

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, changing hearing aid batteries and light bulbs and fixing dripping faucets.
- **Technical aid** and advice for snafus with your smart phone, tablet or computer.
- **Friendly visits**, including respite visits to provide relief breaks for caregivers.
- **Friendly 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.
- **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 to improve technical competence, 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, jewelry making and more).
- **Discounted exercise classes:** Gentle Seated Pilates/Balance, Zumba® Gold, Dance & Song for Seniors.
- **Reduced-price luncheons at La Ferme.**
- **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?

Shortly after you join, you will receive login information to access benefits through CC@ H's website. And the CC@ H Members' and Associates' Handbook will be mailed to you. You may also contact the office. Staff is normally available from 9:00 am to 3:00 pm, Monday through Friday.

For more information or to contact us:



Chevy Chase At Home

www.chevychaseathome.org
info@chevychaseathome.org
301-657-3115