



WHO YOU GONNA CALL?

A community of friends enjoying enriched, vibrant and independent lives together

Hey IAH Members,

Hearing odd chirping sounds? They may be the first signs of spring or your smoke alarm batteries letting you know that it's replacement time!

Never fear, your IAH Battery Brigade is ready and willing to get it done.

This year we've designated March as the month for you to:

- 1. Book an appointment on the IAH website.*
- 2. Buy your replacement batteries (usually 9V).*
- 3. Have a ladder ready or let us know if we need to bring one.*



Remember what Benjamin Franklin said:

“Just because you can climb up a ladder, doesn't mean that it's a good idea!”

(or was that Freud?)

Neighbors Helping Neighbors

This is a good time to remind you of all of the services that our team of vetted IAH volunteers provide to help you when you need it. Here are some of services available:

- *Transportation - stores, medical appointments, events, airport*
- *Household chores - moving furniture, hanging pictures, changing light bulbs and smoke alarm batteries*
- *Light yard work - raking, watering or sweeping the patio*
- *Help with pets - providing emergency pet care*
- *Meals - deliveries in special cases due to health or injury*
- *Tech help - computers, cell phones, smart televisions*
- *Friendly visits / phone calls to check in with members and provide companionship*
- *Mobility aids / borrow walkers, crutches, canes and scooters during recovery to get you up & running*



CLICK HERE to see the latest information on upcoming IAH events and programs.