



July 21, 2016

## Greeting Ralston My Way Members!

As you know, Ralston My Way offers a wide variety of services, from home care to transportation to handyman repairs to yard work. We are happy to report that, in the last year, we have greatly increased our ability to provide personal care for our members as a Pennsylvania licensed home care agency. Our Social Worker, Barbara Kroberger, works tirelessly to match up the right caregivers with our members who may be recovering from a hospital stay, injury or illness, or who simply need some extra assistance with daily activities. Thanks to Barbara's efforts, Ralston My Way's current team of caregivers is the best we've ever had, and our staff is over 65-people strong.

Call us today and hear what we can do for you!

Best personal regards,

**Eric Wilden**  
**Executive Director**  
**Ralston My Way**

## Free Produce Vouchers for Low-Income Philadelphia Seniors, Starting Monday, July 11



The annual Senior Farmers' Market Nutrition Program (SFMNP) encourages seniors to eat more fresh fruits and vegetables, while also supporting Pennsylvania farmers. **Income-eligible Philadelphia residents age 60-plus can receive \$20 worth of vouchers to purchase fresh Pennsylvania-grown produce at more than 50 certified Farmers' Markets in the city.** The vouchers

will be distributed while supplies last at PCA, 642 North Broad St. in Philadelphia (weekdays, 9 a.m. to 4 p.m.) and at senior community centers. The Reading Terminal Market, 12th and Arch Sts., and Share Food Program, 2901 W. Hunting Park, will also distribute the vouchers on designated dates. To receive the produce vouchers, 2016 household income must not exceed: \$21,978 (individual), \$29,637 (couple), \$37,296 (3 people), or \$44,955 (4 people). **For more information, seniors may call the PCA Helpline at 215-765-9040.**

**PCA Helpline - 215-765-9040 - Ac**

**Due to an Excessive Heat Warning, the PCA Helpline is in operation at 215-765-9040.** At PCA's Helpline call center, a team of trained staff will counsel callers of all ages about precautions to take against the heat and detecting signs of heat stress. **City Health Department nurses will be on-site to speak with callers about medical problems related to the heat. Mobile relief teams from the Health Department will respond to situations requiring intervention, and 911**

**will be called for emergencies.**

Neighbors, friends and relatives are urged to look in on elderly persons, as they may be especially vulnerable to the heat. The elderly, individuals with chronic medical conditions, those on medication, and persons who live alone and receive few visitors are encouraged to call PCA's Heatline for advice on coping with the heat. In addition, callers may contact PCA's Heatline on behalf of another individual who may be at risk for heat stress. For "Signs of Heat Stress, Tips to Stay Cool," click [READ MORE](#) below.



**PCA's Heatline is a non-emergency telephone service - IT IS NOT A FAN OR AIR CONDITIONER DISTRIBUTION SITE.** PCA's Heatline staff can provide information about recommended air-conditioned locations and year-round senior services.

## Community Events

### Moonlight Movies in Mt. Airy

Moonlight Movies in Mt. Airy, hosted by Mt. Airy USA and Trolley Car Diner, with support from Philadelphia Parks & Recreation, Chestnut Hill Hospital, and Valley Green Bank, runs from June 24th through August 12th (with the exception of July 1st & 2nd).

Here's this summer's lineup for the month of July:

**Friday:**  
July 8, 15, 22 & 29

**Saturday:**  
July 9, 16, 23 & 30



**FRIDAYS @ Pleasant**

Playground (6757 Chew Avenue) will begin at 6pm with a children's story time and book swap, with the movie beginning at 8:30pm.

**SATURDAYS @** the parking lot of Trolley Car Diner (7619 Germantown Avenue), movies beginning at 8:30pm.

For more information, and a list of movies go to [Moonlight Movies in Mt Airy Calendar](#)

### FREE Class Series in the Park by Water and Rock Studio

Water and Rock Studio is proud to kickoff our first ever FREE class series in the park! These classes are completely free to the community and our member.

All classes are held at Pastorius Park at the stage area near the pond.



**water and rock**  
STUDIO  
WHOLE BODY PERSONALIZED TRAINING

These free classes will be held every Saturday from mid July through the end of August. Spread the word, come out and join! Here's the line up: Saturdays, 4 - 5 pm at Pastorius Park (at the stage area near the pond)

7/23 - Hatha Flow Yoga  
7/30 - Hatha Flow Yoga

For more information visit [www.chestnuthillpa.com](http://www.chestnuthillpa.com)

## PASTORIUS PARK CONCERT

The Pastorius Park Concert Series is produced by the Chestnut Hill Community Association and is supported by both The Chestnut Hill Community Fund and Chestnut Hill Hospital.

July 27, 2016 @ 7:30 pm

If a show is rained out, it takes place at  
Springside  
Chestnut Hill Academy's Cherokee Campus.



For more information visit <http://www.chestnuthill.org/2016/2016-pastorius-park-concerts/>

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Text | [Optional Link](#)