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### Inside this Issue:

|                  |   |
|------------------|---|
| Black History    | 1 |
| Alzheimer's Info | 1 |
| Health Lecture   | 1 |
| Class Schedule   | 2 |
| Financial Help   | 2 |
| Reflexology      | 2 |
| PACE Program     | 2 |
| Men's Group      | 3 |
| Book Club        | 3 |
| Movie            | 3 |
| Resource Page    | 4 |

**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 257 | February 2026

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.



**celebrate**  
**BLACK**  
**history MONTH**

CELEBRATE AFRICAN AMERICAN HISTORY MONTH BY SHARING YOUR FAVORITE STORY!  
*The PEP for Seniors NORC program presents*  
THE 37th NATIONAL AFRICAN AMERICAN READ-IN

Friday, February 20th 10am-11:30am at PEP

**How can I participate?** Choose any piece of literature or excerpt from a longer text by an African American author. If you are an author, you can also read your own work. You will have about 5 minutes to share your piece with the audience, maybe more depending on how many readers we have. Community members of all ages are encouraged to participate.

If you would like to participate, please call PEP.

## Alzheimer's Association Lecture

Tuesday, February 24th at 10:30am

### Impact of Alzheimer's in Black Communities

Jamel Thigpen, Program Manager will be here at PEP to lead this 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:

**"Sleep Health and Aging" on  
Tuesday, February 10th 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**  
Fridays at PEP, 12:30-1:30pm
- **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  
Tuesdays at PEP, 10am-12pm (Moved to  
Tuesdays for Feb/March/April).
- **Jewelry Making with Gregory Sumlin**  
Fridays at PEP, 2-4pm
- **Blood Pressure Screenings with Linda, RN**  
Tuesdays at PEP, 9:30am-12pm



## ***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.***

## ***Reflexology with Rhonda at PEP***

**Friday, February 27th 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 Healthcare PACE**

### **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, February 9th at 1:30pm. All are welcome! At this meeting, the group will be discussing "Their Eyes Were Watching God" by Zora Neale Hurston.

The 1937 novel is considered a classic of the Harlem Renaissance and Hurston's best-known work. The novel explores protagonist Janie Crawford's "ripening from a vibrant, but voiceless, teenage girl into a woman with her finger on the trigger of her own destiny." All are welcome!

## Men's Group with Marlon from NY Connect

Meets on Tuesday, February 3rd at 10am & Tuesday, Feb. 17th at 10am. All men welcome!



## MOVIE: Daughters of the Dust

2017/Drama/Romance /Not Rated / 2hrs  
Monday, February 23rd at 1pm at PEP



At the dawn of the 20th century, a multi-generational family in the Gullah community on the Sea Islands off of South Carolina – former West African slaves who adopted many of their ancestors' Yoruba traditions – struggle to maintain their cultural heritage and folklore while contemplating a migration to the mainland, even further from their roots.

## 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:**

**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 <b>spouse</b> 65 or older)<br>\$34,700 (both spouses 65+) |
| Qualifying Surviving Spouse | \$31,500                | \$33,100   |
| Married (Filing separately) | \$5                     | \$5  |