



May 1, 2017

Ralston My Way can help you enjoy the nice weather!



The weather is getting warmer and sunny. We can help you get out and enjoy the fine weather or visit friends by providing you with door to door transportation. If you want to have friends in, call us in advance and we will help you set up and clean your patio or porch furniture, install your air conditioner and help prepare a meal or picnic. Taking a short trip? We can help with packing, bathing and dressing and getting you to the bus, train station or airport.

Call us

today or visit <http://ralstoncenter.org/programs-services/ralston-my-way/services> for more information.

Salus University's Occupational Therapy Program Partners with Ralston My Way to Offer Their Members Free Home Safety Screenings

Salus University's Occupational Therapy Program will be offering FREE home safety screenings, under the supervision of a Certified Living in Place Professional, to Ralston My Way Members which will include:

- Falls Risk Screenings
- Home Safety Assessment
- Activities of Daily Living Screenings
- Suggestions for Increasing Home Accessibility
- Community Mobility Screening
- Connection to Community Resources



The program started April 9, 2017 and will continue through the end of June. Each participant will receive two in home visits lasting approximately 1-2 hours each. Caregivers and spouses are welcome to attend the screening visits.

For more information or to schedule your **FREE** screening please call 215-525-5470.

Reminder: 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

Reminder: 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

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

J.S. Jenks Funfest!

Join us for games, bouncy castles, raffles, food, and more on the J.S. Jenks playground!
Parents, students, teachers, and neighbors make Funfest a community celebration.



Volunteer for or donate: Games & Booths * On-Site Help * Set-Up & Clean-Up * Ice * Drinks * Baked Goods * Supplies

When: Saturday, May 20, 2017
11:00 am to 3:00 pm.

Where: J.S. JENKS PLAYGROUND

In addition to being a great family event, the carnival will also help fundraise to support infrastructure and programming at J.S. Jenks Academy for the Arts and Sciences, Chestnut Hill's community public school.

For more information
visit: <http://www.friendsofjsjenks.org/funfest>

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

Text | [Optional Link](#)

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