

## VOLUNTEERS

Volunteers are the heartbeat of Chevy Chase At Home - their commitment makes services in the home and transportation possible. All volunteers receive training that provides them with specific skills and strategies needed to support members who request assistance. CC@H volunteers are protected by the organization's insurance. Residents of all ages can volunteer for tasks suited to their own preferences, schedules, and skills. Volunteers foster an intergenerational spirit of community.

Our Board and Committee Members serve as two-fold volunteers: both in their official capacities and in assisting our members.

We welcome your participation.

For more information, please call,  
write or email us at:

**301-657-3115**

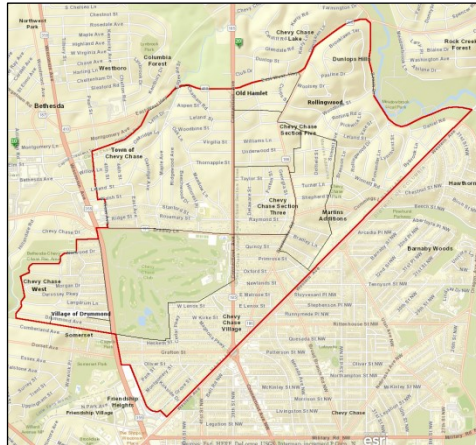
**CHEVY CHASE AT HOME**

PO BOX 15102

Chevy Chase, MD 20825

[info@chevychaseathome.org](mailto:info@chevychaseathome.org)

## OUR MEMBER AND ASSOCIATE AREA



Chevy Chase Village

Section 3 of the Village of Chevy Chase

Town of Chevy Chase

Section 5 of the Village of Chevy Chase

Village of Martin's Additions

Old Hamlet

Rollingwood

Chevy Chase West

Village of Drummond



## CHEVY CHASE AT HOME

Chevy Chase At Home is a community network of services, assistance and friendship to help you live independently and safely in your own home for as long as possible.



[www.chevychaseathome.org](http://www.chevychaseathome.org)

A Maryland-registered 501(c)(3) charitable organization.  
Our current financial statement is available by request.

## ABOUT CHEVY CHASE AT HOME

**Chevy Chase At Home** is a non-profit organization for residents of several Chevy Chase neighborhoods who wish to remain in their homes and stay connected to their community as they age. Part of a nationwide Village movement, CC@ H assists those who join to live independent, active lives in their own familiar surroundings. The map on the other side shows our boundaries and lists the communities.

Older adults in our designated neighborhoods who might need volunteer services are encouraged to join CC@ H as **Members**. Benefits available to members are listed in the next column.

Neighbors of all ages are welcome to join as **Associates**. Associates receive all the benefits listed in the third column. A significant portion of the fee for associates is tax-deductible and provides support for an important community resource that will be available later when you need it.

CC@ H also welcomes nearby neighbors who live outside our borders to join as **Friends of Chevy Chase At Home**; details are on our website.

## BENEFITS FOR MEMBERS, PROVIDED BY VOLUNTEERS

- ◆ **Transportation** to medical appointments, exercise programs, and social events
- ◆ **Medical Note-taking** by volunteers trained to take notes during medical visits
- ◆ **Personal Contact** including friendly visits, Storm Buddies, companionship on walks, and phone calls
- ◆ **Household Assistance** such as walking dogs, making minor home repairs, and checking a member's home when he or she is away
- ◆ **Notary Public Services**
- ◆ **Technical Help** with computers, smart phones, and other high-tech devices
- ◆ **Respite Visits** to give a household caregiver a few hours of free time



## BENEFITS FOR MEMBERS & ASSOCIATES

- ◆ **Social and Educational Activities**, such as lectures on timely topics, informal afternoon programs, exercise and technical classes, and walking groups
- ◆ **Resource Lists**, including government agencies, local non-profits, and other resources that offer needed assistance
- ◆ **Neighbor-recommended List** of contractors providing home maintenance and other services
- ◆ **Access** to information and resources for **In Home Care**
- ◆ **CC@ H Communications**:
  - ◇ **Quarterly Newsletter**
  - ◇ **Website** with a current calendar and much useful information
  - ◇ **Member Forum** for members to share information and pose questions among themselves

*"I have lived in this community for 47 years and I knew my neighbors, but through Chevy Chase At Home many have become good friends."*

.....Pat S.