



linkAges Bay Area TimeBank

Rebuilding community, one hour at a time

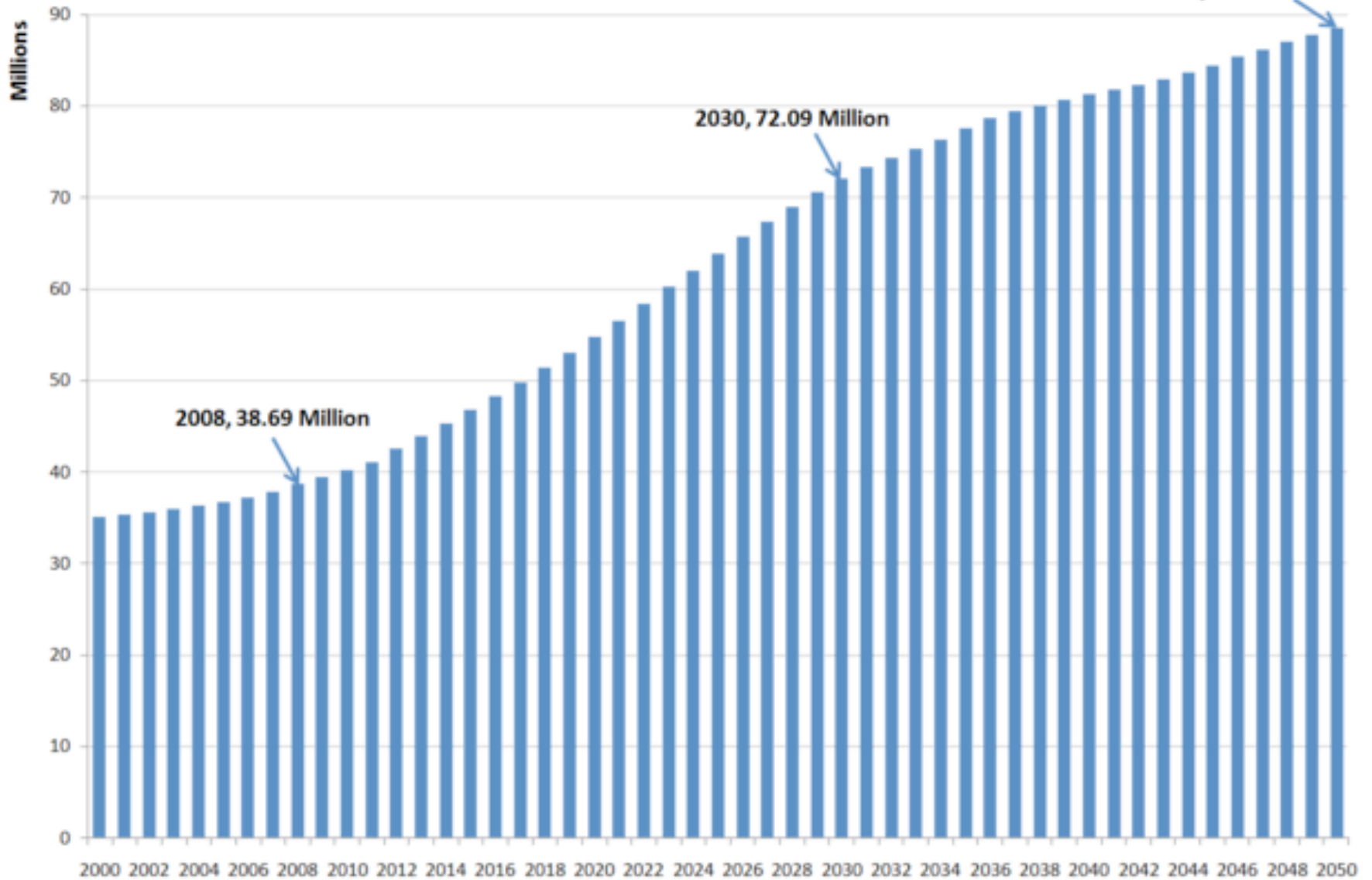


Humanist Community of Silicon Valley | linkAges TimeBank | April 27, 2014

A photograph of two women in a professional setting, likely a conference or meeting. The woman on the left is older, with short grey hair, wearing a white long-sleeved shirt and light-colored pants. She has a name tag that says "Helen". The woman on the right is younger, with long dark hair, wearing a patterned jacket. They are both looking down at a document held by the younger woman. In the background, other people are visible, some looking at a wall with a "REQUESTS" sign. The text is overlaid on the image in a bold, black font, with certain words in a dark red color.

