



## CHEVY CHASE AT HOME

### 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 notetaking** 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.

#### All 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, and more.
- **Exercise classes** to stay active including Strength and Cardio 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

#### 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](mailto:info@chevyCHASEATHOME.org)