

Call us today at 215-525-5470 or email info@ralstonmyway.org



August 12, 2015

Do you need a little help at home?

CALL RALSTON MY WAY AT 215-525-5470.

No matter what the reason, you may need some assistance with bathing, getting dressed, housecleaning, meal preparation or errands.

Ralston My Way offers a broad range of services at affordable prices and a place to call when you are not sure who can provide the help you need. Call us - - we will see what we can do.

Did you know you can schedule a Ralston My Way service through our website?

Click here [Schedule a Ralston My Way Service](#), fill out the form and hit "Submit." Someone from our office will get right back to you.

Volunteers Wanted

We are listening. Ralston My Way is looking for volunteers to help make it easier for us to respond to your calls quickly. If you are interested in helping other My Way members and working in a fun office environment, **please call Eric today at 215-525-5470.** Volunteers are needed for morning, lunchtime, and afternoon hours to answer phones, transfer calls, take messages, and provide information to callers.

Tell us what you think!

Do you have a question or a comment? Is there a service you wish we provided? Is there a reason you have not scheduled a service? Do you want information in our newsletters you are not getting? **Reply to this email** with your comments and questions. **We want to hear from you** and will get back to you.

Things to know

Some useful information from the National Institute on Aging

Ralston My Way wants to help you remain in your home as you age. Here are some tips from the NIH: [There's no place like home for growing old](#)

Learn more about memory problems that can occur with age, including dementia, [see Forgetfulness: Knowing When to Ask for Help](#)

Read about health and nutrition as we age [Healthy eating after 50](#)

Chestnut Hill Pharmacy - 5% off to Ralston My Way Members

Thanks to the Chestnut Hill Pharmacy at 8030 Germantown Avenue for supporting YOU by offering a 5% discount when you say you are a Ralston My Way Member.

Ralston My Way | 215-525-5470 | info@ralstonmyway.org
| <http://www.ralstonmyway.org>
7051 Germantown Avenue

Philadelphia, PA 19119

Text | Optional Link

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