



CHEVY CHASE AT HOME

Full and Associate Member Renewal Form

April 1, 2023 through March 31, 2024

Thank you for renewing your membership. We encourage you to complete the form below completely.

1. Select Your Membership Category

FULL:

____ **Family Full Membership** entitles **all** adult household members (55 years +) to use **volunteer-provided services** and to participate in social, exercise, and educational programs. **The cost is \$625 per household.**

____ **Individual Full Membership** entitles adults (55 years +) who reside alone to use **volunteer-provided services** and to participate in social, exercise, and educational programs. **The cost is \$475.**

ASSOCIATE:

____ **Associate Membership** entitles **all** adult household members to participate in social, exercise, and educational programs. **The cost is \$325 per household**, \$225 of which is tax-deductible (as allowed by law).

2. Submit Your Payment and Information

By Mail: Complete this form and mail it with a check payable to "Chevy Chase At Home" to Chevy Chase At Home, PO Box 15102, Chevy Chase, MD 20825

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

Scholarships: If the membership dues are a barrier to your renewal, please contact the office to learn about the Naomi Kaminsky Scholarship program.

3. Complete Your Member Data

Name _____ 2nd Person _____

Street Address _____

Home Phone _____ Mobile phone(s) _____ 2nd Person _____

Email _____ 2nd Person Email _____

4. Provide Your Emergency Contact Information (Full Members Only)

Name _____ Relationship _____

Emergency Contact Primary Phone _____ 2nd Phone _____

Emergency Contact Email _____

5. Select Your Member Preferences

___ Yes, please sign me up for the following **Interest Groups** and notify me of meetings.

___ Book Club ___ Brunch Bunch ___ Cardio and Strength Training ___ Coffee and Conversation
___ Knitting, Needlework, and Crafts ___ Movie Discussion Group ___ Walking Group ___ Men's Poker Group

___ Please do not include my name and contact information in the Membership Directory.

CC@H Member Benefits

Full Members benefit from essential volunteer-provided services:

- **Transportation** to medical appointments, on errands, and to social events.
- **Household assistance** with putting out recycling bins, installing grab bars, changing smoke detector batteries, light bulbs, and more.
- **Technical aid** and advice with smartphones, tablets, TVs, and computers.
- **Friendly visits** including respite visits to provide breaks for caregivers.
- **Medical note-taking** by specially trained volunteers to record information during medical appointments.
- **Decluttering assistance** to sort and reduce household items, making it easier to manage.
- A **regular friendly phone call or visit** with extra check-ins during inclement weather.

Full and Associate Members Benefit from social and educational opportunities:

- **Educational programs and social events** to discuss ideas, make new friends, learn new skills, improve technical competence, and enjoy musical performances.
- **Presentations** to hear from experts and notable authors on subjects that interest you, such as national elections, art history, fall prevention, memory loss, and travel.
- **Member-led interest groups** to engage with others in small groups around topical areas, including walking, knitting, needlework and crafts, coffee and conversation, brunch bunch, book club, movie discussion group, men's poker group, and more.
- **Exercise classes** to stay active, including Cardio and Strength Training.
- **Event bulletins and the quarterly newsletter** to keep up-to-date on member happenings by mail and email.
- **Special programs** on home safety, vaccine clinics, and more.

*"The CC@H volunteer saved my life; I don't know
what I would have done without her."*

--A CC@H Member

Have You Moved Out of the Area?

A Friend of CC@H Membership is available to anyone living outside our service boundaries who would like to support our organization and have access to the social and educational membership benefits. Call to learn more.

The CC@H Team is Here to Assist You!

Monday - Friday, 9:00 am to 3:00 pm

Phone: 301-657-3115 Email: info@chevyCHASEathome.org