



## Pontiac SUN TimeBank Partnership

Pontiac SUN TimeBank and St. Joseph Mercy Oakland (SJMO) have partnered together to provide our patients with information about supportive services and resources available in the community to help you get back on your feet.

The goal of the Pontiac SUN TimeBank is to create a network of support, building on the TimeBank belief that every person has something of value to contribute to the common good.

At its heart, this is an effort to “go out and make good things happen” for those patients who just need a little help and support when they go home.



Strong United Neighbors  
Pontiac TimeBank

### **Pontiac Sun TimeBank**

c/o Common Ground  
248-791-2091

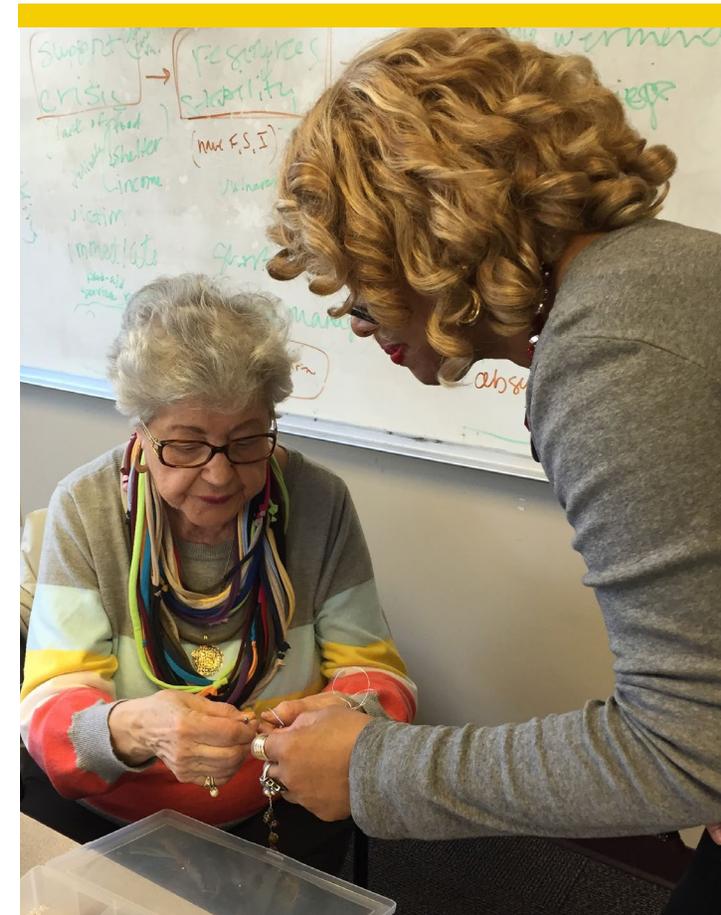
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[www.pontiacsun.org](http://www.pontiacsun.org)



Strong United Neighbors  
Pontiac TimeBank

## Pontiac SUN TimeBank

*Patient Support and Resources  
for Pontiac Residents*



## What is a TimeBank?

A TimeBank is a community of people who support each other in a variety of ways. When a TimeBank member spends an hour doing something for an individual or group, they earn one hour in their “bank.” They may use that hour to “buy” one hour of time to help them with something they may need.

For St. Joe's patients, we know that your most important priority right now is to feel better. There is no obligation to help others or become a member yourself — although you may be surprised that you have more to contribute or give than you might think! But there is absolutely no obligation.

## How it Works

- Meet with the Pontiac SUN TimeBank Coordinator. She will explain the program to you and answer your questions. If you wish, she will also help you complete the Pontiac SUN TimeBank Membership form.
- Think about some areas where you could use some help when you get home from the hospital.
- Perhaps you have family members or friends who might like to sign up with the TimeBank. Just for helping YOU, they can obtain hours in THEIR bank for someone to help them with services they might need.
- Let the TimeBank coordinator know your needs and she will do her best to match you with people who can help.

## No Cost to You

One of the best parts is that these services are at no cost to you. They are provided by caring TimeBank members.

## Why Participate?

With TimeBanking, you are connecting to a group of people who are joined together for the common good. TimeBanking brings out the best in people because it connects unmet needs with untapped resources.

## The Pontiac SUN TimeBank believes:

- *That some work is beyond price:* raising healthy children, building strong families, and creating a community where people help each other is work that matters.
- *We need each other.* Building trust, stepping in when our neighbor needs a hand, creating friendships, with each of us doing what we can is how we create communities.
- *We all have something to give.* Sometimes people come to a place in life where they see themselves only as “takers” but we know that every person is sacred and unique and every person has something to share—even if it is just to bring a smile or to offer a kind word.
- *Healing doesn't stop at the hospital door.* Home is where most healing happens — and everyone benefits. Patients are able to stay home and get the support they need to live happily and safely.



## What can the TimeBank help me with?

Here are some of the ways that you may receive help by members giving their time:

- Home visit
- Phone call/companionship
- Light meal preparation
- Home tidy up or light housekeeping
- Food shopping
- Transportation to medical appointments
- Small household tasks (smoke detectors, changing light bulbs, etc.)
- Pet care
- Prescription pick up
- Computer skills
- And more

*The Pontiac SUN TimeBank is an independant community resource affilicated with the Michigan Alliance of TimeBanks. It is not operated or controlled by St. Joseph Mercy Oakland or its affiliates.*