

WHAT ARE YOUR NEEDS?

Please give us some indication of the services and programs you would hope to obtain from CAH, now or in the future.

Daily living

- Shopping
- Transportation
- House cleaning
- Meal preparation
- Home maintenance
- Other

Fitness

- Scheduled exercise
- Physical therapy
- Nutrition (diet)
- Personal trainer
- Walking group

Health care

- Home health care
- Organizing medications
- Medical equipment
- Rides to medical appointments

Organized activities

- Trips (museums, concerts, theater)
- Lectures
- Lunch, supper or coffee groups
- Interest groups (bridge, Scrabble, poetry, book and others)

MEMBERSHIP APPLICATION

Name.....

Street.....

City.....

State.....Zip Code.....

Telephone.....

E-mail.....

Date of Birth/...../.....

- YES!** I/we want to join CAH *
- Not yet, but here is my tax deductible contribution - \$_____
- Check Credit Card
- MasterCard Visa AMEX

Amount

___\$ 1200.00 (2 person household)

___\$ 900.00 (1 person household)

Card No.....

Exp. Date (MM/YYYY).....

Authorization Code (3 or 4 digits).....

Cardholder Name (print).....

Cardholder Signature.....

I understand that my fee is **nonrefundable.*

RETURN TO:

Cambridge At Home
545 Concord Ave., Suite 104
Cambridge, MA 02138
617-864-1715

CAMBRIDGE AT HOME



Serving Cambridge, Belmont,
Arlington, Watertown,
Somerville

We invite you to join us!



WHO WE ARE

Cambridge At Home, founded by Cambridge residents in October 2007, is a cooperative community formed to ensure its members the timely availability of services similar to those of a retirement community. Membership is open to any resident of Cambridge, Belmont, Arlington, Watertown or Somerville MA 50 years or older.

Our mission is to create peace of mind for our members so that they can continue to enjoy life in a multi-generational and multi-cultural setting.

Cambridge At Home is incorporated in the Commonwealth of Massachusetts as a 501(c)3 nonprofit organization. Membership driven, the organization is financed by members' annual fees. We also welcome contributions, which are tax deductible.

Trustees

Sallie Adams	Kristin Mortimer
Elaine Arseneault	Shippen Page
Judith Coquillet	Susan W. Paine
Alice DeLana	Susan Poverman
Marion Fremont-Smith	Patricia Pratt
Jay W. Lorsch	Steven J. Stadler
Ruth McElheny	Louise Weed
Victor McElheny	Geraldine Zetzel

Staff

Kathleen G. Spierer	Executive Director
Sarah G. Marcotte	Membership Coordinator
Kristen R. Cahill	Program Coordinator

Mailing Address

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Cambridge, MA 02138

Telephone: 617-864-1715

Facsimile: 617-945-9328

E-mail: info@cambridgeathome.org

Website: www.cambridgeathome.org

Office Hours: Monday – Friday 9am-5pm

WHAT YOU GET

One-stop shopping

- Referral service - vetted suppliers offer almost anything you need: home health care, home maintenance, private transportation, errands
- Professional staff - we help identify options and solutions for staying confidently at home
- Grocery shopping - by appointment, door-to-door, groceries carried into the house

Health and wellness

- Exercise classes - 3 classes weekly
- Facilitated access to the Mt. Auburn Hospital
- Rides from volunteers to doctor/hospital appointments requiring sedation as available
- The Executive Registry at Massachusetts General Hospital, providing medical assistance worldwide to travelers, is available to CAH members for a reduced fee

Social and cultural programs

- Member events– luncheons, lectures, concerts and museum tours, morning coffees, twilight cocktails and monthly suppers
- Interest groups – poetry reading, book discussion, memoir writing, bridge, Scrabble and a destination walking group
- Electronic bulletin- communicate online with other members
- Volunteer program to help other members
- Meet new friends

WHY JOIN NOW?

- **Support an organization** that is good for the community. Building a lasting institution requires residents to come together now to ensure the stability and endurance of this organization.
- **Help your neighbors.** Membership not only helps you, it also helps your neighbors to remain confidently at home.
- **Access to vetted service providers.** Whether you are 50 or 90, own a home or rent, you can always use dependable service providers.
- **Member discounts.** We secure discounts from many service providers and local merchants.
- **Responsible retirement planning.** CAH accommodates 300-350 households. Join our community of 200 now to ensure your place.

Member Testimonials

My wife and I have used CAH for grocery shopping, to find a hairdresser who will come to the home, to find a visiting nurse, to find a reading group. No request is too big for Kathy, Kristen or Sarah. CAH creates a wonderful sense of community.

Sam

We are very happy with all the great things you set up for my 91- year old mother. You have made it possible for her to live her dream of remaining independent and self sufficient in her own apartment.

John, son of member Anita

I toyed with the idea of giving up our membership until we needed it...but before I could do so, I broke my femur and realized quickly that I wouldn't be able to survive without help. Cambridge At Home found me home health care aides to help me around the house and drive me around town to do errands. It's been a godsend!

Ann