



*Extend a Hand, Stay Connected, Live Well at Home*

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## **Membership Services and Benefits**

**Foggy Bottom West End Village** is a neighborhood nonprofit volunteer/membership organization that provides services and benefits to help residents live independently for the long term.

To accomplish this goal we have created a menu of services and benefits that are available exclusively to our Standard Members. These are in addition to the social, educational, cultural and health and wellness programs that are available to both our Standard and Social Members. Services are provided by a cadre of volunteers from the community.

### **Transportation**

Volunteer drivers provide one-way or round-trip transportation to members and may assist them to and from the front door and carry groceries and packages as needed. Typical destinations include:

- Doctors' appointments
- Grocery stores
- Houses of worship
- Community meetings
- Social, cultural and other events offered or sponsored by FBWE Village

### **In-Home Assistance**

Our volunteers come to a member's home and help with household tasks such as:

- Clean out closets and cabinets
- Change light bulbs
- Hang pictures and curtains
- Move furniture
- Make simple repairs
- Rake, sweep or shovel walkways
- Perform small gardening tasks

### **Technology and Technical Support**

Volunteers help explain technology to members, advise them on equipment purchases and upgrades, tutor them in hardware and software use and provide specialized assistance such as:

- Setting up a new computer or printer
- Setting up a home wireless network
- Troubleshooting a computer
- Selecting and using a cellular (mobile) telephone

### **Convenience Services**

Volunteers can help members with small needs on an occasional basis. These may include:

- Medical Appointment Escort
- Pick up prescriptions
- Mail packages
- Run errands
- Check on houses or apartments when members are away
- Pick up mail and newspapers
- Walk dogs and care for pets on an emergency basis

## **Friendly Visits and Contact Calls**

Volunteers may call or visit members at a regularly scheduled time to check on their well-being, just chat or read to those with impaired vision.

## **Problem Solving**

FBWE Village has volunteers trained to solve problems. These may be as basic as organizing files and paperwork or more detailed such as identifying community or governmental resources to address specific needs. When necessary, the Village will provide referrals to professionals with the needed expertise.

## **Home Care Assistance**

The FBWE Village has partnered with Home Care Assistance, a leading provider of home care services in DC, to augment the Village's volunteer services by providing Village members access to premier home care at special discounted and affordable rates.

## **Professional Service Providers**

FBWE Village assists members in identifying qualified professional service providers to perform a range of tasks necessary for the upkeep and maintenance of a house or apartment. These will include plumbers, carpenters, painters and electricians.

## **Washington Consumers' Checkbook**

FBWE Village Members are eligible to receive a free online membership to *Washington Consumers' Checkbook* ([www.checkbook.org/sitemap/washington\\_dc/](http://www.checkbook.org/sitemap/washington_dc/)) a nonprofit consumer resource which rates area service providers and stores on the basis of quality and price. A print edition will be available for members without internet service.

***The following programs and activities are indicative of those available to all Standard and Social Members of the Village:***

## **Wellness and Educational Programs**

- Presentations on health topics (e.g. nutrition, vision, caregiving, navigating the healthcare system)
- Walking group
- Balance classes
- Lectures on topical issues (e.g. economics, civil rights, legal documents)
- Book and author presentations

## **Social and Cultural Activities**

- Film screenings and discussions
- Museum tours
- Luncheons and dinners
- Happy Hours
- Bowling
- Historic home and garden visits
- Musical outings

**Foggy Bottom West End Village**  
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