



PEP Talks

Parkchester Enhancement Program (PEP) for Seniors

Issue 258 | March 2026

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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.

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.

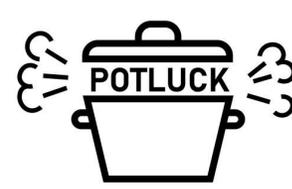




In honor of Women's Month, PEP will be collecting personal hygiene items to be donated to a local women's shelter. There are women in the community who are in need of support. If you can contribute, please call PEP to let us know. We will be publishing a list of approved items. Call for details. Please do not drop items off without letting us know in advance. Thank you!

Women's History Month Service on Sunday, March 8th 11am

St. Paul's ELCA Church - 1891 McGraw Ave.
RSVP 1 week in advance: 914-552-4893
Guest Speaker: Reverend Dr. Katherine Foster,
Bishop of the ELCA Metro New York
Potluck Fellowship Hour: all are welcome



Alzheimer's Association Lecture

Tuesday, March 24th at 10:30am

Impact of Alzheimer's on Women

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:

"Lifestyle Approaches to Prevent and Manage Cardiovascular Disease - the leading cause of mortality in older women" on
Tuesday, March 10th at 11am

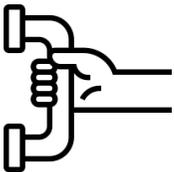


Join us for the following classes:

- **Chair Yoga with Adira**
Tuesdays at PEP, 9-10am
 - **Zumba with Leslie**
Fridays at PEP, 12:45-1:45pm
 - **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

Are you a CONDO OWNER?

The Older Adults Home Modification Program (OAHMP) provides FREE grab bars, lighting improvements and adaptive equipment for eligible condo owners. You must be age 62+, make less than \$90k per year, and live in NYC.



Call PEP for more details, and we can help you apply!

Do you live alone?

Do you want a daily check-in to ensure that you're ok?



Snug is a free app that checks in every day to confirm you're okay. The app is easy, affordable, and used by thousands of Americans who live alone and want peace of mind that if something happens to them, their loved ones will be notified quickly so they can receive help quickly (and their pets will be taken care of, too). Learn more at: www.snugsafe.com or call PEP for assistance. You will need a smart phone (iphone or android).

Reflexology with Rhonda at PEP

Friday, March 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.

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).

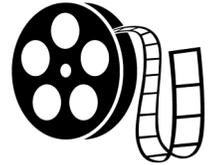
St. Paul's is NOT accepting donations of food, clothing or household items at this time.

Plant Powered Metro New York presents... Movie Night in Parkchester

Showing: Love Over Money: The Man Who Walked Away from Baskin-Robbins

The incredible true story of John Robbins, heir apparent to the Baskin-Robbins ice cream empire, who turns down a billion-dollar inheritance from his father to follow his own truth.

Sunday, March 29th 7:30-9:30pm Location: Neerob Restaurant - 2096 Starling Ave



PEP Book Club with Verna Hodge

Verna's Book Club will be meeting Monday, March 9th at 1:30pm. All are welcome! At this meeting, the group will be discussing "A Mind of Her Own" by Danielle Steel.

2025 historical novel about Alexandra "Alex" Bouvier, a resilient young woman who navigates World War I and the Spanish Flu to pursue a career in journalism in 1920s America, challenging societal norms as she balances her ambitions with love and loss. 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: Selena

1997/Drama/Musical/Rated PG/ 2hrs 8 minutes
Monday, March 2nd at 1pm at PEP



Jennifer Lopez and Edward James Olmos star in this celebration of Selena Quintanilla Perez, a girl from South Texas with global talent, incredible will and magnetic charm. At 23, Selena shone as a fresh star in a vibrantly new musical field. But just as she was set to be the next pop-music sensation, her life was cut short.

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 spouse 65 or older) \$34,700 (both spouses 65+)
Qualifying Surviving Spouse	\$31,500	\$33,100
Married (Filing separately)	\$5	\$5