

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



March 1, 2017

Prepare for Spring!



It's not too early to get ready for spring. Need help with yard and garden cleanup or with planting, mulching, mowing? We can also help you bring out your porch or patio furniture and set up so it is ready for you to use and enjoy as the weather warms up.

Call Ralston My Way at 215-525-5470. Other jobs? Ask us!

Daylight Savings

Daylight Savings Time starts March 12, 2017. Don't forget to set your clocks one hour ahead before going to bed.



Reminder: Women's History Month Special Event



Join us as we celebrate Women's History Month
**Women Visionaries and the Care of Older People
1817 to the present**

Tuesday, March 28, 2017

Program at 6:00 pm, on-site check in starts at 5:30 pm
Historical Society of Pennsylvania
1300 Locust Street
Philadelphia, PA 19107

The event is free but advanced registration is required!

To register, contact Alicia Anwar at

aanwar@ralstoncenter.org

For more information visit:

<https://ralstoncenter.org/events/women-visionaries-care-older-people-1817-present>

Medications and Healthy Aging

Join us for a discussion on medications, how they work, how they interact with each other, and what you need to know to manage your medications, or someone else's medications, effectively. Increase your understanding and discover resources necessary to manage this essential aspect of your life.



April 18, 2017
Oxford Presbyterian Church
8501 Stenton Ave, Philadelphia, PA 19150
10:00 am - 1:00 pm
Registration: 10:00 am- 10:30 am
Presentations: 10:30 am- 12:00 pm
Lunch: 12:00 pm - 1:00 pm

To RSVP please contact Alicia Anwar or Michelle Sudler at 215-386-2984

Calling All Parkinson's Caregivers...

Join the 8 week caregiver phone series by SOWN:

- Share caregiving advice
- Learn tips
- Meet other caregivers like you
- Participate easily by phone (no need to leave your home)
- Whatever is discussed over the phone is confidential

For more information, <http://sown.org/parkinson.html> or contact Patty Davis at 215-487-3000 Ext: 25

Mount Airy Learning Tree



MALT proudly presents two fantastic films

Maggie Growls - Sun, March 12, 2017 @ 4:30 pm

BaddDDD Sonia Sanchez - Sun, March 19, 2017 @ 4:30 pm

Cost: \$ 20 each film

Brossman Center of the Lutheran Theological Seminary
7301 Germantown Avenue Benbow Hall
Philadelphia, PA 19119

For more information, or to register, call Mount Airy Learning Tree at 215-843-6333, or visit www.mtairylearningtree.org

Community Events

The 2017 PHS Philadelphia Flower Show

An annual blockbuster event in Philadelphia, and the world's oldest and largest indoor event of its kind, the Philadelphia Flower Show draws hundreds of thousands of people to Center City Philadelphia every year.



Dates: March 11-19, 2017
@ Pennsylvania Convention Center
12th & Arch Streets
Philadelphia, PA 19107



Run by the Pennsylvania Horticultural Society (PHS), the show, which enters its 189th year this year (2017), invites everyone to take in spectacular floral displays of all shape and size and to take advantage of all the floral action in Philadelphia long before spring comes into full bloom.

For more information or to buy tickets visit <https://theflowershow.com/plan-your-visit/show-info>

Senior Education Day

PCA's 6th annual Senior Education Day will feature 60-minute classes, free parking and a healthy snack!

- Cultivating Compassion for Our Aging Bodies featuring : Dr. Dan Gottlieb, host of WHYY radio's Voices In The Family
- Mix & Match Foods for a Healthy Plate: Fresh, Frozen & Canned
- Art History of Philadelphia
- Use Free Apps to Store Your Phone's Photos
- Protect Yourself from Fraud & Financial Exploitation
- Line Dancing



When: March 18, 12:30 pm - 4:30 pm

Where: PCA, 642 North Broad Street
Philadelphia, PA 19130

Cost: \$5

To register, click on the links below to print the registration form or purchase tickets online. You may also register by calling 215-765-9000, ext. 5055.

<https://events.r20.constantcontact.com/register/eventReg?oeidk=a07edr56xdh1c1d68e2&oseq=&c=&ch=>

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

