

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