

Call us today at 215-525-5470 or email [info@ralstonmyway.org](mailto:info@ralstonmyway.org)



October 13, 2015

**Tell us about your experience with a professional contractor!**

***Have you had a good experience with a professional service contractor you hired?***

***Maybe you had your heating or cooling system repaired or an appliance fixed. Perhaps you had a new roof put on, gutters or new windows. How about an auto repair?***

***Tell us about a contractor you would recommend and your experience. Who are they? How did you find them? Give us their contact information.***

***We are creating a list of good reliable people you trust and will make that list available to other Ralston My Way members when they call us for help.***

***Hit "reply" to this email and tell us your "good contractor" story. We appreciate it and we know other Ralston My Way members will too.***

**Daylight savings time ends. Time to "fall back."**

Daylight savings time ends on Sunday, November 1, 2015 at 2:00 am. Turn your clocks back one hour before going to bed on Saturday October 31st so you are "on time" and not too early the next day.



**Falling leaves mean it's time to call Ralston My Way.**



The temperatures are getting cooler and the days are getting shorter. It is time to remove your air conditioners from the windows and get your patio and porch furniture moved inside. Leaves need to be raked and sidewalks cleared to prevent falls. Call today to schedule a time for us to come and work with you at 215 525-5470 or [Schedule a Ralston My Way Service](#), through our website. Simply fill out

the form and hit "Submit." Someone from our office will get right back to you.

**Halloween Safety tips for Ralston My Way members**

**Driving**

There will be a lot of children and adults in costume having fun and not paying

attention to traffic or normal rules of safety when crossing a street. They may be wearing masks that make it difficult for them to see you or wearing dark clothing making it difficult for you to see them. If you are planning to drive on Halloween, be extra cautious when pulling in and out of parking spots or your driveway. Drive slowly through all neighborhood streets and watch for people walking in the road.



## **HALLOWEEN SAFETY TIPS**

### **Safety while passing out treats**

If you are planning to pass out candy and treats, take precautions. Make sure you can see who is at your door before you open it. Have your doorway well lit. If you live alone, you may want to consider having a friend or relative come to your house, keep you company and enjoy your own celebration. You do not have to open your door to everyone who knocks or rings the bell and you might stop giving out treats once its dark. If you do not feel safe, keep the door closed and locked.

### **Interesting Articles**

[Choosing the right medicare plan for you](#)

[Mysteries of Medicare: Time to review your Medicare coverage](#)

Even if you've been on Medicare for years, you may want to re-evaluate your options annually to make sure you've got the right plan. The annual open enrollment period, during which you can switch Medicare plans, runs October 15 through December 7. Read more in the two articles above.

[Ageism in America](#)

The movie "The Straight Story" rallies people to embrace older individuals for their continued ability to teach all generations about "seizing the day." Viewers are drawn to 70-something Alvin Straight, who drives his lawnmower from Iowa to Wisconsin to visit his estranged brother. Alvin's journey is a tribute to ingenuity, strength, compassion and resolve that perhaps can only come through years of life experience, proving again that the majority of American seniors are self-sufficient, productive members of society who will remain engaged with the world and with others no matter what jokes or misperceptions come their way.

### **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](mailto:info@ralstonmyway.org)  
 | <http://www.ralstonmyway.org>  
 7051 Germantown Avenue  
 Philadelphia, PA 19119

Text | Optional Link

Copyright © 2015. All Rights Reserved.



Ralston My Way | 7051 Germantown Avenue | Philadelphia | PA | 19119