

## Volunteer

What better way to give back to the community than by helping neighbors remain in their homes as they age?

People of all ages can volunteer for tasks suited to their own preferences, schedules, and skills - providing rides, helping with light home repairs, checking in with a daily phone call.

To volunteer, go to [www.arlnvil.org/volunteer](http://www.arlnvil.org/volunteer) and submit the online application. Or you can call the office at 703-509-8057 or email [volunteer@arlnvil.org](mailto:volunteer@arlnvil.org).

## Give

You can also make a difference by contributing. Help us grow throughout Arlington County. Go to [www.arlnvil.org](http://www.arlnvil.org) and click *Donate*. Arlington Neighborhood Villages is a 501(c)(3) charitable organization.



September 2015

## What Members Are Saying



*As a single senior woman there are many things I require help with. If it were necessary for me to describe what the village means to me, I would simply say "extended family". There is comfort knowing I am not alone.*

Jacqueline

*The village is an answer to a prayer, because I didn't want to go to a retirement community and I didn't know how I was going to be able to live on my own.*

Gloria

*Joining the village has been a life changer for me. I have received many rides and repairs, but more than these I have enjoyed volunteering by leading the Opera Buffs. I have made friends and met people that I never would have met without the village.*

Cornelia

*Today I had my first visit from volunteers, and it was wonderful! I am thrilled . . . They were both charming, talented, and efficient, and I thank them and the village for a wonderful experience.*

Pat



**Arlington Neighborhood Villages**  
*Making Arlington your home for a lifetime*



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**Love where you live?  
Why leave?**

**Make your current home  
your retirement destination!**

[www.arlnvil.org](http://www.arlnvil.org)  
703-509-8057

Arlington Neighborhood Villages  
2666 Military Road  
Arlington VA 22207



## Join Us!



If you are 55 or older and live in Arlington County, you are eligible to join Arlington Neighborhood Villages. There are two **membership categories**:

**Full Membership\*** entitles you to take part in all programs and social activities and to receive volunteer services. The annual fee for one person is \$500. The fee for each additional member in a household is \$250.

**Associate Membership** entitles you to take part in all programs and social activities but not volunteer-provided services. The annual fee for one person or a household is \$500.

*\*Financial assistance may be available.*

## Become a Member

Go to [www.arlnvil.org/join](http://www.arlnvil.org/join) and submit the on-line membership application. Or you can call the office at 703-509-8057.

## Benefits for All Members

- \* Fun social gatherings
- \* Daily check-in calls
- \* Help accessing county-provided services
- \* Health, wellness and educational activities and programs
- \* Arlington County 55+ pass
- \* Subscription to Washington Consumers' CHECKBOOK
- \* Discount on Lifeline monitoring system



One member said:

*"I can't believe I get all these services and benefits for less than \$1.50 a day."  
Joe*

## Volunteer Provided Services for Full Members

- \* **Transportation** to your doctor, the grocery store, and village sponsored activities
- \* **Household help** like changing light bulbs, decluttering, and moving boxes
- \* **Errands** such as picking up prescriptions or dry cleaning
- \* **Technology assistance** with computers, phones and TVs
- \* **Occasional yard care**
- \* **Social visits** to play cards, chat or go for walks
- \* **Medical companion** during your visit to the doctor
- \* **Home checks** to make sure your house is okay while you are away

**All services are provided by volunteers who have been screened and trained.**