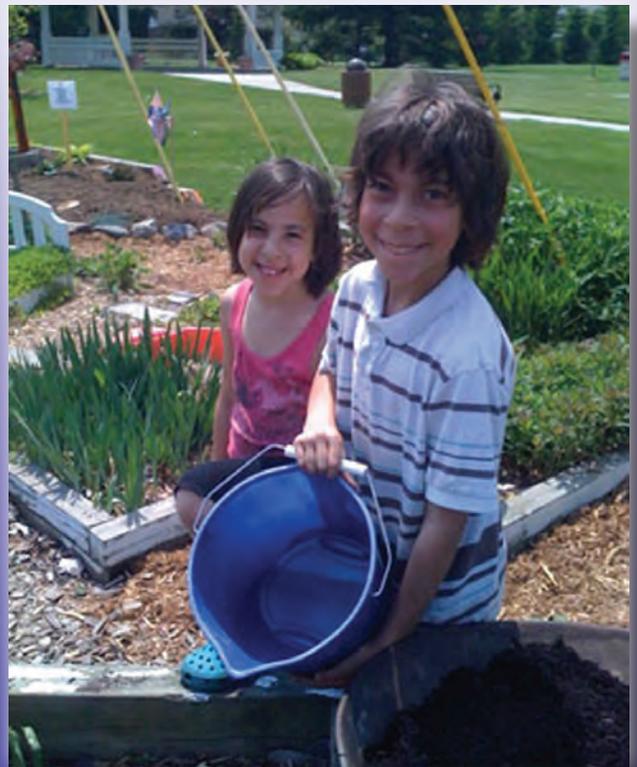




MI ALLIANCE OF
TIMEBANKS
Building community, one hour at a time.

Building for the Future, Taking Care of Today



Why Michigan Communities Benefit from TimeBanks

The MI Alliance of TimeBanks (MATB) envisions people creating sustainable communities across the state of Michigan that are vibrant places to live because of the strength of their social networks and their ability to match unmet needs with untapped community resources. TimeBanks create communities where people want to live, and add both intrinsic and monetary value to the communities where they exist.

TimeBanks connect individuals with the people around them, reestablishing the bonds of community.

"I'm so excited about having a TimeBank in the neighborhood and I'm just new to Lathrup Village. I'll never move! The Lathrup Village TimeBank provides



a sense of community and commitment through devoted giving and sharing to our fellow neighbors that not only is rare to find, but such an organization should be in every community, every neighborhood and in every city across our great country."

Beata Alghabra Family



What TimeBanks Do To Support Communities

The MI Alliance of TimeBanks (MATB) is an umbrella organization linking and supporting TimeBanks across the state. We help individuals, organizations and communities establish and run TimeBanks. To fulfill this mission, MI Alliance of TimeBanks provides coaching, training and support as well as information-sharing and networking opportunities for new and existing TimeBanks in Michigan.

“Time Dollars, like money, facilitate exchanges and transactions, but what separates them from money is that they are designed to facilitate community building in ways that money often cannot.”

Building Community with Time Dollars
Annie E. Casey Foundation
and the Center for the Study of Social Policy



How TimeBanks Work

Established in 2009, MATB is an alternative market system. TimeBank members give and receive services in exchange for TimeBank hours, a kind of local currency. All services are equal, so every hour spent on a task is worth one TimeBank hour, and members can redeem one TimeBank hour for one hour of service. Exchanges are facilitated by a coordinator who oversees accountability as participants track transactions and TimeBank currency online.

One member makes killer chocolate chip cookies. Another does yard work or Web design. A third may provide transportation, baby-sitting or handyman services. Each member's time counts equally. After making a deposit in their local TimeBank, participants are eligible to request the service of their choosing.



Stanley gets his TimeDollar statement in the mail:



QUARTERLY STATEMENT				
Stanley Smith	Balance on	10/1/99	0.00	
Portland, Me	Balance on	10/30/99	3.00	
04101	Credits Earned in Period		4.00	
Date	Service	Member	Debit Credit	
10/15/99	Grocery Shopping	Martha Moss		2.00
10/22/99	Errands	Paul Sanchez	1.00	
10/29/99	Yard Work	John Kane		2.00

Stanley joins a TimeBank and lists the services he offers and those he needs.



Start Here
to discover how the TimeBanks circle of caring keeps growing and growing!



Kathy spends her TimeDollars having **Stanley** rake her yard.

What will **Stanley** spend his TimeDollars on next?
Watch this Circle!

Martha, a TimeBank member, calls for help with grocery shopping.



Stanley goes shopping for Martha and earns two TimeDollars.



- childcare
- transportation
- eldercare
- handyman services
- homework help
- cooking
- respite care
- office assistance
- tutoring
- yard work
- companionship
- house-cleaning
- neighborhood watch



Kathy earns TimeDollars cleaning **Martha's** house.

Martha knits **Roberta** a sweater and earns TimeDollars.



Raoul spends his TimeDollars having **Roberta** help **Dustin** with his reading.



