



CHEVY CHASE AT HOME

Member and Associate Renewal Form

April 1, 2019 through March 31, 2020

Chevy Chase At Home (CC@H), an aging-in-place village, is a non-profit organization that offers a broad range of volunteer-provided services enabling older adults to remain in their own homes, and neighbors to enjoy social connection across generations. Residents of ten neighborhoods in Chevy Chase are eligible to join.*

____ **Family Membership** entitles all adult household Members (60 years, plus) to use **all the services** CC@H provides, to participate in social and educational programs, and to access service provider and community resource lists. Membership extends through March 31, 2020. **The cost is \$600.**

____ **Individual Membership** entitles adult Members (60 years, plus) who reside alone to use **all the services** CC@H provides, to participate in social and educational programs, and to access service provider and community resource lists. Membership extends through March 31, 2020. **The cost is \$450.**

____ **Associates**, of any age, are entitled to participate in CC@H social and educational programs and to access service provider and community resource lists. Associate affiliation extends through March 31, 2020. **The cost is \$300 per household (\$225 is a donation). CC@H is a 501(c)(3) organization and donations may be tax deductible as allowed by law.**

Name _____ 2nd Person _____

Street Address _____

Home phone _____ Cell phone(s) _____ 2nd Person _____

E-mail _____ 2nd Person e-mail _____

Emergency Contact Information (Optional for Associates):

Name _____ Relationship _____

Emergency Contact Primary Phone _____ 2nd Phone _____

▶ Your contact information will be included in the **2019 CC@H Directory** unless you opt out here:

Please make your check payable to Chevy Chase At Home and mail to:

Chevy Chase At Home
P.O. Box 15102
Chevy Chase, MD 20825

*Chevy Chase Village, Chevy Chase Section 3, Chevy Chase Section 5, Chevy Chase West, Old Hamlet, Rollingwood, Town of Chevy Chase, Drummond, Martin’s Addition, and the Riviera of Chevy Chase Condominiums.

PLEASE TURN OVER FOR LIST OF BENEFITS

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 four weeks.
- **Reduced-price luncheons at La Ferme.**

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.
- **Special Programs** offered periodically for no charge such as the Home Safety visits provided by Montgomery County Fire and Rescue Service or a Life Story Writing Workshop.

How do I access my benefits?

For up-to-date information on all activities and how to register, go to 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
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www.chevyCHASEathome.org
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