Frequently Asked Questions

1. Where do the programs serve?

**Foster Grandparent Opportunities are available in:** Clay, Becker, Kittson, Lake of the Woods, Mahnomen, Marshall, Norman, Pennington, Polk, Red Lake and Roseau Counties.

**Caring Companion Opportunities are available in:** Clay, Kittson, Lake of the woods, Mahnomen, Marshall, Norman, Pennington, Polk, Red Lake and Roseau Counties. Private Pay Opportunities in Becker and Clearwater Counties.

2. Are there health benefits for being involved in volunteering in the Foster Grandparent Program?

New findings show after two-years of service, first-time volunteers in the Foster Grandparent Program reported improvements in health, decreased depression and less social isolation.

3. What is required with the Foster Grandparent Program?

Foster Grandparents Volunteers have a required amount of hours volunteered per week, paperwork throughout the school year, yearly income reviews and educational in-services.

4. What are the necessary background checks to volunteer and are they expensive?

The background check fees are reimbursed through the programs after the background check process is complete and all checks are cleared.

**Foster Grandparent Program:** National Sex Offender, Statewide Criminal History and Fingerprinted FBI Checks.

**Caring Companion Program:** National Sex Offender, Statewide Criminal History and Net Study.

If you are interested in joining or learning more about Senior Programs contact:

Roseau, Pennington, Lake of the Woods, and East Marshall Counties
Foster Grandparent Coordinator
Jean Halverson
jean.halverson@tvoc.org

Senior Programs Director
Marley Melbye
marley.melbye@tvoc.org

Other Services at Tri-Valley:

**Head Start**
- Early Head Start
- Migrant & Seasonal Head start

**Transportation**
- T.H.E BUS
- Rural Transportation Collaborative (RTC)

**Community Service**
- Energy Assistance Services
- Low Income Home Energy Assistance
- MURL
- SNAP
- Financial Literacy
- MNSURE Info
- Multi Family Housing

**Senior Programs**
- Foster Grandparent
- Caring Companion
Tri-Valley Opportunity Council, Inc. (Tri-Valley) is a private, non-profit community action agency that hosts a variety of programs headquartered in Crookston, MN. Tri-Valley has dedicated itself to improving lives, strengthening communities, and engaging adults and families through services and volunteerism for over 50 years. Tri-Valley’s mission of providing opportunities to improve the quality of life for people and communities operates programs that include: Senior Programs; Community Assistance Programs; Housing; Transportation Programs; and Head Start, Child and Family Programs.

Senior Programs

Senior Programs provides two different volunteer opportunities for the aging population. Tri-Valley Senior Programs works hard to provide organized, supportive and safe volunteer experiences. Volunteerism for our aging population brings multiple benefits, such as, socialization, connections to others, eliminates boredom, making friends, educational opportunities, health benefits and financial incentives/reimbursements.

The Foster Grandparent Program, recruits senior volunteers and place them in local schools helping children with a variety of tasks such as reading, writing, spelling and math. Do you have a passion for today’s youth? Be a mentor sharing your wisdom and experience to make a lasting life impression.

The Caring Companion Program serves as a volunteer program for those 50 years and older to establish meaningful relationships by sharing time and talents with other seniors who are in need of assistance with simple basic needs to alleviated loneliness and maintain household independence.

Benefits of becoming a Caring Companion:

• Learn new things and make a new friend
• Help others
• Volunteers receive orientation
• Flexible schedule
• Transportation reimbursement for travel costs
• Insurance protection
• Improved quality of life through FRIENDSHIP

Receiving Caring Companion Assistance

Do you need someone to help you stay social, healthy and remain living in your own home? Individuals are referred to the Caring Companion Program via public health agencies, social service agencies, family members and area agency on aging, clinics and hospitals.

Benefits of receiving Caring Companion Service

• The client receives individual attention.
• The client is treated as a friend with dignity and respect.
• The client receives social interaction and is able to partake in community events.
• The client has a better quality of life.
• A friendship is developed with someone to do things with and to have a listening ear available.
• The program provides family support for the client.

Join our Team…Change a Child’s Life, Change a Senior’s Life, Change Your Life!!