

Time Banking

One hour helping others or building community earns one Time Dollar.



Five Core Values

- Assets
- Redefining Work
- Reciprocity
- Community
- Respect



Assets

The real wealth of this society is its people. Every human being can be a builder and a contributor.



Redefining Work

Work must be redefined to include whatever it takes to rear healthy children, preserve families, make neighborhoods safe and vibrant, care for the frail and vulnerable, redress injustice, and make democracy work.



Reciprocity

Giving is more powerful as a two-way street. To avoid creating dependency, acts of helping must trigger reciprocity: giving back by helping other. “You need me” becomes “We need each other.”



Community

“No man is an island.” Informal support systems, extended families, and social networks are held together by trust, reciprocity, and civic engagement.



Respect

The voices of all must be heard and heeded
To compel accountability
To Advance Social Justice



Each Contributes ↔ *Each Receives*

Extended Family

Building Community

Can Provide:

- ✓ Rides
- ✓ Respite
- ✓ Companionship



**Senior Couple
Mick & Maude**

Needs:

- Home Repair
- Heavy Lifting

Can Provide:

- ✓ Rides
- ✓ Errands



**Taxi, Bus and
School Bus Drivers**

Needs:

- Supervision for latchkey children
- Aging Parents need companionship

Can Provide:

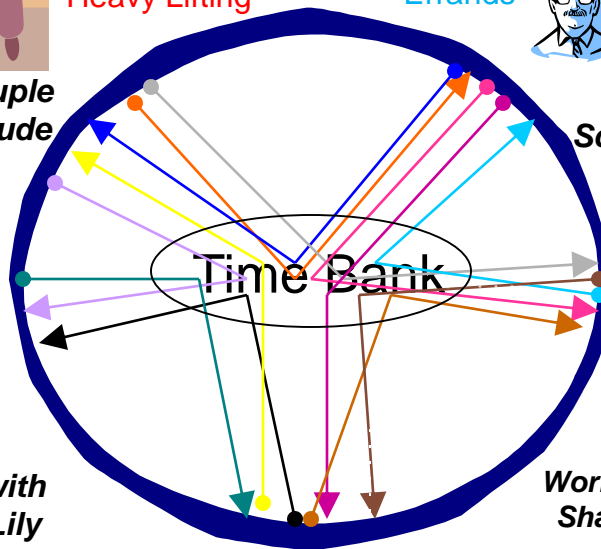
- ✓ Remind hospital discharge patient of medication
- ✓ Can help at social events if can secure respite via senior companion



**Caregiver Violet with
her Frail Mother Lily**

Needs:

- Respite



Can Provide:

- ✓ Transportation on Weekends & Some Evenings
- ✓ Home Repair Team
- ✓ Heavy Lifting (Weekends)



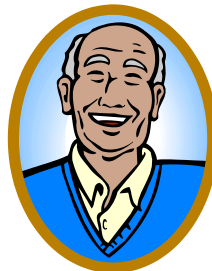
**Working Baby Boomer
Shaun and his aging
father Don**

Needs:

- Emergency Rides
- Companionship

Can Provide:

- ✓ Respite
- ✓ Rides (once recovered)
- ✓ Willing to learn home repair



**Hospital Discharge
patient John**

Needs:

- Errands
- Housekeeping
- Shopping
- Cooking for a short time

Social Justice
Partnerships with Local Non-Profits
Faith Based Organizations

Civic Engagement