

SJMO TALKING POINTS, FAQS AND TESTIMONIALS



Strong United Neighbors
Pontiac TimeBank

The goal of the Pontiac SUN TimeBank partnership with SJMO is to create a network of support for patients who need a little help and support when they go home. We can connect patients to supportive services and free or low-cost community resources to help them get back on their feet. Our priority is to help patients feel better!

WHAT MAKES A GOOD REFERRAL?

- Someone who is sad or lonely and needs a caring friend
- Someone who needs occasional help at home
- Someone who needs occasional transportation for follow up doctor visits or the pharmacy

HOW TO DISCUSS SUN WITH PATIENTS

1. Give the patient a brochure
2. Let the patient know that SJMO partners with SUN as an organization to provide help at home.
3. List some examples of help—transportation, companionship, light help at home, shopping.
4. Get permission to refer them to SUN
5. Complete the form and email it to SUN.
6. Tell the patient there is NO OBLIGATION. All questions will be answered.

FAQ

Q: What if the patient doesn't live in Pontiac?

A: We can only take Pontiac residents in this pilot program.

Q: What if the patient is on the fence about getting involved in SUN?

A: Ask for their permission to call SUN . We will call them to answer their questions. There is no obligation or commitment.

Q: What if they can't give back or say they have no skills?

A: That is OK. Please refer the patient.

Q: Can I give the form to patients?

A: No, but you may give a brochure. Patients must be referred by staff.

Q: What if our patient is concerned about trust?

A: SUN members have background checks and while we are not medical staff, we are caring and loving neighbors who will surround the patient with a wraparound support person or group.

TESTIMONIALS FROM SUN MEMBERS



Will—I truly want to thank the Pontiac SUN TimeBank for helping me out. I was in ICU at the hospital recovering from a collapsed lung. I didn't have my phone in ICU and had not been able to call my boss. SUN members Jeff and Johnnie helped me. Jeff called my boss Steve and Johnnie told him about my surgery. Steve told Johnnie he would have a job for me when I recover. Johnnie came to see in the hospital and we prayed. It is a load off my mind knowing I have a job when I get on my feet. I'm grateful to be a SUN member.

Johnnie— I really appreciate the TimeBank because I feel like it saved my life. Through our health and wellness initiative, and the guidance and support of the TimeBank community, I have lost nearly 45 pounds! I've learned to make better food choices, cook healthier, and incorporate exercise in my daily routine. SUN rescued me from drowning in depression and loneliness, I now live a much happier life since I joined, and I encourage others to join.

Bill—I was diagnosed with severe depression in 2009. Part of my depression is that I isolate and hide. Being part of the SUN has helped me with my socialization skills. It's given me a sense of purpose and my self-esteem has gone up. I find myself being more and more outgoing every day and I have a sense of accomplishment now because of the TimeBank. I can cook, clean houses, garden, paint, and sew. I need help with transportation and light maintenance.

Diane—Terrance fixed my computer, saving me over \$200. I sew, so I fixed his favorite leather jacket and jeans. I have a new friend for life. We have attracted many wonderful, loving and caring members who are making a positive transformational difference in our community. There are so many wonderful heart-warming acts of love and compassion that our TimeBank 'family' has so freely shared with others. I call it "love in action."

Catherine—I think the TimeBank is just a wonderful idea and being able to exchange services is great. I benefited from taking Spanish health and wellness classes. The last class where we learned about the causes of stress was really valuable. I also attended Bill's healthy cooking class with my husband and granddaughter. My granddaughter loves to cook and it's something that we could do together.

Carol—My second SUN event was the Insurance class taught by another member, Nathan. He reviewed my health insurance plan and let me know I was enrolled in the best one.

Alan—I had a deadline by the City to remove some brush and needed help so I wouldn't get fined by the City. Diane posted it on Facebook and someone came right away to remove the brush so I didn't get fined.

Fred—I attended Chef Matt's cooking class and he used fresh vegetables. It made me think about buying fresh instead of canned. You can really taste the difference!

FOR INFO: pontiactime@gmail.com or 248-791-2091
www.pontiacsun.org