

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



Tri-Valley

Opportunity Council, Inc.

Senior Programs

Tri-Valley Opportunity Council, Inc.

102 North Broadway

Crookston, MN 56716

218-281-5832/ 1-800-584-7020

www.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



**AmeriCorps
Seniors**



United Way
of Crookston

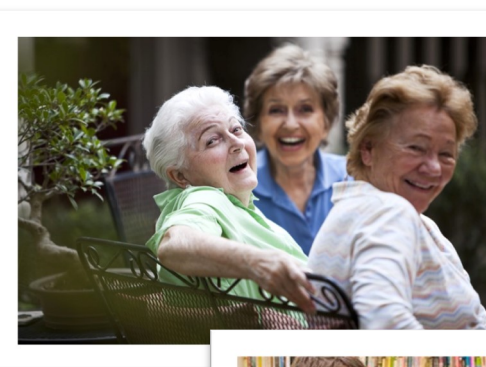
If you are interested in joining or learning more about Senior Programs contact:

Roseau, Pennington, Lake of the Woods, and East Marshall Counties
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Caring Companion &

Foster Grandparent Program



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About Tri-Valley Opportunity Council, Inc.

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 works to help seniors remain independent and living in their homes. We are looking for volunteers who would like to visit, have a cup of coffee, share a meal, or go on a shopping trip, while extending the kindness of friendship to someone who is in need of socialization.

Foster Grandparent Program

Foster Grandparent volunteers 55 and older share their experiences and talents to improve the lives of children in need. You can help children develop the skills, confidence, and strength to succeed in life. Foster Grandparents make their neighborhoods stronger by helping children with special/exceptional needs achieve their educational goals. Foster Grandparents are placed in non-profit settings such as public/private schools, daycare centers, development achievement centers and juvenile centers.

Benefits of becoming a Foster Grandparent:

- Tax free financial reimbursement to cover the costs of volunteering, transportation reimbursement and a meal provided.
- Recognition celebrations and educational opportunities are provided throughout the school year.
- Heartwarming experience working with children to succeed in the classroom, whether it is through academics and tutoring or through mentorships, relationship, positive impressions that last a lifetime.

"I have a purpose to get up each morning and do something worthwhile. I love each one of the kids in our school, and to be able to help them means so much to me." ~Grandma S

"The relationship with the children enhances the lives of each of us. It is an honor to be in each young life" ~ Grandma M

Caring Companion Program

The **Caring Companion** 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!!

