

## 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.

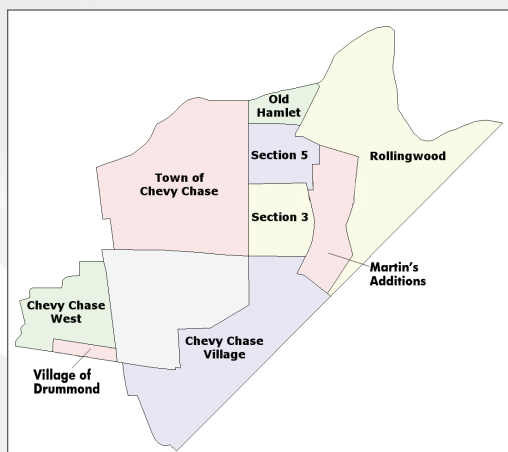
CC@ H volunteers are protected by the organization's insurance. Residents of all ages can volunteer for tasks suited to their own preferences, schedules, and skills. Volunteers foster an intergenerational spirit of community.

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

*We welcome your participation.*



## 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

For more information,  
please call 301-657-3115 or email us at  
[info@chevychaseathome.org](mailto:info@chevychaseathome.org).

CHEVY CHASE AT HOME  
PO Box 15102  
Chevy Chase, MD 20825

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a Long & Foster Company



CHEVY CHASE  
AT HOME



*We are neighbors helping  
neighbors live at home.*

[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 health and wellness, musical performances, and informal afternoon gatherings
- Regular activities, such as walking group, knitting and birding
- Exercise Classes taught by trained instructors
- 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.*