

Community Connections TimeBank

How does the TimeBank work?

It's simple. You give what you can and you get what you want. For every hour you give helping another member of the VNSNY TimeBank, you earn one time credit for yourself.

You can spend your time credits as you like on services offered through the VNSNY TimeBank.

How do I get connected too?

There is no fee to join. Just call the Community Connections TimeBank.

212-609-7811

or email us at timebank@vnsny.org



*We got connected.
How about you?*



Community Connections TimeBank
Visiting Nurse Service of New York
225 West 34 St, Suite 910, New York, NY 10122

www.vnsny.org/timebank

We got connected.



What do I get?

Now I get help with my shopping and my sink doesn't leak anymore.

What do I give?

My older neighbor Marie really appreciates my visits. We have a great time together. I also enjoy crocheting baby blankets that the TimeBank donates.

Louise



What do I get?

I donate some of the time credits I earn to my Mom. It's a big relief to me that while I am working she has someone to take her to the doctor or just keep her company.



What do I give?

I'm a local business owner. I give a discount to all TimeBank members in my neighborhood and donate food for the monthly gatherings.

Michael

What do I get?

I use my credits for my son Daniel to get homework help in math. He loves his TimeBank teacher and his grades have really improved. He joined the TimeBank and wants to use his credits for music lessons.

What do I give?

Since I have to go to the laundry and the market anyway for my family, it's not a problem for me to take my neighbor Rosa with me. She doesn't have a car and it's hard for her.

Saby