

# The Hour Exchange Movement

Hour Exchange Portland is a service exchange based on Hours, the currency of equality that empowers individuals to utilize their assets while enhancing their lives, neighborhood and community.

Hour Exchange Portland began in 1998 in the East End of Portland through the effort and support of local physician Richard Rockefeller. Inspired by Dr. Edgar Cahn, the Time Bank movement breathes new life into communities nationally and internationally..

Hour Exchange Portland continues to grow. With more than 700 members, we are exchanging more than 20,000 hours of service per year! Come grow with us! Share your time and make the community a stronger place to live in. See the difference you can make hour by hour.

## "What members say"

*"Helping each other, I have a sense of confidence and peacefulness. I am not alone."*

*"I can accept help, with dignity, knowing I will help someone else in the community when the time comes. That feels good."*

**"We are the Ones We Have Been Waiting For"**  
Hopi Indian Nation

Hour Exchange Portland  
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Portland, Maine 04101  
Telephone: (207) 874-9868

## Staff

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## ORIENTATION SCHEDULE

Hour Exchange Portland holds orientation sessions twice a month for ALL new members. Meetings are held at 85 Grant Street in Portland, Maine.

### 6 pm to 7pm

Tuesday, July 10th  
Tuesday, August 7th  
Tuesday, Sept 4th  
Tuesday, Oct 2nd  
Tuesday, Nov 6th  
Tuesday, Dec 4th

### 1pm to 2pm

Thursday, July 26th  
Thursday, August 23rd  
Thursday, Sept 20th  
Thursday, Oct 25th  
Thursday, Nov 15th  
Thursday, Dec 13th

RSVP to 874-9868

If you are unable to make any of these dates please call the office for an one on one orientation.

Please join the Hour Exchange movement

(207) 874-9868

Call today and request  
membership information or go to  
[www.hourexchangeportland.org](http://www.hourexchangeportland.org)



Exchanging Services

Banking Time

Strengthening Communities

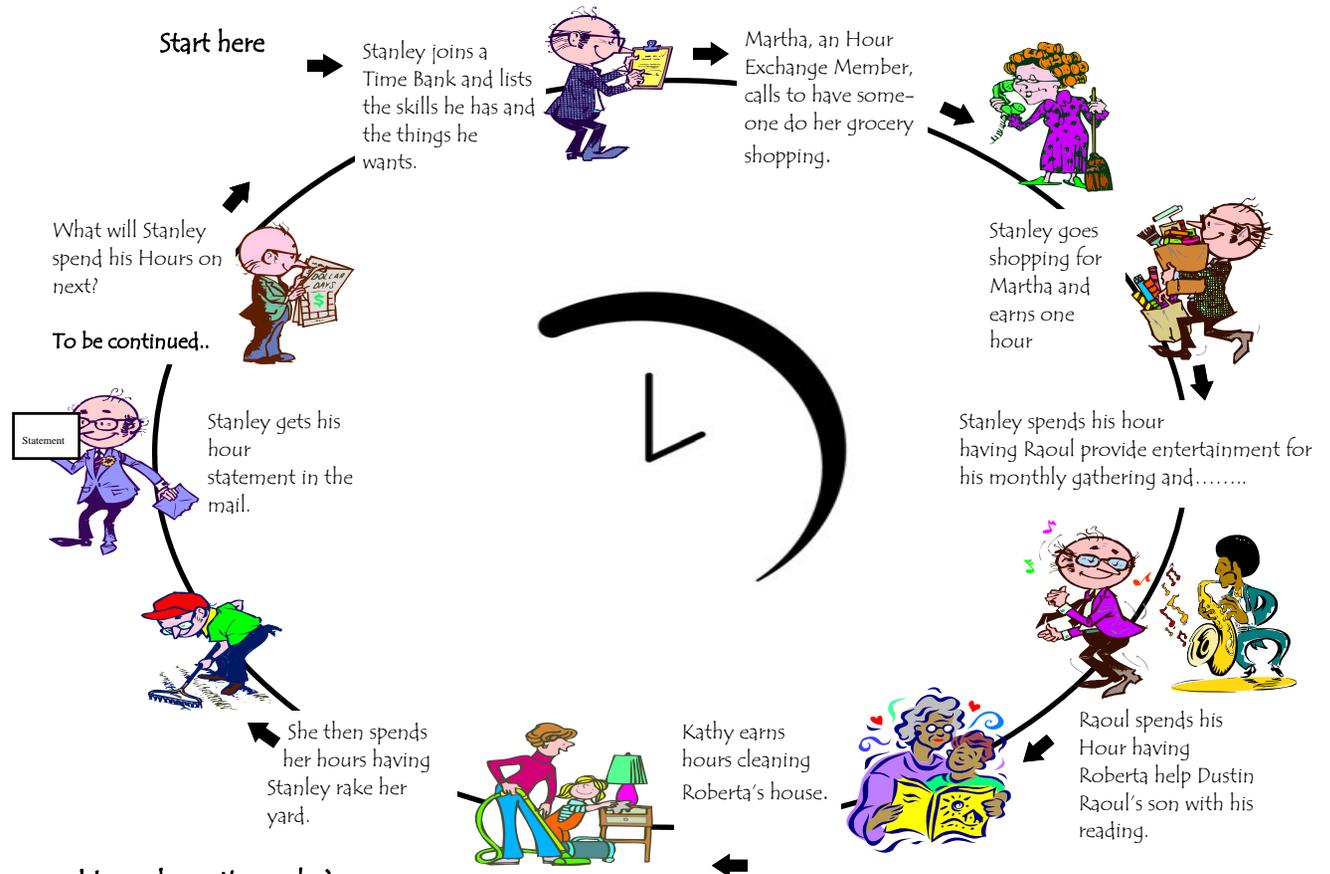
Summer 2008

Below are just a few of the hundreds of services people are giving and receiving

- Minor Home Repair
- Massage
- Health Care
- Transportation
- Editing
- Ticket to Shows
- Errands
- Budgeting
- Herbal Healthcare
- Clerical
- Pet Care Cats/Dogs
- Jewelry Making
- Aromatherapy
- Kayaking
- Haircuts
- Language Translation
- Website Design
- Computer Assistance
- Meditation
- Reiki
- Garden/Yard Work
- Nutrition Consulting
- Tutoring
- Organizing
- Companionship
- Moving Assistance
- Ironing
- Psychic Reading
- Notary Public
- Knitting Lessons
- Mending & Alterations
- Cooking General/Food Prep
- Housekeeping

and much , much more

# Life of an Hour



## How does it work ?

Hours is a type of community currency that anyone can earn by using their time, energy, skills, and talents to help others. One hour of service provided to another Exchange member earns one hour. You can spend your Hours on any number of services.

You can give them to a member of your family or a friend who needs help. You can even save them up for future use.

## How do I join?

Contact the Hour Exchange Portland and request an information packet. Fill it out, get two references, and attend an orientation. You may also obtain the forms on line. Download them at [www.hourexchangeportland.org](http://www.hourexchangeportland.org)

For your time attending the orientation, you will receive 1 Hour in the form of a Gift Certificate for you to use immediately.

## Can businesses and nonprofits join?

**Yes!**

Businesses and nonprofits can join. Currently we have over 50 businesses and non-profits.

There truly is something for everyone here at Hour Exchange Portland!