

BY USING ENERGY EFFICIENTLY YOU CAN:

- 1) Lower your energy costs.
- 2) Lengthen the life of your appliances.
- 3) Save natural resources.
- 4) Help to preserve the environment.

Whenever you save energy, you are also saving money and reducing the demand for such fossil fuels as coal, oil, and natural gas. Less burning of fossil fuels means lower emissions of carbon dioxide, the primary contributor to pollution and global warming.



WHO WE ARE

EnergyCare is a private nonprofit organization founded in 1983 by the late Sr. Patricia Kelley. We help low-income elderly and seriously ill St. Louisans safely survive their energy-related struggles, especially during the extremes of summer and winter.

Services

- * Hypothermia and hyperthermia education.
- * Telephone energy assistance information referral and counseling for people who have delinquent energy bills.
- * Minor furnace repair.
- * Emergency goods (blankets, heaters, air conditioners) to medically high risk families.
- * Advocacy for the energy needs of the poor and elderly.
- * Weatherization services.

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Energy Conservation



WINTER

WARMING IDEAS

Ways to keep your house warm without using unnecessary energy.

* Insulate your windows and doors, especially around a window air-conditioner. You can save up to ten-percent on your energy bills by sealing air leaks.

* Open your drapes on sunny days. The solar energy can warm your home. Close drapes at night to keep the warm air inside.



* Lower your thermostat. For every degree you can save 2-4 percent on your bill.

* Change your furnace filter at least once a season. Make sure not to block air vents.

* Lower the setting on your water heater.

* It is dangerous to use your stove or oven to heat your home.

SUMMER TIME SAVINGS

Ways to keep cool while at the same time keeping your energy bills low.

* For window air-conditioner units, keep filters clean. Try to clean the filter at least once a week.

* Close your drapes on sunny days.

* Raise your thermostat. You can save 2-4 percent for each degree you raise the thermostat.



* Turn off lights when they are not needed.

* Do not use your oven unless absolutely necessary.



YEAR-ROUND

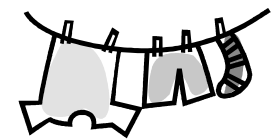
Ways to conserve energy any time of the year.

* Unplug electronics that are not in use – this includes cell phone chargers and televisions.



* Replace incandescent light bulbs with energy efficient CFL light bulbs. These type of bulbs use 70-percent less energy and save you 40-percent on your energy bills.

* Limit the use of the clothes dryer. Hang dry clothes to save energy AND increase the life of your clothes. Wash clothes in cold water.



* Keep your refrigerator set between 35-38 degrees. Keep door shut as much as possible.

* Reduce the work of your hot water heater by washing clothes in cold water.