

Never walk alone again:
Introducing **MyForce Protection**

Want to save on energy?
There's an app for that

JEMCOnews

A PUBLICATION FOR JACKSON EMC MEMBERS

November 2013



Get e-SMART!

*Visit our online Kids' Pages for fun lessons
on electricity*

CELEBRATING
75
YEARS
1938 - 2013
JACKSON EMC
PEOPLE. POWER. PROGRESS.

75 Years of Member Safety



President/CEO
Randall Pugh

At Jackson EMC, we find it second nature to routinely remind our members about electric safety. It's a topic we've covered often during our 75-year history.

When Jackson EMC brought electricity to rural northeast Georgia in the late 1930s, it also took responsibility for ensuring that farm families' homes were adequately and safely wired and teaching them how to use electric power safely and efficiently. Through the ensuing decades, our employees conducted home demonstrations and held power use schools to teach proper use of electric home appliances and farm equipment.

While much has changed since our cooperative was formed, some things remain the same, including our responsibility and commitment to stressing safe use of electricity to you, our members. We know that for many of you, our friendly reminders are preaching to the choir; but for others, the safety tips we share include useful information gleaned for the first time.

I was reminded recently of the importance of continual instruction on electric safety after a friend shared the story of her preteen daughter using a blow dryer over a bathroom sink filled with water. The mother assumed the young girl knew to keep electrical items away from water, but the youngster was unaware of the danger of electric shock if her hand and the blow dryer touched the water at the same time.

When Jackson EMC first brought electric power to rural farms, safety was not so much an issue because

homes were first wired for only a light bulb and maybe an iron or radio. As the number of appliances multiplied, so did the necessity to teach co-op members about safety concerns relating to appliance use and the necessity of appropriate wiring to operate the electricity-powered products.

Knowledge of proper use, and especially safe use, of electric equipment and appliances is just as important as it was 75 years ago. Because we believe this, we will never take for granted our obligation, our duty, to routinely stress the safe use of electricity.

As the holidays approach, share the gift of safety with all who live in or visit your home by following these tips:

- Check for the Underwriter's Laboratories (UL) designation to ensure all electric products, including holiday lights and extension cords, have been approved for safety.
- Before stringing lights, check each strand separately for burned out bulbs, worn insulation, bare wires or loose connections; repair or replace.
- Don't overload extension cords or outlets; utilize a surge protector when necessary.
- Don't use inside lights outside and vice versa. Outdoor décor and extension cords should be labeled for outdoor use.

And for your personal safety, check out Page 3 to learn about the new MyForce personal safety service introduced by EMC Security.

JEMCO news

VOL. 62, NO. 11, NOVEMBER 2013 (ISSN 1061-5601), IS PUBLISHED MONTHLY BY THE MEMBER SERVICES DEPT. OF JACKSON ELECTRIC MEMBERSHIP CORP., 461 SWANSON DRIVE, LAWRENCEVILLE, GA 30043. SUBSCRIPTION \$3.50 PER YEAR AS PART OF YEARLY MEMBERSHIP. PERIODICALS POSTAGE PAID AT LAWRENCEVILLE, GA AND ADDITIONAL MAILING OFFICES.

POSTMASTER:
Send address changes to
Jemco News,
461 Swanson Drive,
Lawrenceville, GA 30043

onlinef@cts

Click Through 75 Years of Jackson EMC History

For a walk down Jackson EMC's memory lane, be sure to visit our 75th Anniversary microsite, an interactive timeline at www.jacksonemc.com.

With the click of a mouse, visitors to the site can travel back in time to the 1930s when local farmers first banded together to form the cooperative to provide electricity to rural northeast Georgia. From there, tour the decades to visit major milestones of our history through photographs and facts that tell the story of our people, power and progress.

Jackson EMC Public Relations/Communications Representative Mark Owen built the interactive site. "We took a look at old photographs, interviews that had been conducted for our history book, and got input from employees and retirees about what was most important from our history," says Owen. "We also considered feedback we got from members as to how they like to interact with us online."

To access the site at www.jacksonemc.com, go to the homepage and click on the 75th anniversary logo.

EMC Security Provides Safety on the Go

EMC Security now offers a new, cutting-edge personal safety tool, MyForce, that's accessed through a smartphone app to provide individualized and immediate assistance in emergency situations.

With introduction of the MyForce personal safety service, added protection is available 24/7 at the click of a smartphone app. With it, you'll never have to walk alone again.

"EMC Security is proud to offer such an innovative personal security product to our customers and their families," says Vince Raia, president of EMC Security. "With our partnership with MyForce, we are now able to offer yet another level of protection to our customers, helping to protect them when they are away from home."

When you subscribe to MyForce, your smartphone becomes a personal security service that goes with you wherever you go - walking to your car, using public transportation, jogging down a sidewalk or anywhere you want extra peace of mind.

Subscribers provide personal information when they register with MyForce, including name, photo, emergency contacts, vehicle description and known safety issues. During a crisis, this relevant information is immediately available to the professionally trained MyForce security agents who don't have to waste a minute asking questions but, instead, act swiftly to coordinate an emergency response with local authorities.

"When you feel you may be in a potentially dangerous situation, simply pull up the app and activate MyForce," says Ralph Collier, Personal Emergency Response Systems product manager at EMC Security. "The GPS component pinpoints your location and the MyForce monitoring team listens to what's going on around you. If you get to your car and everything's OK, simply deactivate the app. If there's an emergency, MyForce sends help."



The MyForce app works anywhere your smartphone works, and calls are managed by a UL-listed, 5-Diamond CSAA Certified Central Station. MyForce does not compete with but complements 911, according to Collier.

