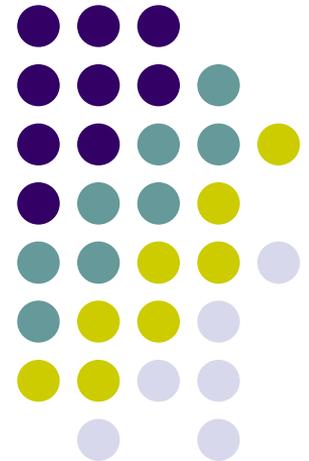
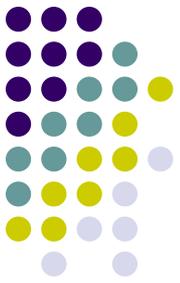


Volunteer TimeBanking

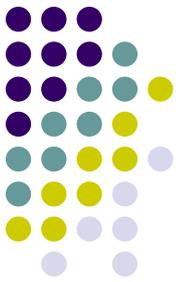
*Giving and Receiving
For A Healthier
Clark County*



Agenda



- Welcome ~ Kim McNally and Colete Anderson
- Commission on Aging ~ Lisa Rasmussen
- TimeBanking Presentation ~ Sherri Dickerson
- Table Discussion and Report Back
- Closing Remarks ~ Kathy McLaughlin

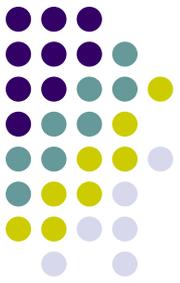


What is a TimeBank?

A TimeBank is a 'community of caring'

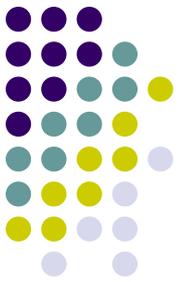
- **Members form a network of relationships**
 - helping each other – as persons, groups associations and organizations
 - building trust and a sense of community through neighborhood projects and events
 - making transformational change
 - giving of your time and talents
 - receiving of others' time and talents

Create A Circle of Giving



A TimeBank uses:

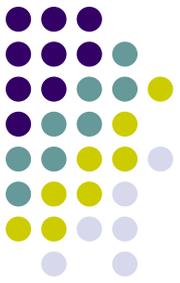
- Volunteer hours as a medium of exchange to create a circle of giving
- One hour given = One hour received from others
- Donate your banked time to someone else



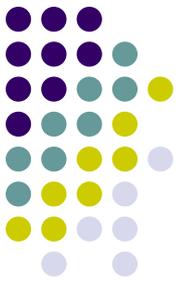
Where Are TimeBanks?

- The first TimeBank began in 1987
- TimeBanks are in 42 states
 - Washington State TimeBank example -
Eastside Volunteer TimeBank
 - Serves Kirkland, Bellevue and Redmond
 - Support from local cities, United Way and local non-profit organizations
 - One hour of service = One hour of credit
 - All services are valued equally

TimeBank Core Values



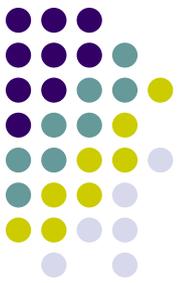
- **Everyone is an asset**
- **Some work is beyond a monetary price**
- **Reciprocity in helping**
- **Social networks are necessary**
- **Respect for all human beings**



What to Give and Receive

The possibilities are endless – here are some examples:

- Transportation (errands, shopping, medical, worship, etc.)
- Help at Home (child care, cooking, sewing, hair & beauty, housekeeping, chores, pet care, respite, etc.)
- Companionship (dining, clubs, email & IM, home visits, telephone calls, visiting, medical trips, etc.)
- Wellness (complementary therapy, counseling, diet & nutrition, fitness, exercise, meditation, yoga, etc.)
- Recreation (dancing, games, events, books, videos, sports, travel, walking, tours, etc.)
- Home Care (house-sitting, carpentry, electrical, garden, yard work, painting, plumbing, car care, etc.)

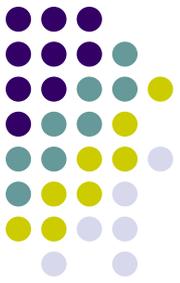


How a TimeBank Works

A TimeBank coordinator...

- Manages the day-to-day running of the TimeBank
- Signs up members, organizes events, outreach, and day-to-day administration, etc.
- Leads funding efforts which may include membership dues
- Encourages members' enthusiasm, leadership and ownership for operating, managing, growing and funding the TimeBank
- Supports members through software developed to track volunteer hours and community member needs

How It Works (Members' View)



- The TimeBank Coordinator(s) sign up new members
- What members give/receive is listed on Community Weaver software
- The software helps to set up the what, where, when of member activities
- Members record their completed activities
- Community Weaver keeps track of members' giving/receiving, earning/spending

TimeBank

Is this right for Clark County?

