

Use Energy Wisely

While longer days and warmer weather make us less dependent on energy for light and heat, there are still many opportunities to practice wise energy use.

Staying cool indoors >> Have storm windows that you usually remove and replace with screens? Consider which windows you actually open. Leaving some storm windows in place may keep rooms cooler, especially if you use air conditioning. Another “cool” technique is to close blinds and drapes to block direct sunlight.

Air conditioning tips:

- >> Set the thermostat no lower than 78 degrees – higher if you will be away from home.
- >> Keep curtains and furniture away from air intakes and vents.
- >> Avoid cooking, baking and other indoor heat-producing activities on hot days.
- >> On moderately hot days, use fans instead of air conditioners.



Follow the manufacturer’s recommendations to keep your air conditioner in tip-top shape.

Fans:

- >> Attic fans, window fans, floor and table fans are all cost-effective ways to make your home more comfortable.
- >> Window fans tend to provide better ventilation than floor and table fans.
- >> Consider attic or “whole-house” fans as they are often the best choice to economically cool your home.

Talk with your appliance dealer or home center specialist to find the best fan for your home.



For more energy-wise tips, visit rge.com.

Be Safe This Summer

Summer heat can be a serious health threat. By knowing how to stay cool when the temperature peaks, you can protect yourself from hyperthermia.

Hyperthermia is a medical condition that can occur if the body isn’t able to stay cool. Being less active on extremely hot days can lower the risks of hyperthermia, but sometimes that isn’t enough.

Older persons and those with chronic health problems are especially at risk of hyperthermia. The good news is that hyperthermia can easily be prevented. To begin with, **know the warning signs:**

- Dizziness or severe weakness.
- Chest pain or rapid heartbeat.
- Nausea, diarrhea, cramps or vomiting.
- Breathing problems.
- Mood changes.
- Dry skin without sweating.
- Throbbing headaches.

To lessen the possibility of hyperthermia:

- Drink plenty of water.
- Use a fan or air conditioner.
- Wear light colors and loose-fitting clothing.
- Limit your physical activity.
- If you begin to feel overheated, take a break and head for the shade.
- Take cool showers or baths.
- Check your medications for any side effects that could increase your risk of hyperthermia.
- Eat more salads and lighter foods.
- Only use your stove during the cooler part of the day.
- Don’t overuse salt.
- Avoid alcohol.



If you suspect that you or a family member are suffering from hyperthermia, seek medical attention immediately.



Having Trouble Paying Your Bills?

You may qualify for RG&E's Residential Energy Consumer Assistance Program (RECAP). RECAP includes a reduction in our basic service charge, assistance in reducing overdue amounts and referrals to community-based programs and services. You may also qualify for home weatherization assistance. Don't delay, call us today at **1.877.266.3492** to see if you are eligible for RECAP or other assistance programs.

Even Out Your Energy Costs

RG&E's Budget Billing service lets you spread your utility costs evenly over 12 months. It's a great tool for planning your monthly budget because you'll know what your RG&E bill is going to be in advance. For more information or to sign up for Budget Billing, visit **rge.com** or call us at **1.800.743.2110**.



ACT NOW and Save With Natural Gas

GET CONNECTED >> Consider converting to RG&E natural gas heat for a fuel that is clean, efficient and cost effective.

- > The price of RG&E natural gas has remained relatively stable through the last 12 months compared to heating oil and propane.

A typical heating customer in Upstate New York would have saved up to \$900 last year by using natural gas instead of oil or up to \$1,400 by using natural gas instead of propane.*

- > **If you switch to natural gas heat and you are 100 feet or less from a RG&E natural gas main, RG&E will install your service for free!**

Plus with **rebates of up to \$500** available from RG&E if you convert to natural gas heat, there's never been a better time to switch.



SEE FOR YOURSELF >> Use our fuel comparison calculator by clicking on the "save with natural gas" icon at **rge.com** to determine how much you could save with natural gas.

* Savings are based on average home using 1,012 therms of natural gas per year at a price of \$1.59 per therm. Individual savings may vary based on actual energy use, price and equipment efficiency.

Turning On or Turning Off Service?

If you need your RG&E service turned on or off, let us know as soon as you know – don't wait to contact us as we can schedule your request months in advance!

There are **two ways** to contact us:

- Anytime online at **rge.com**.
- By calling **1.800.743.2110**, 7 a.m. to 7 p.m., Monday through Friday.

So we can best meet your expectations, please contact us as far in advance as possible. In all circumstances we need **at least** 24 hours' notice. If the meter is inside, we will need to have you present or you'll need to make access arrangements with us in advance.



Part of RG&E's commitment to the environment ...

printed with soy ink on recycled paper, using 100% renewable wind energy.

