



### **Greetings IAH Members**

*If the arrival of spring has your to-do list running off the page, you are in good company! I'On At Home has a small but eager army of volunteers ready to help with all manner of household chores, from hanging those photographs you got for Christmas to moving furniture, taking heavy objects out to the street for pick up, or simply replacing smoke alarm batteries. The last thing any of us needs is to put out our backs (or basically any muscle group!) just getting our homes in order.*



*Remember we also are here to help if you're recovering from an op or injury – we'll walk Fido, bring over a casserole, take out your trash cans or make a dent in those oak leaves that keep piling up this time of year. If you need a ride to an appointment, no problem, that's what we're here for.*

*And we're all in the same boat when it comes to dealing with "new and improved" technology – the bewildering instructions to new phones, TVs, streaming apps, etc. that have lost a bit too much in translation leave many of us frustrated. We have people who want to solve those problems!*

*You can find a full list of services on the website, which is also where you make a request . For example, to call the Battery Brigade for changing smoke alarm batteries, ask for Household Chores help.*

***We're neighbors helping neighbors.***



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