

Some of the Services Offered by Time Banking Members

Transportation

- Errands run
- Prescription pickup
- Shopping
- Meal delivery
- Give rides in Columbia
- Give rides in Howard County, Baltimore City and County, PG County, Montgomery County, Anne Arundel County
- Give rides to BWI airport
- Give rides to Dulles airport (when available)
- Doctor buddy for complicated doctor visits
- Give rides to church on Saturdays

Help At Home

- Childcare
- Cooking, baking, meal preparation
- Baking pies
- Making jam
- Teaching vegetarian Indian cooking
- Mending, sewing
- Light housekeeping, laundry, general chores, window washing
- Pet care, dog walking
- Respite care
- Household organization
- Vacation care of plants, pets, mail
- Advice on home decorating
- Organizing records
- Balance checkbook

Companion

- E-mail buddy
- Phone pal
- Friendly visiting, social stimulation
- Reading/writing
- Help with health insurance, assist with entitlements
- Life coach

Community Activities

- Mediation (professional)
- Advocate at meetings
- Member recruitment, public speaking, assists with training, office support
- Assist with computer input
- Event planning
- Fundraising with Taglines Comedy Club at the Firerock

Wellness

- Resource referrals for disability and health care (health care professional)
- Domestic violence education (former board member)
- Massage therapy
- Polarity therapy
- Reiki
- Advice on breastfeeding
- Advice on attachment parenting
- Exercise related skills
- Exercise partner
- Pediatric speech therapy (professional therapist)
- Dressing changes (retired nurse)
- Yoga
- Nutritional counseling (nurse)
- Food Therapy

Recreation

- Biking
- Blogging instruction
- Bridge instruction
- Camping and hiking
- Teach chess/ internet chess
- E-bay shopping
- Genealogy
- Hoola hooping
- Sailing
- Sea kayaking
- Swimming/bowling
- Travel planning
- International travel planning

Education

- Tutor nursing students for licensing exam
- Tutor college students in psychology and social sciences
- Workshops on taming clutter (professional organizer)
- Basic computer skills
- Computer help
- Translate sign language
- Translate and teach Hindi
- Teach English to Spanish speaker in exchange for learning Spanish
- Creative writing
- Teaching culture of India
- Tutoring, educational testing
- Assist with college readiness, study groups for teens, skills for academic success (High School counselor)
- Spanish interpreting
- Sexuality education for parents, teens, groups

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Business Services

- Websites/web programming (CSS, HTML)
- Computer repair
- Computer networking
- Computer virus and spy ware protection
- Computer classes (professional instructor)
 - Photoshop Introduction
 - Photoshop Advanced Image Tools
 - Basic Web Design with Dream Weaver
 - Logo Design with Illustrator
 - Making Flash Videos (introduction)
 - Making Interactive Flash Video Games (advanced programming)
 - Creating a Web Comic
- Marketing
 - Blog strategy and consulting
 - Public Relations
 - Life planning
 - Career-change/transitions
 - Website strategy
 - Upgrade PCs
 - Taxes (AARP trained)
 - Editing/writing
 - Proofreading
 - “Getting Things Done”
- Business consulting

▪ **Arts, Crafts & Music**

- Knitting, crocheting, cross stitch crafts
- Scrap booking
- Photo organization
- Photography
- Nature photography (professional)
- Audio-video home entertainment setup
- Stand up comedy

Home Repair

- Gardening/yard work
- Teaching bonsai styling and care
- Minor home repair
- Auto oil changes
- Shoveling snow
- Moving furniture