



PEP Talks

Parkchester Enhancement Program (PEP) for Seniors

Issue 256 | January 2026

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Bronx, NY 10462

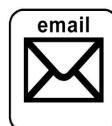
(718) 409-1619

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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.



**Do you have Financial Stress?
Can't make ends meet?
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.

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.

Alzheimer's Association Lecture

Wednesday, January 28th at 10:30am

Topic: Self Love, Self Care



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

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:

**"Holiday Blues & Seasonal Depression" on
Tuesday, January 6th 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
- **Chair Exercise with Cheryl**
Mondays at PEP, 10:30-11:30am
- **Book Club with Verna Hodge**
Second Monday of the month at PEP, 1:30-3:30pm
- **Crafting with Recycled Materials (Carmen)**
Tuesdays at PEP, 1-3pm

- **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

No More Woulda, Coulda, Shoulda - How to quit the war against yourself Weekly every Friday at PEP, Starting Friday 1/2/26 at 11am

Rogier van Vlissingen is a long time Parkchester resident, and teaches Whole Foods, Plant Based cooking classes at St. Helena's School once a month. He is also an author, and held workshops in *A Course in Miracles* for many years at the Theosophical society in Manhattan, and at various locations in the Bronx and Westchester.

This will be a series of 6-8 one-hour workshops based on the audio recordings of a 90-minute conversation held on April 28th, 1990 at the Foundation for A Course in Miracles, in Roscoe New York, with Kenneth Wapnick, Ph.D, and three women with diet issues. It was published in book form in 1991, and is also available in audio formats. We will explore the issues of self-sabotage that get in the way of making meaningful changes in our lives, and what to do about it by breaking free of the circular reasoning of our own thoughts that keep us trapped in old patterns.

Reflexology with Rhonda at PEP

Friday, January 30th 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. Fee is \$1 per minute (minimum of 20 minutes). All are welcome!



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.

Around Town

PEP for Seniors 718-409-1619

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, January 12th at 1:30pm. All are welcome! At this meeting, the group will be discussing "Brothers In The Beloved Community" by Marc Andrus.

Brothers in the Beloved Community is about the friendship between Martin Luther King Jr. and Thich Nhat Hanh, two influential figures who met in the 1960s and became allies in the peace movement. All are welcome to participate in the Book Club.

Men's Group with Marlon from NY Connect

Meets on Wednesday, January 7th at 10am & Wednesday, Jan. 21st at 10am. All men welcome!



MEN'S GROUP

Elder Abuse & Caregiver Support Lecture with MET Council at PEP

Wednesday, January 20th at 10:30am

**Refreshments will be provided.
Please register in advance.**



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.

Resource of the Month:
FREE Income Tax Preparation

Get your income tax return filed for FREE at PEP this year! We are scheduling in-person appointments every Wednesday from 2/4/26 through 4/29/26

Who Is Eligible? Households with:

- less than \$66,000 in income (with dependents or without)
- You must be age 60+ to receive free income tax preparation services at PEP this year. If you need help finding an ARIVA location that serves all age groups, we can help direct you to another site.



-Ariva does the short form. If you need your taxes done using the long form or itemization, please note that Ariva cannot do this). If you file jointly, BOTH parties must be present.

What Should I Bring? (Please note that if you do not bring these documents, we may not be able to help you. Ariva does not have access to your records, and cannot see the documents you brought in last year. Bring everything with you!

- Photo ID; Bank account information (Routing and account number - there will be NO IRS refunds by mail this year; all refunds must be direct deposit).
- Social Security cards or ITIN documents for everyone on the return.
- W2 and/or 1099 Statements for all income in 2025 (1099-G for Unemployment, 1099-R for Pension, Annuity or Retirement Plan, 1099-INT if you were paid interest, 1099-K / 1099-NEC if self-employed)
- Last year's income tax return, if you have it.
- Form 1095-A, Health Insurance Marketplace Statement, if you received insurance through NY State of Health Marketplace.
- Bring your glasses - and someone to help you if you cannot fill out the intake forms on your own.

Do I need to file taxes? Use this chart as a general guide. If you make more than the amount listed for your age and filing status, you need to file taxes. Additionally, you will need to file if: you are eligible for a refund, you are eligible for the earned income tax credit (EITC), you are self-employed, you owe an excise tax on retirement plan assets, or you owe social security and Medicare tax on unreported tips. If you are a condo owner and get STAR, you should file.

Filing Status	Younger than 65	65 and older
Single	\$15,750	\$17,750
Head of Household	\$23,625	\$25,625
Married (Filing Jointly)	\$31,500 (both spouses)	\$3,100 (one spouse 65 or older) \$34,700 (both spouses 65+)
Qualifying Surviving Spouse	\$31,500	\$33,100
Married (Filing separately)	\$5	\$5