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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 the New York City Department for the Aging.

PEP Talks

Parkchester Enhancement Program (PEP) for Seniors

Issue 234 | February 2024

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, February 8th (10am - 3pm) AND
Friday, February 9th (10am - 2pm)**

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 American Heart
Association in honor of Heart Health Month**



Elder Abuse Informational Lecture with Nicole at PEP

Monday, February 5th at 12:00pm

Lunch will be provided. Please register in advance. If you attended the Elder Abuse Lecture in January, this will be the same.

Join us for Health Lectures with Mark Adelman

Mark Adelman, Clinical Microbiologist, will be at the PEP office (in-person) for these special Health Lectures:

**"Lifestyle Approaches to Prevent and Manage
Type 2 Diabetes" Part 1 on Tuesday, 2/13 at
11am & Part 2 on Friday, 2/16 at 11am**

This is a FREE workshop—call PEP to register.



Join us for the following classes:

- **Chair Yoga Dance Movement with Lynn**
Mondays at PEP (in-person), 10-11am
- **Women's Circle with Lynn**
Tuesdays on Zoom, 3-4pm
- **Chair Belly Dancing with Lynn**
Tuesdays on Zoom, 4-5pm
- **Dominoes**
Thursdays at PEP (in-person), 10:30am-12:30pm
- **Crafting & Crochet with Cookie**
Mondays at PEP (in-person), 1-3pm
- **Knitting & Crochet with Priscilla & Esmie**
Thursdays at PEP (in-person), 1-3pm
- **Art with Evelyn**
Fridays on Google Meet, 2:30-4:30pm
- **Men's Group with Marlon** - 1st & 3rd Tuesdays
at PEP (in-person), 10am-12pm
- **Jewelry Making with Gregory Sumlin**
Fridays at PEP (in-person), 2-4pm
- **Blood Pressure Screenings with Linda, RN**
Tuesdays at PEP (in-person), 9:30am-12pm

PEP has received free samples of the Detera Drug Deactivation Pouch, which is used to deactivate unused or expired medications, making it safe to throw them away. If you would like a pouch (each one holds 90 pills), please come to PEP to pick it up, while supplies last!



MOVIE: Casablanca

1942/Romance/PG/1hr, 42 min

Tuesday, Feb. 20th, 1pm at PEP

Rick (Humphrey Bogart) who owns a club in Casablanca, discovers his old flame Ilsa (Ingrid Bergman) is in town with her husband, Victor. Victor is a famed rebel, and with Germans on his tail, Ilsa knows Rick can help them escape the country. Refreshments provided.



MTA MetroCard Van in Parkchester

2nd Wednesday of each month, 11am-2:30pm

The MTA Van will be parked outside of the Chase Bank 1489 Metropolitan Ave to help you apply for a reduced fare MetroCard or to refill your card!

Are you feeling down? Anxious? Overwhelmed?

PM+ (Problem Management Plus) can help! PM+ is a 5 week intervention that can help you feel better. You will be paired with a "helper" for 90 minutes, once per week. Call PEP for more info and ask for Nicole.



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

Every 2nd and 4th Tuesday of the month from 11am until supplies run out.

St. Helena's Church Food Pantry

1315 Olmstead Ave. | 718-892-3232

Wednesdays, 12-2pm or while supplies last.

*Accepting donations of clothing and shoes only

NYPL - Parkchester Branch

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.

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

Beware of EBT Skimming Theft - it's happening all over Parkchester.

Thieves put an overlay on a store's card-swiping machine to copy EBT, credit and debit card information. The thieves use the information to make fake EBT, debit or credit cards. Cloned cards are used to steal money from real accounts. Call PEP for more information on how to avoid this, and for info on how to get help requesting refunds from SNAP.

LifeAid Medical Alert

offers state of the art options at affordable prices, **starting at \$20 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.



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.

Men's Group with Marlon from NY Connect

Meets on Tuesdays, February 6th & 20th from 10am-12pm. All men are welcome!



FREE and confidential financial counseling for all!

- ◆ Get your CREDIT SCORE and CREDIT REPORT and learn about improving your score.
- ◆ Manage your debt, banking
- ◆ 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 This service is open to anyone age 18+

Best Choice Home Health Care

Home Health Aide Services in the Comfort of Your Own Home

If an injury, hospitalization or other medical condition requires home care services, Best Choice will match your health care requirements with the right home health aides or Consumer Directed Personal Assistance Services (CDPAS) to meet your needs. Call us at **718-319-2525** for more information or visit **www.bestchoiceny.org**.



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(PEP) for Seniors**

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PEP for Seniors 718-409-1619

Resource of the Month:

Free Income Tax Preparation for 2023

Get your income tax return filed for FREE at PEP this year! We are scheduling in-person appointments every Wednesday from 1/31/24 through 4/10/24.

Who Is Eligible? Households with:

- less than \$60,000 in income with dependents or
- less than \$32,000 in income with no dependents



- 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 numbers; if you want direct deposit)
- Social Security cards or ITIN documents for everyone on the return
- W2 and/or 1099 Statements for all jobs held in 2023
- Last year's income tax return
- Form 1095 (Health marketplace)

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 a self-employed individual and had more than \$400 in earnings from self-employment during the year, 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	\$12,950	\$14,700
Head of Household	\$19,400	\$21,150
Married (Filing Jointly)	\$25,900 (both spouses)	\$27,300 (one spouse 65 or older) \$28,700 (both spouses 65+)
Qualifying widow/widower with dependent child	\$25,900	\$27,300
Married (Filing separately)	\$5	\$5