

## The Core Values of Hour Exchanges

### Assets:

*We are all assets.* Every human being has something to contribute.

### Redefining Work:

*Some work is beyond price.* Work has to be redefined to value whatever it takes to raise healthy children, build strong families, revitalize neighborhoods, make democracy work, advance social justice, and make the planet sustainable. That kind of work needs to be honored, recorded and rewarded.

### Reciprocity:

*Helping works better as a two-way street.* The question: "How can I help you? Needs to change so we ask: "How can we help each other build the world we both will live in?"

### Social Networks:

*We need each other.* People helping each other reweave communities of support, strength and trust. Community is built upon sinking roots, building trust, creating networks that are built on mutual respect and commitment.

### Respect:

*Respect demands accountability.* The voices of all must be heard and heeded so as to promote social justices and compel accountability.

## Frequently Asked Questions

### What kind of people join an hour exchange?

Anyone! Parents, seniors, college students, artists, business owners. People who have a skill to share. People who want to learn a new skill. People who have unmet needs. People who want the best for their community. Adults 18 or older only.

### How big is an hour exchange?

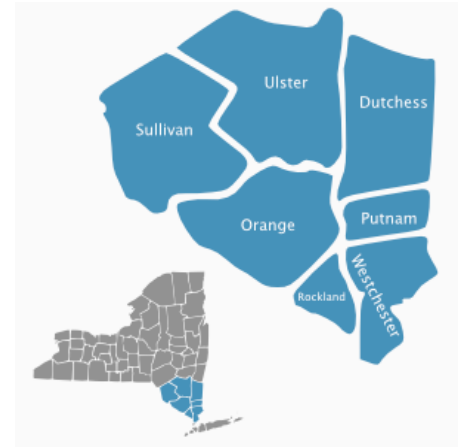
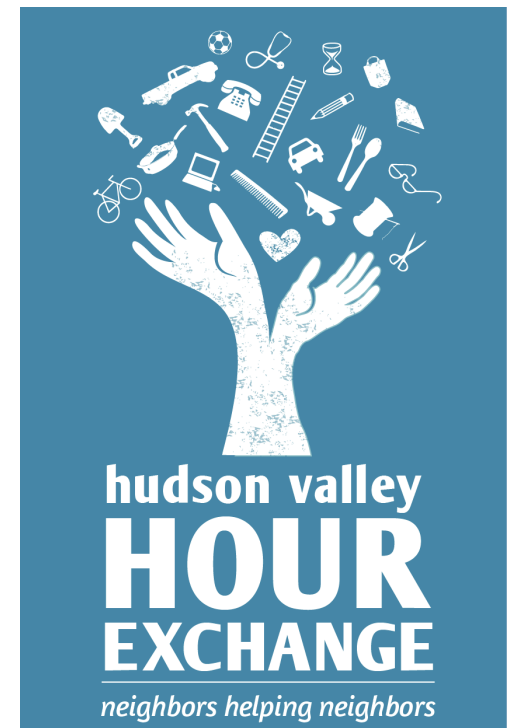
The size of ours will depend on how many great people you recruit! Size is limited only by our outreach efforts.

### What is the cost to join?

There is a suggested donation of \$25 a year. Your donation helps offset the costs of things like printing brochures and maintaining the website. Members who wish to contribute hours in lieu of money may contact their coordinator to discuss.

### Can a business or organization join?

Yes! The Hour Exchange can help your organization to meet its volunteer needs, reward volunteers who are performing valuable work, broaden the variety of skills and resources you can bring in, strengthen your connection with your surrounding community, save money and more.



**Join us today!**

**[HudsonValleyHourExchange.org](http://HudsonValleyHourExchange.org)**

E-mail:  
[sullivandialogue2change@gmail.com](mailto:sullivandialogue2change@gmail.com)

