

BENEFITS LIST

Family & Individual Members may receive these volunteer-provided services:

- **Transportation** to medical appointments, exercise and educational classes, shopping, events and more;
- **Household Assistance**, such as putting out recycling bins, fixing a leaky faucet, changing hearing aid batteries and light bulbs, replacing smoke and carbon monoxide detectors and installing grab bars;
- **Technical Help** and advice 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 Notetaking** during medical appointments by trained volunteers;
- **Safety Programs** offered for no charge, such as Home Safety Visits provided by Montgomery County Fire and Rescue Service;
- **Neighbor Network**—A volunteer checks in before and after major weather events.

Family & Individual Members and Associates receive these benefits:

- **Cultural Programs and Social Events.** Enjoy musical performances, discuss ideas, make friends, learn new skills, see movies, attend local museums, and more;
- **Educational Presentations** by experts and notable authors on subjects that interest you, such as national elections, movies, art history, health, safety, fall prevention and travel;
- **Neighbor-Recommended List of Businesses and Service Providers** for plumbers, dry cleaners, craftspeople, pet care, in-home care providers, etc. Available on the web site, or by calling the office.
- **Discounts on Geriatric Care Consultation** through our nonprofit partners at Iona Senior Services and the Jewish Social Service Agency;
- **Join Member-Led Interest Groups** for walks, coffee & conversation, knitting, and more;
- **Participate in Senior Exercise Classes at a Member-Discounted Rate.** Class offerings currently include tai chi, Zumba® Gold and Music & Movement.
- **Receive the CC@H Newsletter** (via mail), event bulletins and updates (via email);
- **Access the CC@H Forum**, a monitored electronic mailing list, where members post requests and share information;
- **CC@H La Ferme luncheons**—Join us two times a year for conversation and a reduced-price prix fixe menu.

How do I access my member benefits?

- ✦ For up-to-date information and to register for events, go to our website: www.chevyCHASEathome.org.
- ✦ When visiting the website, you may log in to access your on-line member benefits.
- ✦ If you need help to log in to the website, please contact the office.
- ✦ To request volunteer-provided services or other assistance, please contact the office.

Office Hours

Our regular office hours are Monday through Friday from 9:00 a.m. to 3:00 p.m.

(301) 657-3115 info@chevyCHASEathome.org