

BENEFITS LIST

Family and Individual Members receive these volunteer-provided services:

- **Transportation** to medical appointments, exercise classes, shopping, events
- **Household assistance** such as putting out recycling bins, fixing leaky faucets, changing hearing aid batteries and light bulbs
- **Technical aid** and advice with your smart phone, tablet, TV or computer
- **Friendly visits**, including respite visits to provide relief breaks for caregivers
- **Pet visits** from pets and handlers certified by People Animals Love (PAL)
- **Medical note-taking** by volunteers trained to record information during medical appointments
- **Storm Buddy program**—a friendly phone call or helpful visit when inclement weather keeps you at home

Family and Individual Members and Associates receive these benefits:

- **Educational programs and social events** Discuss ideas, make new friends, learn new skills, improve technical competence, enjoy musical performances.
- **Presentations** by experts and notable authors on subjects that interest you: National elections, films, art history, fall prevention, memory loss, birding, travel
- **Online access to a Neighbor-Recommended List of businesses** that provide home maintenance and other services—Plumbers, electricians, roofers, dry cleaning, appraisals, etc.
- **Discounts on geriatric care consultation** from professional care managers through our non-profit 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, and more
- **Discounted exercise classes:** Zumba® Gold, Movement and Music, tai chi
- **CC@H newsletter** mailed to you and event bulletins through email
- **Access to a member listserv** where you can share information with other members via the Internet
- **Special Programs** offered periodically for no charge, such as Home Safety visits provided by Montgomery County Fire and Rescue Service and a Life Story Writing Workshop

How do I access my benefits?

For up-to-date information on all activities and how to register, go to www.chevyCHASEathome.org. When visiting the CC@H website you may log in to access benefits. If you would like help to log in, please contact the office. **Members**, to request services or any assistance please contact the office. Staff is normally available Monday through Friday between 9:00 a.m. and 3:00 p.m.



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