



CHEVY CHASE AT HOME

Member Application

April 1, 2021 through March 31, 2022

Chevy Chase At Home (CC@H), an aging-in-place village, is a non-profit organization offering a broad range of volunteer-provided services to enable older adults to remain in their own homes. To enhance connection and engagement across generations, we also provide a variety of social and educational programs. Residents of ten Chevy Chase neighborhoods are eligible to join. ¹

____ **Family Membership** entitles all adult household members (60 years +) to use **volunteer-provided services**, to participate in social, exercise and educational programs, and to access neighbor-recommended service provider lists. **The cost is \$600 per household.**

____ **Individual Membership** entitles adults (60 years +) who reside alone to use **volunteer-provided services**, to participate in social, exercise and educational programs, and to access neighbor-recommended service provider lists. **The cost is \$450.**

Membership runs from now **until March 31, 2022.**

Please contact the office if you need financial assistance to join.

Name _____ 2nd Person _____

Street Address _____

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

E-mail _____ 2nd Person e-mail _____

Emergency Contact Information

Name _____ Relationship _____

Emergency Contact Primary Phone _____ 2nd Phone _____

Your contact information will be included in the 2021 CC@H Member Directory, unless you opt out here:

The Member Directory is only for member purposes and is not distributed outside the group, placed on our website or sold.

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

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

Call the office to pay by credit card: (301) 657-3115.

¹ **Our Neighborhoods:** Chevy Chase (CC) Village, CC Section 3, CC Section 5, CC West, Old Hamlet, Rollingwood, Town of CC, Drummond, Martin’s Addition, and the Riviera of CC Condominiums.

BENEFITS LIST

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

- **Transportation** to medical appointments, shopping, 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; (visits will be made in greater numbers after pandemic restrictions are lifted);
- **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, currently conducted virtually;
- **Neighbor Network**—A volunteer checks in every 3-4 weeks and in times of inclement weather.

Family & Individual Members receive these benefits:

- **Cultural Programs and Social Events.** Enjoy musical performances, discuss ideas, make friends, learn new skills, see movies, attend local museums virtually, 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.
- **Join Member-Led Interest Groups** for movie and book discussion, coffee & conversation, knitting, and more;
- **Participate in Senior Exercise Classes.** Class offerings currently include Cardio and Strength training, mat Pilates and Zumba® Gold.
- **Receive the CC@H Newsletter** (via mail), event bulletins and updates (via email);

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.

Phone: (301) 657-3115

Email: info@chevyCHASEathome.org