



October 21, 2016

Time to think about cooler weather. Call Ralston My Way

Fall means cooler temperatures. It is time to remove your air conditioners. As daylight savings time ends its time to "fall back." Turn your clocks back one hour before going to bed on Saturday November 5th so you are "on time" and not too early the next day and schedule your air conditioner removal and have

it done when it is convenient for you. We can also help with Leaf removal, Fall Garden Cleanup, Laundry, Meal Prep and much more.



Call today to schedule a time for us to come and work with you at 215 525-5470 or Schedule a Ralston My Way Service, through our website.

Click here: <https://ralstoncenter.org/programs-services/ralston-my-way/services> fill out the form and hit "Submit." Someone from our office will get right back to you.

Ralston Center Celebrated 25 Years of Wellness Programs

Ralston Center recognized its 25th year providing wellness programs to adults 55 and older in Philadelphia with a celebration including fitness classes, wellness stations, food and nutrition discussions, a concept "Pop-Up Park" and a healthy lunch.



We continue to offer classes like Stretch & Tone, Abdominal Workout, Tai Chi, Chair Yoga, & Feldenkrais at Ralston Center and six other locations in Philadelphia.

People enjoy more active and healthier lives as they keep on taking fitness classes at Ralston Center.

These classes are open to everyone.

Our experienced instructors do an outstanding job of addressing individual needs in a group setting. Whether you've been active for years or taken some time off, you'll enjoy and benefit from Ralston's classes.

The first class is free. Give it a try!

For more information visit <https://ralstoncenter.org/> or call 215-386-2984

Community Events

At this forum, two seasoned experts **Dan Ross & Linda Good** will explore how we can gain control over end of life issues followed by Q&A with audience

SUNDAY, OCTOBER 23, 3 TO 5 PM

@ First United Methodist Church of Germantown

6001 Germantown Ave. (corner of High St.)

Misuse of Medication - Are you at Risk?

Thursday, October 27

from 12:30 - 1:30 pm

@ Center on the Hill, 8855 Germantown Avenue (behind the Presbyterian Church of Chestnut Hill), Philadelphia



Older adults are more likely to be prescribed long-term and multiple prescriptions, which could lead to improper use of medications. Learn about prescription medication use, misuse and abuse. Find out how pain relieving opioids interact with other medications. Scott Bickel, RPh, director of pharmacy, Chestnut Hill Hospital, will help you recognize, prevent and understand the treatment for prescription drug abuse.

Call the Center on the Hill, 215-247-4654, or email llefer@chestnuthillpres.org

World Stroke Day!



Friday, October 28 from 2 - 3pm

@ Chestnut Hill Hospital,
Main Lobby, 8835 Germantown Avenue,
Philadelphia

Blood Pressure Screenings and Stroke Risk
Assessments

For more information

visit <https://chestnuthillpa.com/events/world-stroke-day-screenings-assessments-chestnut-hill-hospital/> or call 215-247-6696, email koneill@chestnuthillpa.com

Participate in research on depression and aging at the University of Pennsylvania

The University of Pennsylvania is seeking older adults to study the human brain. Researchers will examine the connection between inflammation in the brain and depression by comparing biological and psychological differences in depressed and non-depressed people which will help them to find better ways to treat and prevent depression.

If you are interested in participating, or would like more information concerning our studies, please call the Center for Neuromodulation in Depression and Stress at 215-573-0083.

Ralston My Way | 215-525-5470 | info@ralstonmyway.org
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