



PEP Talks

Parkchester Enhancement Program (PEP) for Seniors

Issue 124

January 2012

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

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PEP for Seniors is a cooperative effort led by Beth Abraham Health Services, with the Parkchester Preservation Company, Parkchester Preservation Management, 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.

Do you live alone?

Concerned about staying safe at home?

A medical alert system allows you to maintain your independence at home. At the push of a waterproof button, care specialists are ready to provide helpful, responsive service at any time of the day or night. In the event of an emergency, EMS, family, and friends are notified in whichever order you choose. Medical alert systems are not only for seniors - they are appropriate for anyone who lives alone.



Accidents and home emergencies can happen to anyone. But you can be prepared. Please call PEP and speak with a Social Worker for more information.

PEP would like to thank the following local businesses, organizations, and individuals for their generous donations to our holiday party...

- Ellie's Diner
- Foodilicious
- Zaro's Bakery
- Louis Seafood Restaurant
- Oval Drugs
- Parkchester Preservation Co.
- Luis R. Sepulveda, Attorney
- SRCO

Please let our supporters know how much you appreciate them!

A New Year, a NEW YOU!



Start 2012 with a positive change. Looking your best can make you feel good. Come to PEP for **FREE** style advice with a professional stylist! We will also have a professional Aromatherapist to help us promote relaxation. Aromatherapy is a form of alternative medicine that uses plant materials (essential oils) for the purpose of altering a person's mind, mood, cognitive function, or health.

Join us for a day of beauty and self care! Date and time to be announced. Please call PEP to sign up, space is limited.

CLASSES:

Book Club – Monday, January 9th at 3pm

The Well and the Mine
by Gin Phillips

Computer Lessons - Tuesdays, 9am - 10am

Chair Yoga — Tuesdays, 10:00 —11:00 am

Knitting Circle — Tuesdays, 2:30 — 4:30 pm

Art — Wednesdays, 2:00 pm — 4:00 pm

Belly Dancing — Fridays, 3:00 pm — 4:00 pm

BLOOD PRESSURE & WEIGHT SCREENINGS:

At PEP - Tuesdays, Noon - 1:00 pm

At Oval Drug - Thursday, January 26th - 2 pm



PEP offers an exciting curriculum of affordable classes!

Art, Chair Yoga, & Belly Dancing

The cost is \$15 for 5 classes of any type.

Please come to PEP to purchase your Multipass card!

All other classes (knitting/crochet, book club, memoir writing, weight loss support group, etc.) will continue to be offered free of charge.

No one will be turned away due to inability to pay. If you cannot afford to pay for classes, PEP has scholarships available. Please call PEP and speak to the Director, Nicole.

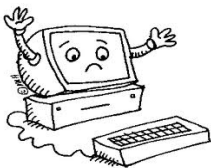


Women's Circle at PEP

The next Women's Circle will meet on Monday, January 9th at 10 am & the second Monday of every month from 10am - 12pm. In January we will discuss the issue of Safety in the Community. Women of all ages are welcome.

We welcome new members. Membership is free!

Light refreshments will be served.



Free Computer Classes will continue in January, every Tuesday at 9am with volunteer instructor Shaul Hen. Call PEP to sign up!



Would you like to take part in "Alert & Alive" Discussion Group?

Alert & Alive is an informal discussion led by senior volunteers who are trained and supervised to run their own sessions twice per month. They learn the necessary skills to establish a warm and friendly atmosphere for peer group discussions. Discussion groups can cover topics such as diversity, entertainment, pets, family, religion and spirituality, technology, memory, traditions, and more. Please call the PEP office if you are interested, and ask to speak with Nicole.

Around Town

**PEP for Seniors
(718) 409-1619**

St. Raymond Community Outreach
 Various programs- call for more information
71 Metropolitan Oval (above Uno's)
(718) 824 - 0353

Parkchester Baptist Church
2021 Benedict Ave. (718) 823 - 8124
 Caregivers Support Group every 2nd and 4th
 Saturday of the month at 1:00 pm

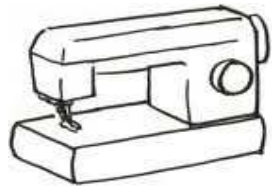
Parkchester Recreation
www.parkchester.org, (718) 320 - 6065
 Aerobics- Tues. & Thurs, 11-12 pm and Sat.
 11-12:30 pm, 1594 Metropolitan Ave.
 Computers & Library – Tues. & Sat, 10-12 pm,
63 Metropolitan Oval

RAIN Senior Center
1380 Metropolitan Ave. (718) 597- 9220

Breakfast & lunch served daily.
 Blood pressure screenings every Tuesday.

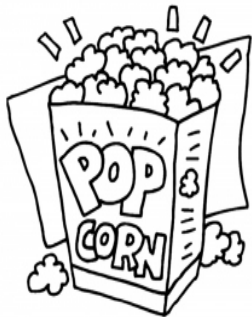
St. Raymond's Church
Father Bill Brogan
Fr. Flynn Room (Grammar School building)
(718) 792 - 4044 ext. 228

Sewing & Quilting for Charity
 Wednesdays 12:30-2:30 pm
 & Saturdays 12 - 2pm



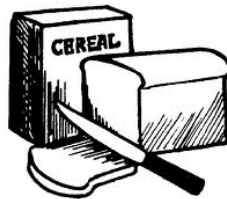
Join PEP's Movie Club

The Movie Club works just like a Book Club.
 Members gather together at PEP, select



movies to watch here and then discuss the film. PEP will supply the movies and popcorn. The next movie date will be **Thursday, February 2nd at 1:00 pm.**

Are you eligible for Food Stamps?



Come to PEP to find out.

Speak to Mike Fuller, Benefits Counselor at PEP on **Friday, January 13th at 11am.** Many

people mistakenly believe that they are ineligible. However, the requirements have changed, and more people are eligible now than ever before! Please call the PEP office to sign up.

Celebrate Chinese New Year at PEP!



Join us on **Tuesday, January 24th at 1:00pm** for an intergenerational Chinese New Year celebration with authentic cuisine and more! This is a FREE event, so please call PEP right away to sign up.

In Chinese tradition, each year is dedicated to a specific animal. The Dragon, Horse, Monkey, Rat, Boar, Rabbit, Dog, Rooster, Ox, Tiger, Snake, and Ram are the twelve animals that are part of this tradition. In 2012, the Dragon is welcomed back after the 2011 year of the Rabbit. Each of these animals are thought to bestow their characteristics to the people born in their year.

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Resource of the Month: **FREE TAX PREPARATION**

FREE TAX PREPARATION

You May Qualify for Tax Credits and Refunds!

**Saturday, March 3rd & Sunday, March 4th
10:00 a.m. – 4:00 p.m.**

**Location: Parkchester Enhancement Program (PEP) for Seniors
1525 Unionport Rd., Apt. #ME, Bronx, NY 10462**

Space is limited.

Call (718) 409-1619 to reserve your spot right away!

Who Is Eligible?

- Households with less than \$50,000 in 2011 income are eligible.

What Should I Bring?

- Photo ID
- Social Security cards or ITIN documents for everyone on the return
- W2 and/or 1099 Statements for all jobs held in 2011
- If claiming child care expenses, bring documentation & care provider tax ID #
- Last year's income tax return
- Any other relevant tax information

Presented By: PEP for Seniors, ARIVA & Signature Bank



Parkchester Enhancement
Program for Seniors

