



June 27, 2016

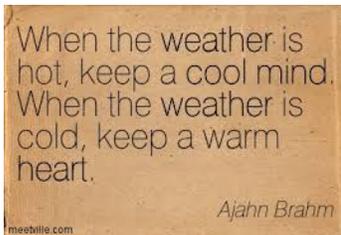
## We can help you enjoy the nice weather!

The weather forecast is warm and sunny. It is time to get out of the house or have friends or family in.

Did you know that Ralston My Way's homecare services include someone to pick you up and take you where you want to go? We can help you get ready - from bathing and dressing to packing for a trip.

If you want some companionship, help with preparing a meal or picnic for yourself or friends (we even do the dishes!), get the house or yard ready for guests -- call us. We can help.

If you haven't done it yet, call Ralston My Way at 215-525-5470 or go to [Ralston's online scheduling link](#) to schedule installation of your air conditioner.



We can also help you clean up your yard and patio or porch furniture, mow your lawn and keep your garden looking tip top.

Other jobs? Ask us!

We are always happy to hear from you.

## Looking for a few good people to join our team!

Ralston My Way is now recruiting new employees to do Home Care and Yard Work. Do you know reliable people who want to work flexible hours and do meaningful work?

Please have them call Eric Wilden, Ralston My Way's Executive Director today at 215-525-5470 or email [ewilden@ralstonmyway.org](mailto:ewilden@ralstonmyway.org).

### Saying good-bye to a member of our Ralston My Way family

A Ralston Award winning caregiver said good-bye this month as he moved on to a career he has been training for while working with us:

*"I just wanted to say thank you for all of your support. I passed the NCLEX-RN last Wednesday and will be starting at Pinnacle Harrisburg Hospital on their Cardiac-Telemetry Unit on July 11. As I begin this new part of my career, I can't help but think about my time spent working for My Way and how grateful I am for that time. Thank you so much."*

Sincerely,  
Jaime K.

Jaime -- we will miss you and wish you all the best as you enter the next

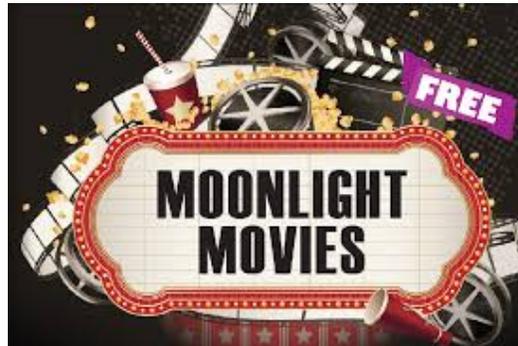
## Community Events

### Moonlight Movies in Mt. Airy

Fridays & Saturdays, June 24 - August 13

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).

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



### Free Tai Chi Classes in Mt Airy

Sundays and Tuesdays

Cost: Free

For more information go to [Tai Chi in Mt. Airy](#)

### Join the Men's Gathering at Center in the Park



Every Friday 10 am to 12 Noon in the Center in the Park Technology Lab

Fee: \$5

Looking for something for Men Only?

If you:

- Enjoy talking, sharing ideas, debating with others
- Have questions about the Internet, phones or computer virus protection
- Have never used a computer, but want to learn how to use one
- Are an Eagles, Phillies or Sixers fan
- Want some tips for staying healthy as you grow older
- Are interested in taking fishing trips

Look for more information at the bottom of the page on the [Center In The Park Website](#).

## Interesting Articles

### [What does old look like?](#)

A video about changing people's mind about age.

### [The Secrets to a Happy Life](#)

A long-running study out of Harvard suggests that one of the most important predictors of whether you age well and live a long and happy life is not the amount of money you amass or notoriety you receive.

[Fountain of Youth Drug?](#)

What if there were a way to stave off the creaks and calamities of old age?

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Text | [Optional Link](#)

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