

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



February 29, 2016

Time to test the smoke alarms in your home.

A properly functioning smoke detector doubles your chance of surviving a fire by warning you of a dangerous situation before it's too late.

- You should have at least one smoke detector or alarm on every level of your home and in every sleeping area.
- You can also add alarms to hallways outside every bedroom, the top and bottom of all stairways.
- Don't forget places such as basements, attics, utility rooms, and garages.

There are two kinds of smoke detectors:

- **Battery-operated:** These inexpensive units can easily be installed anywhere. They require frequent inspection to determine the condition of the battery.
- **AC-powered:** Installed by an electrician (or those with a good working knowledge of electricity), these units are much more dependable over the long haul due to their direct-wired power source. But they should have an independent battery backup so that they continue to operate during a blackout or an electrical fire that temporarily interrupts power.



All smoke detectors and alarms have a test button that, when pushed, causes the alarm to sound. Also, most detectors have either a blinking or a solid light that glows to let you know that the alarm is getting power.

While battery-operated units have a built-in device that chirps when batteries get low, signaling the need for replacement, common wisdom dictates not waiting until that point. Batteries should be replaced twice a year, once in the spring and once in the fall. You should also consider replacing smoke detectors more than 10 years old.

Never remove a battery from your smoke alarm for use in another item, such as a radio, toy, or TV remote. While you're up checking your battery, you may also want to brush or vacuum the alarm to keep dirt and dust out of the mechanism. Never use cleaning sprays or solvents that can enter the unit and contaminate sensors.

If you need help with checking your smoke detectors or changing the batteries, call us at 215-525-5470.

To learn more go to the [National Fire Prevention Association](http://www.nfpa.org) website.

QUESTION OF THE MONTH

Please answer the question below by replying to this email...

What service would you like to see Ralston My Way add that we do not currently provide?



Low income members get free handyman services from Ralston My Way - limited-time offer

Thanks to grants from PNC Charitable Trusts and the Scholler Foundation, we can offer verified low-income members free handyman services. You must have a valid Medicaid ACCESS card in your name to be eligible.

Under this special program, you are responsible for the cost of materials associated with the work we do but you will not be billed for labor costs.



To be eligible for this program, you must:

- **Be a current Ralston My Way member**
- **Show us a valid Medicaid ACCESS card (not a Medicare card) in your name**

Funds are limited so this offer is first come, first serve.

For more information, call 215-525-5470 and mention the Low Income Program.

Community Events

Ice skating with the Chestnut Hill Community Association

Have some fun, exercise and meet your neighbors

The Chestnut Hill Community Association is hosting its very first members' only event at the Wissahickon Skating Rink located in Chestnut Hill! Join them in the Mulehenbronner lounge for an afternoon of food, fun and ice skating at one of Philadelphia's oldest indoor ice skating rinks!



\$5 per person (plus fee)
Pizza and a snack will be provided.

Saturday, March 12, noon to 3:30 pm

Wissahickon Ice Skating Rink

550 West Willow Grove Ave, Philadelphia, PA 19118

For more information or questions, call 215-248-8810 or 215-248-8811 or email info@chestnuthill.org

Register for this event at <http://chestnuthillcommunity.ticketleap.com/ice-skating-with-the-chca/>

Funny-Drive to Laughter to Benefit Chestnut Hill Annual Fund Drive

The Chestnut Hill Community Fund will be hosting the 1st EVER Funny-Drive to Laughter program. For one night only, national headliner, Joey Callahan, a Philadelphia native who has opened up for Richard Belzer, Jay Leno, Steven Wright and Weird Al Yankovic will perform. He also has been featured on Comedy Central and Sirius Radio. He brings his clever brand of humor with two featured performers, Terry Reilly and Helene Angley. Come out and support the Annual Fund and have great night out!

General Tickets \$25

VIP Tickets \$50-Includes seating in the front 3 rows plus a reception hour before the show from 6:45 to 7:45 pm



Thursday, March 31, 8:00 to 9:30 pm.

Springside Chestnut Hill Academy, Lower School Theater
8000 Cherokee Street, Philadelphia, PA 19118

Reserve your ticket at <http://chestnuthillcommunity.ticketleap.com/chcf-comedynt/>

Interesting Articles

[How to retire single without being isolated](#)

Retired couples can encourage each other to do new things, go new places and meet new people. Retired single people must make those efforts on their own.

[A sleep disorder may be harming your body and brain](#)

Research in the past couple of decades has shown that a lack of sleep increases a person's risk for cardiovascular disease, diabetes, infections and maybe even Alzheimer's disease. Yet most sleep disorders go untreated.

[Alcohol effects men and women differently](#)

In general, older men are more likely to drink alcohol compared with older women. But women of all ages are affected more easily than men by the alcohol consumed. As a result, women may become more impaired than men

after drinking the same amount.

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
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