



PEP Talks

Parkchester Enhancement Program (PEP) for Seniors

Issue 259 | April 2026

1525 Unionport Rd
Apt. #ME
Bronx, NY 10462

(718) 409-1619

Inside this Issue:

Bake Sale	1
Tag Sales	1
Health Lecture	1
Class Schedule	2
Grab Bars	2
Reflexology	2
PACE Program	2
Men's Group	3
Book Club	3
NYBG Trip	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.

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.






BAKE SALE at PEP!

Thursday, April 9th from 10am - 4pm only

We need bakers & volunteers to help us. Please call PEP if you plan to bake or volunteer. Our bake sales are always a hit - filled with seasonal homemade treats. 10% of our proceeds will be donated to the Guide Dog Foundation for the Blind



Saturday, May 16th 2026 (10am-5pm) (Rain date, Sunday 5/17/26)
Saturday, June 6th 2026 (10am-5pm) (Rain date, Sunday 6/7/26)
Saturday, Sept. 12th 2026 (10am-5pm) (Rain date, Sunday 9/13/26)

Tag Sales held at Metropolitan Oval in Parkchester.

The fee is **\$40** for vendors. Anyone can be a vendor. You must bring your own table. Vendors can sell anything (new or used), except food or drink. Please call the PEP office to sign up. Come to our tag sale and do some shopping. There are great bargains to be found!

Alzheimer's Association Lecture

Tuesday, April 28th at 10:30am

Elder Law and Planning




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

"Aging and Bone Health" on Tuesday, April 14th at 11am

This is a FREE workshop—call PEP to register.

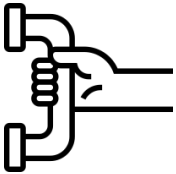


Join us for the following classes:

- **Chair Yoga with Adira**
Tuesdays at PEP, 9-10am
- **Zumba with Leslie**
Fridays at PEP, 12:45-1:45pm
- **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, 10:30am-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
- **Walking Group with Nicole**
Mondays at 9am (meet at 8:45am at PEP for stretching). Ends at 10am.

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, April 24th 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.

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.

NYBG Orchid Show: Mr. Flower Fantastic's Concrete Jungle - Trip on Thursday, April 16th 9:30am

Thanks to Council Member Amanda Farias, our program has been invited to attend the Orchid Show this year. Space is limited. Tour & Lunch will be provided, free of charge. We are taking public transportation (Bx22 bus). We are charging \$10 per person, which will be returned to you on the day of the trip. We are implementing this policy due to frequent no-shows and last minute cancellations.



PEP Book Club with Verna Hodge

Verna's Book Club will be meeting Monday, April 13th at 1:30pm. All are welcome! At this meeting, the group will be discussing "Decluttering at the Speed of Life" by Dana K. White.

Decluttering at the Speed of Life by Dana K. White is a practical guide for people overwhelmed by clutter, offering realistic strategies to manage their stuff by addressing emotional roadblocks and focusing on sustainable habits, not perfectionism. All are welcome!

Men's Group with Marlon from NY Connect

Meets on Tuesday, April 7th at 10:30am & Tuesday, April 21st at 10:30am. All men welcome!



Elder Abuse Informational Lecture with Nicole at PEP

Monday, April 20th at 12:00pm

Lunch will be provided. Please register in advance. Know the signs and some resources that can help. All are welcome to attend

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.

**Parkchester Enhancement Program
(PEP) for Seniors**

**1525 Unionport Rd. Apt #ME
Bronx, NY 10462
(718) 409-1619**

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