



April 18, 2016

Thinking you might need help at home but are not sure?



We are happy to talk with you, answer questions, tell you what your options are work with you to make a plan. You can call us, visit our office or we will come to meet you in your home.

We are here to help. Call us today at 215 525-5470 or visit <http://ralstoncenter.org/programs-services/ralston-my-way/services> for more information.

Community Events

Germantown Community Yard Tree Giveaway

Thanks to Tree Philly, a program of Philadelphia Parks & Recreation and the Fairmount Park Conservancy, Philadelphia is transforming into the City of Arborly Love, one tree at a time! Register online or over the phone for your free tree now and choose between a variety of trees, including fruit trees!

Registration: Germantown Community Yard Tree Giveaway

Saturday, April 23 from 9 a.m. - 2 p.m.

For more information or questions Call at 215-683-0217, Email treephilly@phila.gov or

Fill out this form:

<https://docs.google.com/forms/d/1ocFEZN40iFTZLvvbQ0QbDbtzQDPNxeb1yisdoovKvAg/viewform?c=0&w=1>



Eat, Play and Discover

Germantown Avenue in Chestnut Hill blossoms into an outdoor garden marketplace.



May 1, 2016 from 11 a.m. - 5 p.m.

Admission to the festival is FREE!

Pack up the puppy, put on your walking shoes, drop the kids in the strollers and don your sunglasses & visors - come to Chestnut Hill for spring festival.

For more information visit www.chestnuthillpa.com

Fear of Forgetting?

We all worry when we can't remember where we put our keys: What does that mean? What is normal memory loss vs. something potentially more serious?

Join us for Fear of Forgetting, a forum focusing on Dementia and Alzheimers, to hear a panel of memory experts

May 1, 1:30–3:00 pm
Unitarian Church of Germantown,
6511 Lincoln Drive
Philadelphia, PA 19119

For more information Call 215 247-0457 or visit www.northwestvillagenetwork.org



Food, Fun, & Fellowship in the Heart of Mt. Airy!

Come out and help celebrate Mt. Airy Day



Saturday, May 7, 11 a.m. - 5 p.m.
Cliveden, 6400 Germantown Avenue, Phila., PA 19119

Cost: Free to attend, food and other purchases are pay-as-you-go

For more information
visit: tp://www.mtairyday.org/ or email: info@mtairyday.org

Interesting Articles

[An Ancient and Proven Way to Improve Memorization: Go Ahead and Try It](#)

The "Rhetorica ad Herennium," written in the 80s B.C. by an unknown author, is the first known text on the art of memorization. (It's also the oldest surviving Latin book on rhetoric.) It teaches the "method of loci," also known as the "memory palace." As its names suggest, the approach involves associating the ideas or objects to be memorized with memorable scenes imagined to be at well-known locations ("loci"), like one's house ("palace") or along a familiar walking route.

[The 10 fastest-growing retirement costs](#)

Whether it's medical care, prescription drugs or food, senior citizens' wallets are being hit particularly

hard, and at a time when Social Security isn't rising.

[105-year-old Australian Aboriginal artist honored with U.S.Â exhibition](#)

Loongkoonan only took up painting in her mid-90s, embracing it with such originality, confidence and dedication her work soon found its way into museums and private collections

Introducing the New Ralston My Way Website

The new Ralston My Way website is now available! See our new look, schedule a service, send us a message and more. Go to:

www.ralstonmyway.org

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](#)