The David Druker Center for Health Systems Innovation acts to catalyze, invent and deploy breakthrough innovations as a partner in advancing the health and wellbeing of communities.

Number of 65 - 100 year olds in United States





90% of seniors currently want to age in their own homes and communities.

Impact of Loneliness & Social Isolation

National survey of seniors 60+ years old (mean 70.9 years), followed for 6 years

- ❑ 43.2% reported feeling lonely
- ❑ 2x rate of decline in Daily Living Skills

Amsterdam Study of the Elderly (AMSTEL), 2000 people followed for three years

- ❑ 20% reported feeling lonely
- ❑ 2x Increased rate of dementia



One in three people that you know, amongst your friends, colleagues or neighbors, are directly involved in caring for a parent, partner or spouse as a family caregiver.

Impact on Caregivers : Implications



Social/emotional investment by individual caregiver

- 14 hours a week if living separately
- 36-84 hours a week if living with recipient
- 38% caregiving for over 6 years

Medical Implications: Higher risk for

- Poor general health
- Smoking
- Binge drinking
- Obesity

Financial Impact /Productivity Loss

- Decreased work hours
- Lost jobs, wages
 - For women average loss \$324,044
 - For men average loss \$283,716
- Total aggregate of lifetime lost wages for US caregivers estimated at \$3 Trillion



linkAges has four main components:



LEARN MORE
Personal Profile



LEARN MORE
TimeBank



LEARN MORE
Connect



LEARN MORE
List

 **Red Rock**



 **linkAges**

**Partnering with
community!**

**Latest TimeBank Event:
YMCA Vegetable Garden
Construction Complete!**



 **the
YMCA**

**Community residents
El Camino YMCA
Red Rock Coffee
Mountain View Senior Center
Mountain View Chamber of Commerce
Neighborhood Associations
El Camino Hospital
Silicon Valley Leadership Group
Rotary Clubs
Local nonprofits
City of Mountain View
Faith-based groups**

linkAges Bay Area TimeBank

Font size: A- A+ Reset G

Sign In

ABOUT US IS TIMEBANKING FOR ME? HOW IT WORKS FAQs



TimeBanking in Action
Members share their experiences in the linkAges TimeBank!

Rebuilding community for all ages, one hour at a time

linkAges Bay Area TimeBank is a community-based service exchange network


REGISTER For a community event



Launch: April 2013

My Account - Manage Profile

Monique Lambert



Mountain View

Username: mlambert25
Account Active: Yes
Language: English
Join Date: 03/05/2013
Last Login: 7 minutes ago

[\(Edit My Information\)](#)

My Service Availability

Select	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Available	0	0	0	0	0	0	0
Unavailable	0	0	0	0	0	0	0

[REVIEW](#)
My Public Profile

Guardian Angel Mode: Deactivated

Hours Balance: 0

Role: Registered Administrator Super User Coordinator

About Me

I am a married individual who enjoys cooking with other people at restaurants, meal making, hiking, gardening and watching movies. I love water skiing in tropical waters. Some of my favorite regular restaurants include Los Chinos in Mountain View and Moby's in Los Altos. I like cycling on the weekends, especially if it involves a constant stop at Pomegranate in Redwood City! I would really enjoy opportunities to cook with other people, check out local "spots" and go on hikes.

