased sales taxes due to inflation. If you qualify for a payment, you do not need to do anything; a check will be mailed to you. Checks will be mailed over a period of several weeks starting at the end of September 2025. Amounts range from \$150-\$400 per person, depending on your filing status.

You are eligible for a refund check if, for tax year 2023, you filed Form IT-201, *New York State Resident Income Tax Return*, reported income within the qualifying thresholds; and were not claimed as a dependent on another taxpayer's return. Please be aware of SCAMMERS! NYS will NOT be calling, texting, emailing or mailing anyone - any request for info is a SCAM.

Alzheimer's Association Lecture

Tuesday, December 9th at 10am

Topic: Understanding Alzheimer's and Dementia

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:

"How to Keep Your Eyes Healthy" on Tuesday, November 4th 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



VETERANS DAY LUNCHEON at PEP

**Monday, November 10th
12:00pm-1:00pm**

**Please call us to sign up;
space is limited. Veterans only,
please.**

Thanksgiving Potluck at PEP Monday, November 24th at 1pm

We are asking that everyone bring something - hot food, cold food, dessert, drinks, etc.

Please call PEP to discuss options and to RSVP; space is very limited.



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**.

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, November 10th at 3pm. All are welcome! At this meeting, the group will be discussing "Every Man A King" and "Been Wrong So Long It Feels Like Right" both by Walter Mosley.

Walter Mosley's novels explore enduring themes of race, class, injustice, and systemic corruption, often set against the backdrop of 1940s and 1950s Los Angeles. All are welcome and encouraged to attend.

Men's Group with Marlon from NY Connect

Meets on Wednesday, November 5th at 10am & Wednesday, Nov. 19th at 10am. All men welcome!



MOVIE: Anatomy of a Fall

2023/Legal Drama/Rated R/2hr, 30 min

Wednesday, November 19th at 2:30pm at PEP



Anatomy of a Fall is a legal drama that revolves around the death of Samuel Maleski, an aspiring writer and occasional professor. When Samuel is found dead, his wife Sandra is suspected for murdering him. Further, the case investigation unveils the couple's troubled relationship.

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.

LifeAid

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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Resource of the Month:

Medicare Open Enrollment Season

MEDICARE OPEN ENROLLMENT SEASON IS HERE!

Joshua & Maribel Reyes will be coming to PEP in November to help you learn more about the new and changing Medicare plans for 2026; Open Enrollment started on October 15th and ends on December 7th.

Call PEP to schedule your one-on-one appointment to discuss your health insurance options:

Tuesday, November 4th from 10am-2pm

Tuesday, November 11th from 10am-2pm

Tuesday, November 18th from 10am-2pm



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

Fridays, December 5th & 12th 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.

