

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



April 3, 2017

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



Talk to us. We listen.

Together we can work out a plan to meet your needs. Call us, visit our office or we will come to 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.

Medications and Healthy Aging

Join us for an informative expert discussion on medications, how they work in your body and how they interact with each other. Learn what you need to know to manage your or someone else's medication safely. Discover resources available to help you. Lunch will be served following the program.

**Tuesday, April 18, 2017
10:00 AM to 1:00 PM
Oxford Presbyterian Church
8501 Stenton Avenue
(Corner of Stenton & Gowen)
Philadelphia, PA 19150**

Program and Lunch are free. Registration is required. To register, contact Alicia Anwar at 215-386-2984 or email aanwar@ralstoncenter.org

Caregiving: It's OK to Think About Me

Join us and hear from aging experts and experienced caregivers about the social concerns, behavioral considerations and physical demands of caregiving. Learn about the importance of self-care and the ways you can find time to provide healthy and effective care for yourself while also caring for your loved one. Lunch will be served following the program.

**Thursday, April 20, 2017
10:00 AM to 1:00 PM
Ralston Center
3615 Chestnut Street
Philadelphia, PA 19104**

Program and Lunch are free. Registration is required. To register, contact Alicia Anwar at 215-386-2984 or email aanwar@ralstoncenter.org

Housing Options for Older Adults

Join us for an expert discussion on housing options available and learn about continuing care retirement communities, independent senior housing, assisted living facilities, skilled nursing facilities and home care options. Get information on what choice is best for you or your loved one, and how to evaluate the quality of a facility or service. A light breakfast will be served before the program begins.

Tuesday, May 9, 2017
9:00 AM to 11:00 AM
Oxford Presbyterian Church
8501 Stenton Avenue
(Corner of Stenton & Gowen)
Philadelphia, PA 19150

Program and Breakfast are free. Registration is required. To register, contact Alicia Anwar at 215-386-2984 or email aanwar@ralstoncenter.org

Caring for an Older Adult with Dementia

Join our expert discussion to learn how to best care for someone who has dementia or another cognitive impairment. Listen to real world case examples and strategies to cope with increasingly difficult, confused, or erratic behavior. Discover resources available to help your loved one and provide greater peace of mind for yourself. Lunch will be served following the program.

Wednesday, May 24, 2017
10:00 AM to 1:00 PM
Pinn Memorial Baptist Church
2251 N. 54th Street
Philadelphia, PA 19131

Program and Lunch are free. Registration is required. To register, contact Alicia Anwar at 215-386-2984 or email aanwar@ralstoncenter.org

Community Events

Japanese Cherry Blossom Festival



Experience the beauty of Morris Arboretum's cherry tree collection in bloom. Both Saturdays will feature traditional Japanese cultural activities.

The history of the Morris Arboretum is rich with Japanese influences. Join us in April as we celebrate this history and experience the beauty of Morris Arboretum's

cherry tree collection in bloom.

When: Saturday, April 8, 10:00 am - 3:00 pm &
Saturday, April 15, 10:00 am - 3:00 pm

Where: 100 E Northwestern Ave, Philadelphia, PA 19118

For more information visit http://www.business-services.upenn.edu/arboretum/events_cb_festival.shtml#simpleContained1

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

Come out and help us celebrate The 47th Annual Mt. Airy Day on the grounds of Cliveden of the National Trust at 6400 Germantown Avenue, Phila., PA 19119

**Saturday, May 6, 2017 from
11:00 AM to 5:00 PM**



It will be a great day of fun for the whole family – delicious food, live entertainment, great shopping, kids' games and much more!

For more information
visit: <http://www.mtairyday.org/> or email: info@mtairyday.org

Celebrate the 21st Anniversary of the Chestnut Hill Home & Garden Festival

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



Date & Time: Sunday, May 7, 2017
11:00 am to 5:00 pm
Rain Date is May 21, 2017

Location: Historic Germantown Avenue
(8000 to 8600 blocks)

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

Ralston My Way | 215-525-5470 | info@ralstonmyway.org
| <http://www.ralstonmyway.org>
7051 Germantown Avenue
Philadelphia, PA 19119

Text | [Optional Link](#)