



South River EMC Communicator

HELPING FAMILIES, HELPING KIDS

In September, Transitions Life Care received its sixth Operation Round Up grant, written expressly for its Transition Kids program.

This program is one-of-a-kind in its ability to give children and their families support during a difficult time.

"The Triangle region is home to three children's hospitals, meaning there is a large number of seriously ill children in the area, some who ultimately die," said Lily Gillmor, director of Transitions Kids. "As you can imagine, even more than with adults, children and their families often prefer to die at home in familiar surroundings."

However, while much of end-of-life care is covered for adults, the same is not true for children.

"Pediatric hospice care is regulated by the same policies as adults. These regulations were created based on adult diagnosis and illness trajectory," said Gillmor. *continued on page D*



A home health nurse working with a patient.

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South River EMC offices will be closed December 24 & 25 in celebration of Christmas, and January 1, 2021, in observance of the New Year.

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CELEBRATING 335 YEARS OF SERVICE



Tori Rose
5 years



Wilson Holder
5 years



Eric Gainey
10 years



Andy Hardy
10 years



Dana Tew
10 years



Kathryn Turlington
10 years



James Seabolt
10 years



Christal Wood
15 years



Maria Ramos
15 years



Tim Peede
15 years



Aaron Jackson
15 years



Shellie Dunn
15 years



Keith Bowden
15 years



Dana Green
20 years



Milagros Santiago
20 years



Scott Tripp
25 years



Jimmy Fisher
30 years



Tim Chisolm
35 years



L-R: Timmy Parker, 30 years; Ryan Barber, 5 years; Steve Holmes, 20 years; Maverick Smith, 10 years.

HELP continued from A

"Pediatric patients have very little overlap with adults in regards to diagnosis, trajectories, or general needs."

Hospice care is paid at a flat rate per day by insurance companies, which covers a patient's related medication, supplies, equipment and visits. The medication, supplies and equipment are more expensively priced for children and children also typically require longer and more frequent visits.

This amounts to a large bill with very little funding to cover it.

"This grant will be used to supply pediatric patients with things they are unable to attain through their current insurance structure or on their own. Many items, such as diapers, are rationed by insurance companies and families are left having to purchase anything outside the allotted amount," said Gillmor. "This can cause a strain on family finances, leaving families to make difficult decisions about other areas they must cut back on to afford such items."

These are items that a family with a sick child should never have to worry about, which is why Transitions Kids is such a beneficial non-profit organization.

"The creation of Transitions Kids was a multi-year project. Our CEO, John Thoma, created a feasibility study to determine the need and cost of a pediatric program," she said. "The study concluded that there was a significant need, but at a significant cost. Funding was secured by a generous local family to get the program up and running."

Currently, the program has a part-time physician, four full-time nurses, three full-time social workers, two full-time chaplains, a part-time chaplain, and a number of PRN nurses, or as-needed nurses.

"Generous gifts from South River EMC have supported our indigent patient fund, whereby, we are able to provide services to those who were not able to pay," said Darcy Dye Bowers, senior communications and

public relations manager. "In Transitions Life Care's 40-plus-year history, we've never turned anyone away who is financially challenged."

Transitions serves 7,541 families and individuals in the following counties: Harnett, Johnston, Wake, Granville, Franklin, Durham, Chatham and Orange.

"In addition to Transitions Kids, our other services include Transitions Hospice Care, Transitions Palliative Care and Transitions Home Health," said Bowers. "We also offer Transitions Guiding Lights (caregiver support and resources) and Transitions Grief Care bereavement resources, including educational and support groups, individual counseling, and specialty groups for distinct types of loss."

And programs have not stopped due to COVID-19, it has just meant a change in practices by the organization, with investment for technology to telework and provide telehealth appointments, providing grief groups virtually, as well as dedicating staff to procuring personal protective equipment.

Transitions is looking out for its patients and the communities it serves, particularly during these times.

If you are interested in donating to Transitions, or even participating in a program, visit transitionslifecare.org for more information.



A Transitions Kids family

HOLIDAY CHANGES, NEW YEAR'S SAVINGS

As we enter the last month of the year and look forward to celebrating the holidays, this is a good time to plan for next year.

One way to save energy and money is by switching to the South River EMC time-of-use (TOU) rate. This rate offers electricity to members at a discounted rate when used during the off-peak and super off-peak times. Now, before you say this definitely is or is not the way to go, read a little more about it.

First, the rate itself, as shown in the chart below for a residential account.

Second, the hours to earn savings. This is what makes or breaks a TOU rate for some. During the summer, on-peak, or the most expensive times to use electricity, are 2-6 p.m., off-peak times are 5 a.m.-2 p.m. and 7-9 p.m. Meanwhile, super-off-peak times, or the cheapest time to use electricity, are 10 p.m.-5 a.m. Winter times are on-peak, 6-9 a.m.; off-peak, 10 a.m.- 9 p.m.; super-off-peak, 10 p.m.-5 a.m.

