

Giving and Receiving

Here are some of the ways in which
Our members are exchanging time:

- Minor Home Repair
- Painting
- Tutoring
- Massage
- Grocery Shopping
- Event Organizing
- Gardening
- Lawn Care
- Composting
- Home Organizing
- Recycling
- Sewing
- Business/Tech
- Music Lessons
- Transportation
- Dog Walking
- Pet Sitting
- Respite Care
- Cooking Classes



For more information or to
join our community, please
call, email, or visit our
website:

Website

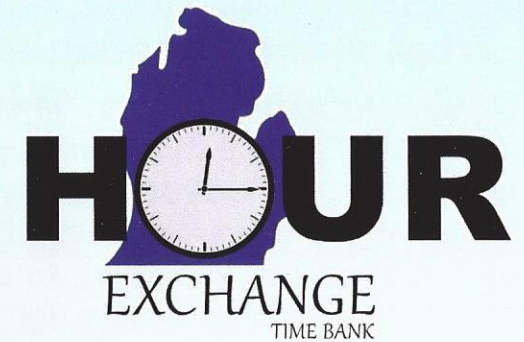
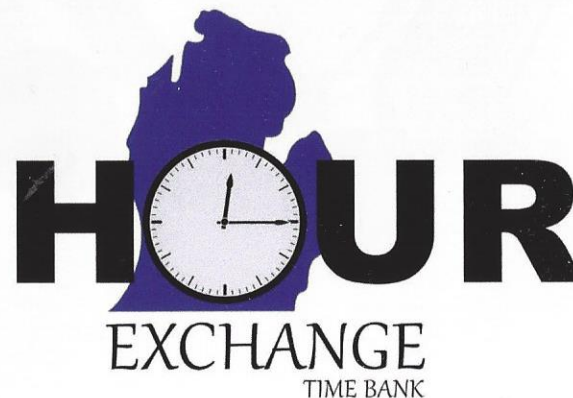
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**A Network of Neighbors
Exchanging Skills
Services & Interests**

What is the TimeBank?

A “pay-it-forward” system where a community of people (like ours) support one another by exchanging services with other members. It is our belief that everyone has something to offer. When you provide a service for your neighbor, you earn an equal amount of time to use.

An hour earned is time you have to spend when you need help. It might come in the form of an extra pair of hands, an elder law question, a medical one, mending, tailoring, a ride to the airport, tutoring your child, cooking, or walking your dog. Just to name a few.



Mission

Our TimeBank seeks to return to the time-honored tradition of neighbors helping neighbors by fostering community interactions that empower members to exchange their time, skills, and talents with one another and, in doing so, build meaningful personal relationships.

HOW IT WORKS?



Core Values

- **Assets**
Everyone has the capacity to be a contributor to the well-being of others and to the community at large.
- **Reciprocity**
People need other people. Giving and receiving are the basic building blocks of positive social relationships and healthy communities. We value receiving as much as giving!



- **Work**
Work has to be redefined to value whatever it takes to revitalize neighborhoods, make democracy work, advance social justice, build strong families, and make the planet sustainable. That kind of work must be honored, recorded, and rewarded.
- **Building Community**
Belonging to a mutually supportive and secure social network brings more meaning to our lives and creates new opportunities to build trust in one another and resolve conflicts effectively.



- **Respect**
Every human being deserves respect from other individuals as well as from civic institutions. We strive to develop and express our acceptance of individual differences and diversity.