My Current Offers [\[View all accounts\]](#) [\[Post a New Offer\]](#)

Help you set up a Trade mail... [\[Edit Offer\]](#)

My Current Requests [\[Post a New Request\]](#)

Garden shop show and tell [\[Edit Req.\]](#)

My Groups [\[Create a New Group\]](#)

 Garden garden [\[View all groups\]](#)

 Super User [\[View all groups\]](#)

Private Contact Info

Mountain View, CA 94040
US
Email: mlambert@linkages.org

My Service Calendar

March 2013

30	31	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

My Responses to Other Member's Offers and Requests

No Current Offers and Requests

Personal Messages

No Unread messages

My Hours Balance

0 14 hours pending

Hours and Activity History

Service Date	Offer Member	Earned	Spent	Service Performed
05 Mar 2013	Fung		3	Garden shop show and tell

Member Account Page

About You

Your Offers

Your Requests

Your Groups

Your Calendar

Your Messages

Your Service History

What's New - Events

Announcements

We opened our doors to the community... this. It's all yours, so get started TimeBank

where our community takes

Post Announcements

Show More

Events

List

Calendar

+ Create Event

Thursday, March 14, 2013

March 2013

07:00pm



Movie: Bully

Carlmont PTSA Community Event BULLY (PG-13) It's time to take a stand. About the Film Over 13 million...

1400 Alameda de las Pulgas, Belmont, CA 94002

Mon	Tue	Wed	Thu	Fri	Sat	Sun
			1	2	3	
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Saturday, March 16, 2013

08:00am



Half Mar

Meet me find some Castro St., Mountain View, CA

Create Member Events

Wednesday, March 20, 2013

10:00am



San Francisco Flower & Garden Show

Looking for other folks, including linkAges TB members, who want to check out the SF garden show. Interested in...

2495 S Delaware St San Mateo, CA 94403

Show More

Groups

Check out the groups created by TimeBank members. Join and create as many groups as you would like!

+ Create Group



Does this photo crop wa...



Supper Club in Evergreen...



Hot Hot Tamales



Boogey & Surf Crew

New Members



Monique Lambert1



Ricky Fonting

Member Groups

See New Members

Show All

What else can you do on the TimeBank website

SAMPLE OFFERS & REQUESTS

Sample TimeBank Service Offers



Title: Looking to get rid of clutter?

Description: I will take pictures, prepare and post items(s) on eBay for you. Seller must pay any of the eBay and PayPal fees which typically end up being approximately 10% of the sales price.



Title: Crazy about Cupcakes!

Description: I like baking and enjoy sharing my "yum-yums" with others who also have a sweet tooth! As I sometimes "experiment," I am always happy to find new taste testers. If you would like a dozen or a half-dozen of my next batch, just let me know! As a heads up to those with food sensitivities, please do not accept my offer of cupcakes if you are allergic to peanuts.

Sample TimeBank Service Requests



©LizzyLund ~ IllustrationsOf.com/82004

Title: New hemlines!

Description: My mother needs to have some dresses shortened. Simple hemming will do. Looking for a thread and needle whiz to help her with getting back into her favorite dresses!



Title: Learn about Gardening

Description: I am a new yard owner and still learning. **Would love advice on how to take care of existing plants, and recommendations for flowering plants that would work for my yard.**

Sample Service Listing Categories

Accounting/Financial

Arts & Crafts

Auto

Beauty & Spa

Bicycle

Classes/Lessons/Tutoring

Coaching/Skill Development

Community Projects

Companionship

Consulting/Advice

Cooking/Food

Counseling & Support

Design

Elder Support

Entertainment

Event Planning/Services

Garden/Lawn

Home Repair

Household Help

Language/Translation

linkAges TB: Group Exchange

linkAges TB: Help Our TimeBank

linkAges TB: Online Buddy

Marketing/Publicity

Miscellaneous

Moving

Music

Office/Business Support

Organizing

Outdoor/Recreation

Pet Care

Sewing/Mending

Technology: Computers

Technology: Other

Transportation/Delivery

Writing/Research

Signing Up

How to register

- Register now!
- Register at home (use the **Step-by-Step Member Registration Guide**)

Registration Steps

- Terms and Conditions
- Background check

After registering

- Receive 3 Hours (Time Dollars)
- + 2 hours for a member survey!
- Need help? Check out tutorials and **Getting Started Guide** in the TimeBank Library



timebank.linkages.org



A Community Benefit of the
Palo Alto Medical Foundation