## Neighbor to Neighbor

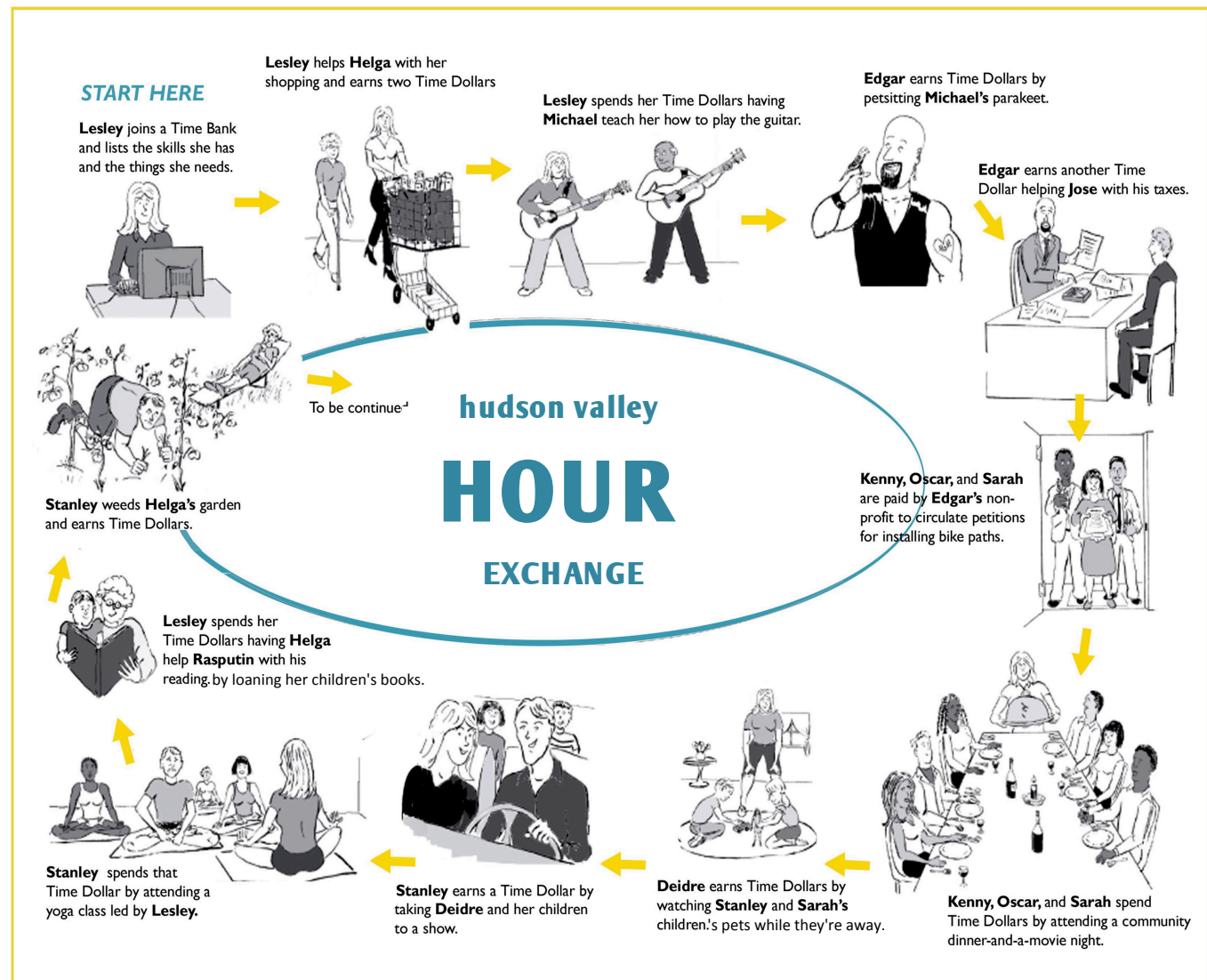
- Shopping
- Minor home repair
- Car rides
- Massage
- Dog walking
- Interior design
- Computer help
- Garden/yard work
- Planning a party
- Moving
- Cooking
- Housekeeping
- Marketing
- Pet sitting
- Private lessons
- Office assistance
- Holistic therapies
- Editing/writing
- Language translation
- Website design
- Tutoring
- Sewing

## Group Activities

- Game nights
- Yoga/fitness training
- Story telling
- Road trips
- Knitting lessons
- Buying clubs
- Singing
- Neighborhood watch
- Trail clean-up

**What do you have to offer?**

**What help could you accept?**



### What is an hour exchange?

It is a community of people who support each other by exchanging favors and services. Members use a simple web-based system to list what they want to give and receive. The system also tracks what goes in and out of your time credit account.

### What's so great about it?

You get to know your neighbors and become part of an extended "family" of fun, caring individuals right in your neighborhood. Isn't life more fun and meaningful when it's shared?

### Where will I find the hours?

Hour Exchanges allow you to do more with the time you already have. For example, you could provide pet care as you care for your own pets and earn time credits to get your bathroom painted by a neighbor who likes to paint. It's that simple!