SENIORS

Commodity Supplemental Food Program

- This program will provide one box and one bag (25 lbs.) of groceries to each person (60 years of age and older) who meet the preset income qualifications. Each client will receive groceries every other month.

Market Express

- Grocery shopping and delivery service made available to Grand Forks residents who are low-income, elderly and/or have a disability. This is a free service to seniors in our community.

Senior Health Insurance Counseling (SHIC)

- Elderly and disabled persons are assisted by a counselor to help understand their medical and health insurance bills. Internet service at RRVCA is made available to all seniors who express interest.

WEATHERIZATION

Client Education

- Income qualified clients receive an energy savings packet and helpful tips on ways to reduce energy bills.

Cooling Program

- Clients who are eligible for fuel assistance from the county and bring documentation of a medical diagnosis will be provided air conditioners. This program runs from June through September of each year.

Furnace Clean and Tune

- Income eligible clients receive a free inspection, cleaning, and tuning of their gas furnace.

Helping Hand Assistance

- This funding is used to make non-weatherization repairs such as, electrical, plumbing, & roofing, etc.

Painting Project

- Volunteer program where low income, elderly, disabled, or larger families are helped with painting the exterior of their homes.

Weatherization

- Homeowners and renters meeting financial guidelines are eligible for free home improvements that increase energy efficiency & decrease heating bills by concentrating on the problems of general heat loss and air infiltration.

community Action PARTNERSHIP

Helping People. Changing Lives.

The Promise of Community Action

Community Action changes people's lives, embodies the spirit of hope, improves communities, and makes America a better place to live. We care about the entire community, and we are dedicated to helping people help themselves and each other.

Red River Valley Community Action

Grand Forks County	Nelson County	Pembina County	Walsh County
1013 N. 5th Street	322 State Avenue South	County Courthouse	638 Cooper Avenue
Grand Forks, ND 58203	Michigan, ND 58259	Cavalier, ND 58220	Grafton, ND 58203
(701) 746-5431	(701) 259-2225	(701) 265-8775	(701) 352-0620
(701) 746-0406 **FAX**	(701) 259-2319 **FAX**	(701) 265-4876 **FAX**	(701) 352-5072 **FAX**

RED RIVER VALLEY COMMUNITY ACTION

Red River Valley Community Action (RRVCA) is a private, non-profit human service organization serving Nelson, Pembina, Walsh, and Grand Forks Counties. Like community action agencies across the nation, RRVCA works to focus private and public resources on the goal of helping low-income people improve their lives. This includes helping people obtain the education, skills, knowledge, and motivation they need to achieve economic independence for the rest of their lives.

The greatest strength of community action is its ability to change as community needs change. RRVCA's staff of human service professionals continually considers new ways to respond to both old and new problems present in the region.

PROGRAMS AND SERVICES

CASE MANAGEMENT

Budget Counseling

- Assistance with budgeting, education in money management, and solving financial problems is provided. Budget Counseling meets the first Monday of every month.

Self Reliance

- Geared toward self-sufficiency, comprehensive case management assists people, with low incomes, to become economically independent and meet personal goals.

EDUCATION

Adult Education

- Get assistance with improving educational and social skills by taking a holistic approach to learning as you work towards achieving your GED. Contact us to get started.

KEYs to Innervisions

- A cognitive restructuring program that teaches one how to make powerful changes, using decision making skills. By giving tools to increase self esteem, achieve goals, and utilize their personal power, KEYs empowers individuals.

Project Globe (Youth Program)

- An after-school group for homeless and low-income children that runs during the school year and provides various recreational and educational activities at no cost to the children. Includes activities for parents too.

State HIV Prevention Program

- A statewide prevention initiative focused on community based interventions for at risk populations for HIV.

Volunteer Income Tax Assistance (VITA)

- Vita helps low income, elderly, non-English speaking, and disabled persons complete their federal and state income tax returns. (February - April 15)

EMERGENCY SERVICES

Emergency Services

- Assistance and referrals for immediate emergency needs such as health care, utility disconnections and rent deposits are available at RRVCA.

Energy Share

- Funded by utility companies and private donations, this service provides emergency funds to help pay utility bills of low-income people.

Ernie J. Norman Center

- Owned by RRVCA, this home provides temporary safe housing and case management for women and children, who are homeless due to eviction, or lack of money.

Legal Aid

- Staff and students of the UND Law School provide legal counsel on civil cases to low-income people. RRVCA is a weekly outreach location for legal aid. Services for Legal Aid are made available September—May.

HOUSING

Flood Rehab

- Assistance repairing or replacing basement walls, foundations, wiring, furnaces, hot water heaters, and other items not covered by other government or insurance funds.

Home Ownership

- Low-income families, with stable incomes and good credit ratings, are assisted in the purchase of a moderately priced home and, if necessary, rehabilitation costs.

Home Rehab

- Low-income homeowners are assisted with all forms of rehabilitation including electrical, plumbing, heating, siding, foundation, and roofing.

NUTRITION

Food Fellowship

- A prepared & perishable food gleaning program serving the Greater Grand Forks community. This program recovers & distributes food to local food cupboards and agencies that provide daily meals.

SAFETY

Safe Communities

- The goal of this traffic safety program is to preserve the quality of life in Grand Forks by reducing and preventing injuries and fatalities through public education and awareness.