Stanley spends his TimeDollars having **Raoul** play music at his party.



We have what we need if we use what we have.

—Dr. Edgar Cahn, Founder

Building Community Capital: Social, Civic and Economic Outcomes

TimeBanks enable communities and individuals to fill their own unmet needs by creating an infrastructure to rebuild social capital, and provide an alternative means of buying goods. Community services like lawn care, baby sitting, massage, car repair, financial planning and legal advice are valued the same. Thus equality is created among community members. With community ownership comes an increased interest in community activities and issues, which can lead to higher voter turnout, more organizing around local issues and an increase in volunteerism.

Social Outcomes



“Evidence from more than 30 years of research suggests a profound relationship between social participation and human health and well-being. People who hold meaningful roles in supportive social contexts live longer,

get sick less often, suffer less disability, and recover faster from life-threatening events.”

American Journal of Preventive Medicine

Abby Letcher MD, Lehigh Valley Health Network

A study conducted by Dr. Judith Lasker, a Sociology Professor from Lehigh University, revealed that one in three time bank members reported improved mental health; one in five reported improved physical health and one in two said it improved their social supports network.



Civic Outcomes

The 2009 research from the Visiting Nurse Service of New York found that 73% of respondents reported an increase in trust of people from other backgrounds, cultures or age groups due to TimeBanks.

“TimeBanking helps to build community one hour at a time. Sharing one hour of your time can lead to a lifetime of friendship and fulfillment.”

Richard Reeves, Lathrup Village TimeBank Co-Coordinator



Economic Outcomes

Lathrup Village, a southeast Michigan community, created the first Michigan neighborhood TimeBank in early 2008. Since that time, members have exchanged more than 4,200 hours of service, which accounts for an infusion of \$84,000 into the local economy.

The Lathrup Village TimeBank won the Michigan Municipal League’s 2009 Statewide Community Excellence Award.



Michigan Needs TimeBanks to Rebuild Communities

TimeBanks have demonstrated economic, civic, systemic and social benefits. TimeBanks could serve as a solution for many of the issues facing Michigan's citizens and communities. Michigan has been hit particularly hard by our nation's economic recession. According to the Bureau of Labor Statistics, Michigan ranks fifth in the nation for unemployment at 10.7 percent. At 20.5 percent, Detroit's unemployment rate is more than double the national average (January 2011).

During a recession, a population's unmet needs grow as the very funding to address those needs shrinks. How can we continue to support community needs when they are not affordable? TimeBanks provide an ideal solution by meeting those unmet needs and developing local economies.

The Wall Street Journal states that "Many Americans are also turning to TimeBanks as an alternative to the down economy."

How TimeBanks Plan to Address Michigan's Needs

MI Alliance of TimeBanks is the educational and supportive services hub for developing local TimeBanks. MATB will continue to develop protocols, tools, and strategies for the establishment of local TimeBanks in Michigan. As the home of information and education for local leaders, MATB serves as the incubator of development and sustainability for all Michigan TimeBanks.

MI Alliance of TimeBanks is committed to introducing TimeBanks across the state, fostering those that take root into maturity, and supporting their spread and growth. Additional funding will permit the MI Alliance of TimeBanks to move quickly to build a strong network and bring immediate benefits to the citizens of Michigan.

Rebuilding Michigan through TimeBanks.



MI Alliance of TimeBanks

Innovative Solutions to Create Sustainable Communities

\$15,000 – Rebuild Michigan Education Campaign

Build Awareness to Redefine Work – Work has to be redefined to value whatever it takes to raise healthy children, build strong families, revitalize neighborhoods, make democracy work, advance social justice, and make the planet sustainable. That kind of work needs to be honored, recorded and rewarded. Our Rebuild Michigan campaign provides hope that alternatives are possible.

\$10,000 – Establish Two Local TimeBank Communities

Assist new communities in establishing a core organizing team, writing a plan, learning TimeBank software, creating outreach material and developing member orientation and recruitment material. TimeBank leaders and organizers will learn the skills required to build a core organizing committee and strong member exchange.

\$3,500 – Create Social Network Outreach Material to Four New Communities

Develop and produce multi-lingual and multi-formatted (electronic and written) promotional material that strengthens social networks. We need each other. Networks are stronger than individuals. People helping each other recreate communities of support, strength and trust. Community is built upon sinking roots and creating networks. Special relationships are built on commitment.

BE A PART OF THE SOLUTION

An alternative market system, TimeBank members give and receive services in exchange for TimeBank hours, a kind of local currency.

“TimeBanking is based on reciprocity. Members are expected to give and receive help,” according to Kim Hodge, Founder and Co-Coordinator of the Lathrup Village TimeBank. “We don’t need to try to do everything on our own.”



Contact Us

Kim Hodge at hodgekim@sbcglobal.net

MI Alliance of TimeBanks

27580 California Dr. SE

Lathrup Village MI 48076

248-797-2728

www.mitimebanks.org