

## BENEFITS LIST

### Family and Individual Members receive these volunteer-provided services:

- **Transportation** to medical appointments, exercise classes, shopping, events and more.
- **Household assistance** such as putting out recycling bins, fixing leaky faucets, changing hearing aid batteries and light bulbs and more.
- **Technical aid** and advice for snafus with your smart phone, tablet or computer.
- **Friendly visits**, including respite visits to provide relief breaks for caregivers.
- **Pet visits** from People Animals Love (PAL) certified pets and handlers.
- **Medical note-taking**, by volunteers trained to record information during medical appointments.
- **Storm Buddy**, a friendly phone call, a visit or assistance when inclement weather keeps you at home.
- **In-home personal training**, one free introduction package, for one hour per week for six weeks.
- **Reduced-price luncheons at La Ferme.**
- **Staff provided assistance** to access CC@H online resources such as the Neighbor-Recommended List.

### Family and Individual Members and Associates receive these benefits:

- **Educational programs and social events** to discuss ideas, make new friends, learn new skills, improve technical competence, and enjoy musical performances and more.
- **Presentations** by experts and notable authors on subjects that interest you: national elections, movies, art history, fall prevention, memory loss, birding, travel and more.
- **Online access to a Neighbor-Recommended List of businesses** providing home maintenance and other services including plumbers, electricians, roofers, heating and air conditioning experts and more.
- **Discounts on geriatric care consultation** from professional care managers through our nonprofit partners at Iona Senior Services and the Jewish Social Service Agency.
- **Online access to a Home Care Short-List** with information about several local home care companies.
- **Participation in member-led groups** (walking, knitting, and more).
- **Discounted exercise classes:** Gentle Seated Pilates/Balance, Zumba® Gold, Movement and Music.
- **CC@H newsletter** mailed to you and e-mails of event bulletins.
- **Access to a member listserv** to share information with other members via the Internet.

### How do I access my benefits?

For up-to-date information on all activities and how to register, go to [www.chevychaseathome.org](http://www.chevychaseathome.org). When visiting the CC@H website you may log in to access benefits. If login assistance is needed you may contact the office. **Members**, to request services or any assistance, please contact the office. Staff is normally available Monday through Friday between 9:00 a.m. and 3:00 p.m.



**Chevy Chase At Home**  
[info@chevychaseathome.org](mailto:info@chevychaseathome.org)  
[www.chevychaseathome.org](http://www.chevychaseathome.org)  
**301-657-3115**