Third, your habits. When using a TOU rate it might mean you must alter your habits for the best savings. For example, if you

have an electric vehicle, plug it in at 10 p.m. instead of right when you get home to take advantage of that lower rate. You might need to shower at a different time, or wash clothes or dishes at an earlier or later time.

Consider how you could rework your energy-use schedule and make the change a gift to yourself. On average, members on the TOU rate save \$30 a month.

You can light the Christmas lights each evening, cook the big family meal and have family get-togethers. However, you might be able to adjust the

thermostat a little with those gatherings.

For more information, visit sremc.com/TOU or call 910.892-8071.

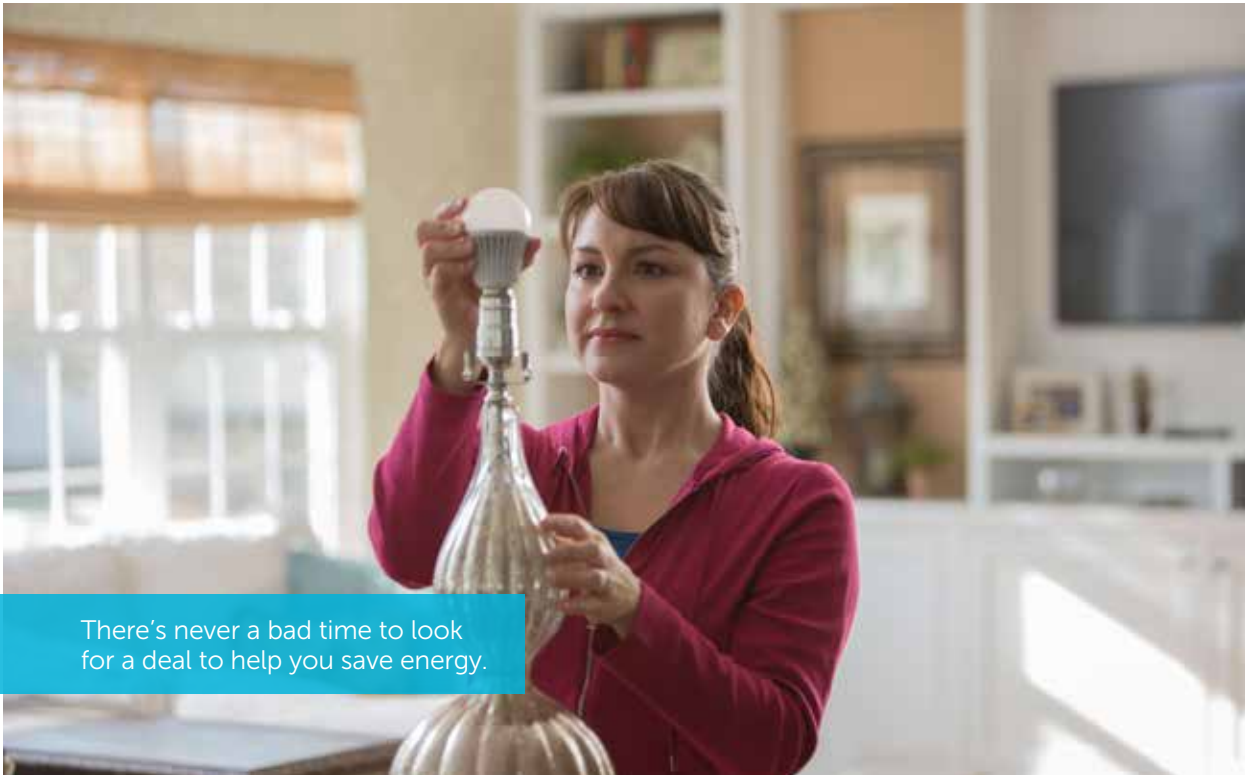
RATES	Summer (mid-April- mid October)	Winter (mid-October- mid-April)
On-peak	43.88¢ per kWh	33.79¢ per kWh
Off-peak	4.77¢ per kWh	4.77¢ per kWh
Super off-peak	3.97¢ per kWh	3.97¢ per kWh

Celebrate Savings This Holiday Season!

Members who use more energy during super-off-peak times, save more money.

On average, members save \$30 a month.

More information?
Visit sremc.com/TOU
or call 910.892.8071



There's never a bad time to look for a deal to help you save energy.

A HERO To Save You Energy And Money

A high-efficiency residential option, or HERO, home is built tighter than homes built to code. That means more comfort and savings for your family!

HERO homes can be built one of two ways, by-the-book, or more flexible. Each has their pros and cons, but both can save you energy and money. To

learn more, visit energycodes.gov and for information on rebates visit sremc.com or call 910.892.8071 x 2153.

Contributions To Heating And Cooling Costs

Heating and cooling costs add up, no denying it. So, focus on the contributors to those costs. First is your HVAC unit; its age, seasonal energy efficiency ratio, or SEER rating, and upkeep. The older it is, the more inefficient it becomes. The SEER rating is the efficiency of the system itself, the higher the rating, the more

efficient the system. Lastly, if you don't regularly service your system, problems could be adding up.

