



June 11, 2015

Meet Andria Hale, Ralston My Way Member Services Coordinator

You don't have to know Andria for long to understand why this likable, upbeat woman is such a valuable asset to Ralston My Way.

Andria has a heart for service. She volunteered at a local nursing home while she was a sociology major at Wingate University (near Charlotte, North Carolina) She credits her comfort working around older people to her mother who was a hospice worker and the opportunity she had to spend time with her mom at work.

As a new college graduate exploring opportunities, Andria became a resident volunteer for AmeriCorps. She lived in a house with 6 people with developmental disabilities over age 50. This was a time for personal growth and she learned a lot through this experience. "I went from being a university student responsible for myself to having shared responsibility for the well-being of 6 people from breakfast in the morning, daily activities and to bed at night," said Andria. "One of the residents of our house passed away while I was there and experiencing the grief of the other residents and caregivers as well as my own added another dimension," she said.

After she left AmeriCorps, Andria became a hospice volunteer and eventually took a job at that facility as a coordinator. While working, she started looking for somewhere to live. She felt at home in Mt. Airy. "People are invested in this community," she said. "They care."

After she moved to Mt. Airy she started looking for a new career opportunity and she found it - two blocks from her new home. What is now known as Ralston My Way opened an office on Germantown Avenue in 2010. Andria, as one of the first two people in the office, embraced her new position and was soon answering phones, scheduling, doing billing and payroll, driving members to appointments, shoveling snow and anything else that was needed. "I like living and working in the same neighborhood." Andria said. "It is nice to know that our neighbors are benefiting from our program and that we are contributing to the well-being of the community."

She credits Eric Wilden, Ralston My Way's current Executive Director for the growth of membership and the continuing quality of service to our members via his relationships with the team members. "Employees have a sense of belonging and a voice in what we are doing," said Andria.

What Andria enjoys most about her job is getting to know the field staff and the members. She likes the daily challenge of matching the right employee to a member requesting service. "It is like a puzzle and it gives me satisfaction when everything works out as planned," Andria said.



Did you know Andria is a member of the Philadelphia Juggling Club? She demonstrated her skills at our Cinco de MyWay celebration in May. She also plays Ping Pong in East Falls and teaches it in Mt. Airy Schools.

Andria puts her heart into what she does. We are lucky to have her as part of the Ralston My Way team. Stop and say hello or email her to tell her you saw her story in our e newsletter!

Andria (right) and Allison Watman demonstrating their juggling talents at Ralston My Way's 5th Anniversary Cinco de MyWay celebration on May 5, 2015

Things to know, things to do

Older Adults and the Sun

Have you noticed you are more sensitive to the sun and get a sun burn faster than you did a few years ago?

As you age you need to take additional precautions when the sun is high in the spring and summer months. Cloudy AND sunny days can mean sun burn. You may also be taking medications that increase your sensitivity to the sun so make sure to ask your doctor and pharmacist about sun exposure and your prescription and over-the-counter medicines.

When outside, always wear a hat and sunglasses.

You should wear sunscreen all year round when in the sun but especially in the warmer months. When selecting a sunscreen, make sure it contains ingredients such as avobenzone, oxybenzone, mexoryl, zinc oxide or titanium dioxide and an SPF of 15 or, if especially sensitive to the sun, an SPF of 30.

Sunscreen should be applied frequently throughout the day and after exercise or swimming.

For more information, see [Aging and the sun](#)

Discussion Group on Atul Gawande's book *Being Mortal* continues

Thursday, June 11, 2015, 7:00-8:30 P.M.

Weavers Way Community Room 555 Carpenter Lane, Philadelphia, PA 19119

Sponsored by Weavers Way, Ralston My Way and Northwest Village Network

In this inspiring but tough manifesto, revolutionary reformer Atul Gawande offers promising ideas that we may bring to our lives and our community. This landmark book speaks to issues close to the heart of aging in community: how do we age with dignity? How do we maintain the quality of life we deserve when life circumstances and even care-giving institutions let us down?

We began the discussion May 21st. Whether you've read the book or not, consider joining us as we pursue these ideas further and explore how they may work for us here in Northwest Philadelphia. Can't make it? Please read the book anyway!

More info: Peter Javsicas, 215 247-0457, jpj7130@gmail.com

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

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

Let us help you with your air conditioners!

CALL RALSTON MY WAY AT 215-525-5470.

Air conditioning and fans will help keep you cool, comfortable and help protect you from heat-related illness. High temperatures can be dangerous to the human body. In temperatures between 90 and 100 degrees leg cramps and exhaustion may occur. High humidity combined with high temperature increases your risks. Drink cool water frequently throughout the day to prevent dehydration.

We can put in your window air conditioners and install ceiling fans.

Other jobs? Please call and ask us. We are happy to work with you.

Ralston My Way | 215-525-5470 | information@mywayonline.org |

<http://www.mywayonline.org>

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Philadelphia, PA 19119

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