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.

Spring in Minnesota is a time of transition and rebirth. Mother nature's rebirth beckons us outside. We emerge from the homes that sheltered us from the seemingly never-ending winter and we begin to engage with neighbors and our environments. Some of us dig in the dirt to plant our flowers and vegetables. Others put out patio chairs and fire up the grill. Still others find trails and nature to bike, walk, or engage in outdoor activities. Regardless of the specific activity, year after year Minnesotans emerge from our winter cocoons ready to appreciate and engage in the beauty of our state.

Spring also heralds many life transitions. Children transition into their summer break from school. Graduates celebrate the completion of one chapter and the beginning of the next which may include technical school, college, service or full-time work.
For Tri-CAP springtime launches our planning for summer events to promote and educate on our programs. This year we’re planning on entering a Tri-CAP bus in five different community parades across our service area. In addition we’ll be hosting a table at the Stearns County Fair in Sauk Centre. So while you’re out enjoying the beauty of the state be sure to keep a lookout for Tri-CAP. We’d love to have a chance to meet you, share an update on our programs and services, and let you know how you can help Tri-CAP accomplish our goals of expanding opportunities for the economic and social well-being of our residents and our community.


Best Regards,

Lori Schultz, LSW
Executive Director

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Tri-CAP is grateful to Jean for her vehicle donation of the Mercury Cougar. For details about the vehicles for sale or to learn about donating visit Tri-CAP’s website [https://tricap.org/vehicle-donation/](https://tricap.org/vehicle-donation/)
Rebuilding Lives has Openings!

Rebuilding Lives is a self-sufficiency program for individuals who were homemakers and now lack income due to divorce, separation, the death, disability or military deployment of a spouse or partner, or loss of public assistance.

Through a series of workshops, one-to-one planning and group participation, members gain the knowledge, skills and confidence necessary to become more self-sufficient.

Financial assistance may be available for some costs related to: education and training, work clothing, transportation, and child care.

Our objective is to help individuals prepare for a competitive job market and become self-sufficient.

Call Tri-CAP today for more information about how to enroll. Call 320-251-1612 and select option #3.
Community Resources Page on Tri-CAP's Website

Tri-CAP works to connect our residents with the resources they need. To help meet this goal Tri-CAP's website has a community resources page that provides links to many different resources from county websites to mental health and parenting resources and many more. These resources extend beyond the programs and services offered directly by Tri-CAP. Feel free to check out the resources listed.  [https://tricap.org/community-resources/](https://tricap.org/community-resources/)

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**Tri-CAP Vehicle Repair Program**

Tri-CAP has limited funding for a Vehicle Repair program that pays a portion of car repair costs to assist eligible households.

Repairs are limited to those necessary for vehicle worthiness and/or safety (examples include brakes, tires, struts/shocks, battery, etc.).

Repairs must take place at Tri-CAP designated auto mechanical vendors.

You may qualify for the Vehicle Repair Program if you can answer “yes” to the following questions:

- Do you live in Stearns, Benton, or Sherburne County?  _____ Yes  _____ No
- Are you able to pay 20% of the repair cost yourself?  _____ Yes  _____ No
- Is the repair needed to make the car safe and/or road-worthy?  _____ Yes  _____ No
• Is your annual gross income below income guidelines (see table below)?  _____
  Yes _____ No

<table>
<thead>
<tr>
<th>Family Size</th>
<th>Annual Income</th>
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<tbody>
<tr>
<td>1</td>
<td>$15,613</td>
</tr>
<tr>
<td>2</td>
<td>$21,138</td>
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<tr>
<td>3</td>
<td>$26,663</td>
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<tr>
<td>4</td>
<td>$32,188</td>
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<td>5</td>
<td>$37,713</td>
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<tr>
<td>6</td>
<td>$43,238</td>
</tr>
<tr>
<td>Each additional household member add</td>
<td>$5,525</td>
</tr>
</tbody>
</table>

If you answered “yes” to all of the above questions you may call or visit our office to request an application, or print and complete the application forms here:  https://tricap.org/vehiclerepairassistance/

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Did you know that in addition to many city service areas, Tri-CAP Public Transportation also offers several rural routes taking passengers from:

• Royalton to Little Falls
• Sauk Centre to St. Cloud or Alexandria
• Big Lake to Monticello
• Northern Mille Lacs to Princeton
• Zimmerman to Elk River
- Elk River to St. Cloud
- Little Falls to St. Cloud

To find out about all of Tri-CAP’s public transportation service areas and routes call and talk to a friendly dispatcher 888-765-5597 or check it out on our website https://tricap.org/transportation/

Not sure how to make a ride reservation? Check out our video for easy 1,2,3 steps.

Volunteer Drivers Needed

Volunteer Drivers receive a mileage reimbursement and determine when they want to
drive while making a difference in their community.

Volunteer Drivers provide rides using their own private vehicles to residents of Benton, Stearns, Sherburne, Morrison, and Mille Lacs counties. Passengers are assigned to volunteers by the Tri-CAP dispatch center and may be traveling to medical appointments or a variety of other destinations. Volunteer Drivers are reimbursed at the Federal IRS rate and may also be eligible for some meal reimbursements. Our Volunteer Drivers provide an important service to those in need in Tri-CAP's service area. If you enjoy driving and are interested in volunteering, please contact Tri-CAP or fill out an application available on our website: [https://tricap.org/wp-content/uploads/2018/03/VOLUNTEER-APPLICATIONpdf.pdf](https://tricap.org/wp-content/uploads/2018/03/VOLUNTEER-APPLICATIONpdf.pdf)

Supplemental Nutrition Assistance Program (SNAP)

Tri-CAP provides outreach services to increase participation in the state run SNAP program (formerly known as Food Support or Food Stamps). We provide outreach, application assistance, recertification assistance, and referrals to other local food resources. The
counties administer the program and will confirm if a person or household qualifies for benefits or not.

**SNAP Qualifications**

If you answer “yes” to any of the following questions, you may be eligible to receive SNAP benefits.

- Do you or anyone who lives with you receive Supplemental Security Income (SSI)?
- Do you or anyone who lives with you receive General Assistance (GA) or Minnesota Supplemental Aid (MSA)?
- Do you receive either Transition Year Child Care or Basic Sliding Fee Child Care assistance (CCAP)?
- Do you participate in the Diversionary Work Program (DWP) or Work Benefit (WB) program?
- Is your monthly gross income below the 2018-2019 guidelines? (see below)

<table>
<thead>
<tr>
<th>HOUSEHOLD SIZE</th>
<th>GROSS HOUSEHOLD MONTHLY INCOME</th>
</tr>
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<tbody>
<tr>
<td>1</td>
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<tr>
<td>8</td>
<td>$5,828</td>
</tr>
</tbody>
</table>

If you answered “yes” to any of the questions please call Tri-CAP to receive an application or assistance filling out the applications. 888-765-5597 or 320-251-1612.