Then, there is system use, i.e., your thermostat settings. By setting it higher in the summer and lower in the winter, you could save money, and work

your system a little less. However, we tend to do the reverse, and it costs.

Begin with a high-efficiency system, 17 SEER or greater, and you could be eligible for a rebate. Find out more at sremc.com or call 910.892.8071 x 2152.

The Star That Saves

Energy Star appliances help save money, while saving energy. So, if you're looking for a somewhat easy way to save, begin by purchasing smart.

Energy Star certified appliances bear the Energy Star logo, which means energy savings. However, if you use them efficiently, you have a chance to save even more.

For details on the rebate, which is on Energy Star certified refrigerators, clothes washers and dryers, and dehumidifiers, visit sremc.com or call 910.892.8071 x 2152.

Making Your Home Warm And Cozy

Make your list and check it twice. After all, you need items to make your home more energy efficient. In this case, weather stripping, caulk, and insulation.

Then, there are the support pieces, ranging from gloves, to a caulking gun. Each task requires a different mix. Regardless of that, making small improvements can help improve

your comfort and energy costs.

If you're interested in what you can do to start saving, as well as improve your comfort, visit sremc.com or call 910.892.8071 x 2222.

The Three Steps Of Water Heating

Water heating is the second-highest energy cost contributing to your bill each month. The reasons include: the age of your water heater, the type of water heater you have, and the amount of hot water used in your home.

There are ways to lessen the impact, however, though it will still stand as a contributing factor to electric costs. **Step 1, water heater age.** If your water heater is 10 years old or older, consider a replacement. It might still be heating, but it is probably not heating as effi-

ciently as it once was and it's costing you.

Step 2, water heater type. There are times when the water heater you hear is most efficient, really isn't efficient for your home. The example we typically find is an on-demand water heater. For a gas home, it helps save, for an electric home, the burst of energy it takes to heat water, isn't really saving you much as you go. Whereas, a heat pump water heater might be more beneficial, or if you have the appropriate solar resource, solar water heater.

Step 3, water use. The reason this should be part of your decision is because you want a water heater that will work into your savings. If you purchase a solar water heater, you want to make sure you use enough water to make it worthwhile. With a heat pump water heater, you don't have to worry about solar resource, but rather space and temperature. The water you use will just be warmed 2-3 times more efficiently than a standard water heater.

For details, visit sremc.com or call 910.892.8071 x 2152.



Building or buying, every choice you make can help you save.

WAYS TO SAVE ENERGY DURING THE HOLIDAYS

The holiday season is always a busy time for many of us. Shopping, decorating, family gatherings, or out-of-town trips seem to ramp up this time of the year. 'Tis the season to be jolly and save energy.

It is a fun time of the year to dust off the annual Christmas boxes and start decorating for the holiday season.

Energy-saving lights

Be mindful this year of the type of lights you are stringing outside and in the house. Light-emitting diode (LED) are 80 to 90 percent more efficient than traditional Christmas lights. The up-front cost of LED Christmas lights will be more than the traditional lights, but it will save you money over time.

I'm not saying junk every traditional Christmas light you have. As the traditional lights you have quit working, look at replacing them with LED Christmas lights. LED Christmas lights are much safer to handle because they do not get as hot as a traditional light. The epoxy lenses they are made with is more durable than the traditional glass bulbs.

Another way to save is to use a timer when operating Christmas lights. You should practice this no matter what type of bulb you are using. Make sure you limit the run

time on the lights so they are not burning the entire night.

Adjust thermostat setting

The holidays usually mean family gatherings or hosting parties for family and friends. A British Thermal Unit (BTU) is a measure of the heat content of fuels or energy sources. The human body generates BTUs and with more people in your home, you can adjust the thermostat settings to save on heating costs. This can help keep your home at a desired temperature without having to dial up the heat to keep everybody warm.

You can also save by not cooking as much. If you usually do most of the cooking for your family and friends, have a potluck instead. Fewer hours cooking will save you money and will give you more time to focus on other things before guests arrive.

Energy savings while away

If you travel during the holiday season, it is important to remember to adjust your thermostat. Check your local forecast to see what the weather will be in your area while you are gone. Adjust your thermostat accordingly with the season. The heating and air conditioning system will run whether you are there or not, so adjusting the thermostat to cut back on run time can help you save energy. Many smart thermostats allow you to set daily



Advise Guy Eric Gainey

schedules and other comfort settings for your home.

This habit should be practiced yearly, not just during the holidays. Think about this when you are going on vacation, business trips or long weekend trips. Make sure you also have the timers set for your home's exterior lighting so they are not burning the entire time you are gone.

Implement the steps mentioned to help you save energy and money not only during the holidays, but all year-round. Remember that some of the steps mentioned can also help you save energy and money the entire year. For more information on ways to save, visit our website at sremc.com and click on the Advise Guys link or call us at 910-892-8071.

South River EMC Communicator



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