

Institute for Disability Studies
ShareCare Notes
February 3, 2006

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1. ShareCare Bank: What is it?

ShareCare Bank utilizes the Time Dollar Exchange model. The Time Dollar model honors all individuals' talents, and supports their contributions to the group. A member's potential contributions are organized into a ShareCare Bank directory, that is, a menu of available resources. Each member offers something to the group, mowing a yard, for example. Any time contributed is banked as Time Dollars to be spent on services he or she may want, or the Time Dollars may be saved so that in the future when he/she needs a service, the Bank is there. A member may also gift Time Dollars to another member. One hour of service equals one Time Dollar regardless of what it is. This model has been used in several other states and countries such as Great Britain and Japan. We are the first state in the Deep South. We saw in the aftermath of Hurricane Katrina how important it is to help each other. We especially want families with a member with a disability or chronic disabling condition to join us. This program encourages mutual support and creates a sense of community, making us stronger. The more members, the better the services, so please help us grow. If you are interested in joining the Bank, contact Christy Harrison. (601)266-5163, Christy.Harrison@usm.edu

2. Upcoming events in Hattiesburg

_Dr. Susan Bone, from Southern Miss' Payne Center, is leading Wellness Wednesdays at 12:15 p.m. each week in February and March. Family caregivers who are part of ShareCare are welcome to attend these free sessions which are held in Room G of the Union. Chair yoga and a wellness topic alternate each week. For more information, visit our calendar at <http://idsusm.ventech.com/calevents/mitts.asp>. If you would like to meet at Bond Hall (where the parking is easier) and walk over as a group, email stella.fair@usm.edu.

_On February 9, 2006, Forrest General Hospital's caregiver support group meets in the Elm Room at 6:00p.m.

_On February 16, 2006, ShareCare's monthly potluck supper will be held at Westminster Presbyterian Church, 115 North 25th, at 6:00 p.m. Bring your favorite covered dish and a friend. *You do not have to be a bank member to attend. Please come join us.

_On February 22, 2006, we will be starting a new caregiver support group at Westminster Presbyterian Church at 10:00a.m. This group is designed to provide you with a place to come talk about what caregiving is like for you and also present you with information about ways to take care of you and your loved one. It is very helpful for caregivers to learn coping skills and get emotional support from others. To read one study on this topic go to:

<http://www.cancerpage.com/news/article.asp?id=9309>

3. Input from you about ShareCare Notes

We need your input! We would like to know what you are interested in for ShareCare Notes. Are you interested in news about state and federal resources? About new research? About how to be a healthy as a caregiver? About a particular topic such as stroke, Alzheimer's, cancer, etc.? We would like to publish ShareCare notes weekly in order to give you the most up to date information possible. This posting is designed to benefit you, so please send us your suggestions. Christy.Harrison@usm.edu or call Christy at (601

Project ShareCare, funded by the Mississippi Council on Developmental Disabilities and the Area Agency on Aging, provides counseling and networking for family caregivers of adults with disabilities and seniors.

ShareCare is sponsored by the Institute for Disability Studies (IDS), Mississippi's University Center for Excellence in Developmental Disabilities (UCEDD). IDS provides university training, community service activities, research, and information that promote the independence, productivity, and community inclusion of individuals with disabilities and their families. For more information about IDS, visit the Institute's Web site at www.usm.edu/ids or call 1-888-671-0051 (TTY). To make a tax-deductible gift to IDS for this and other projects, visit <http://www.usm.edu/ids/supportus.html>.

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