"Emergency-911 is reactive," says Collier. "MyForce is proactive. When you call 911, you have to tell them where you are and what the situation is. With MyForce, your personal information is on file and they have your GPS location. Authorities love it. When they're contacted by MyForce, they know they're not going blindly into an emergency situation."

While EMC Security has provided home security for 15 years, teaming with MyForce to offer personal security when you're away from home demonstrates an even greater commitment.

"We're very excited to partner with a company who adheres to the same quality security standards as we do," says MyForce CEO Brad Zotti. "MyForce is the perfect accompaniment to EMC Security customers who need peace of mind and extra protection when they leave their homes and are out in the world."

To learn more, visit www.emcmyforce.com or the EMC Security website at www.emcsecurity.com and click on the MyForce tab. The MyForce personal safety service costs \$14.95 a month with no activation fee and, like home security provided by EMC Security, requires no contract.

Sign up today at www.emcmyforce.com or call (770) 963-0305 for more information. 



Be an **e-SMART** kid!

Jackson EMC's website isn't all about your account and paying bills. The Kids' Pages there are devoted to fun and learning while inviting students in grades K-6 to become super smart when it comes to electricity.

Kids who explore the section at www.jacksonemc.com/kidspages will learn about electricity – and how to use it safely and wisely – through a multitude of games, videos, instructional pages and activities, all designed to make them electricity-wise, or, e-SMART.

Built for students, their parents and teachers, the interactive Kids' Pages feature entertaining information aimed at catching and keeping kids' attention. Teachers appreciate the fact that the pages meet Georgia State Performance Standards on electrical safety, energy science, and energy efficiency and sustainability.

At the click of a mouse, children can explore electricity facts via fun games, eye-popping videos, puzzle, projects and science experiments. A section for parents features home inspection portals dedicated to home safety and energy efficiency. The teachers' section includes free activities and experiments, worksheets and a teacher's guide that make the site an electric gold mine for educators to dig through and students to dive into.

"I love how everything is science-based and that state science standards are correlated to the activities and games," says teacher Marla Fouts who recently introduced the site to her students at Lyman Hall Elementary School in Hall County. "The pages engaged the students and they really enjoyed exploring the site. The Voltinator game was definitely their favorite."

The informative, online videos on the site introduced material her students were able to retain that helped them improve their performance on the games, according to Fouts who applauds the site's functionality and design along with how it allows students to maneuver at their own pace in the method of learning best suited to them.

"When their learning is self-directed, when they can choose their activities, they tend to learn more and retain the knowledge they gain," says Fouts. "Children learn in different ways, and this gives them opportunity to choose how they learn."

The interactive site provides a printable safety certificate for kids who have completed the safety section, and no questions are off limits thanks to the Ask the Expert component which allows students, teachers and parents to submit questions about energy, and an expert will respond with the correct answer.

Online for about two years, the e-SMART Kids' Pages were produced to provide an ongoing partnership between Jackson EMC and the youngsters in its communities and schools.

"There are literally hundreds of elementary schools in the 10 counties we serve and while we can't get to all of these schools all of the time, we knew that today's technology-savvy kids can get to electricity information all the time if we put it online," says Kay Parks, Jackson EMC Public Relations/Community Relations representative. "Teachers benefit from it since it's designed to complement the curriculum they're required to

use, plus it's a free resource for them. Schools are always trying to be creative and do more with less, so this helps fill the gap."

The Kids' Pages are available 24/7 and are subject to change, randomly, to keep the content fresh, fun and exciting. Add the pages to your list of favorites and visit often to become an e-SMART kid (or adult).



Explore the Site

The Kids' Pages feature seven areas for students who wish to explore electricity:

Content: A variety of standards-related core content covers safety, energy and sustainability. Safety-SMART explores principles of electricity science and safety and features testimonials from survivors of electrical accidents. Energy-SMART teaches the basics of energy science with emphasis on renewable energy and efficiency. Sustainability-SMART suggests daily practices to help protect our natural resources and limit landfill expansion.

Games: Interactive games capture students' interest and gives them opportunities to put principles they've learned about electricity into practice when playing games like Find the Hidden Dangers, which details dangerous situations around electricity outdoors and shows how to avoid them, and Eco-Racer, which defines the five renewable energy sources used to make electricity.

Videos: The Electrical Safety World video features five episodes on electrical safety topics, such as fallen power lines, conductors and insulators. A printable teacher's guide and student worksheets are included in the teachers' section of the site.

Activity Pages: Puzzle and project handouts can be printed off for students to reinforce energy conservation concepts.

Ask an Expert: This Q&A section details interesting facts about energy concepts and electrical safety and invites inquisitive viewers to ask questions.

Home Inspections: Parents will find this section especially helpful as it contains printable checklists that students can fill out with their families at home to ensure electrical safety and energy efficiency.

It's Not Trivial: The Kids Mystery Club Game tests knowledge of electrical safety and energy science. ▲





Indigent Patient Fund Ensures Safe Patient Transition

A program of the Medical Center Foundation of the Northeast Georgia Health System in Gainesville, the Indigent Patient Fund provides critical medication and transportation home after a hospital stay for patients with limited resources.

Since the economic recession, Health System personnel noticed an increase in the number of patients who could not afford medication prescribed at discharge or transportation home from the hospital. The Indigent Patient Fund covers these critical costs for, on average, 422 severely impoverished patients each year. In September, the Jackson EMC Foundation granted \$11,000 to the Indigent Patient Fund to continue its mission.

“Those who carry health insurance may feel the sting of a high co-pay, but for the indigent patient without insurance, expensive medications may be unattainable, no matter how urgently they are needed,” says Nancy Colston, executive director of the Medical Center Foundation. “Besides leading to greater health risks for the patients themselves, indigent patients’ inability to afford necessary medication may result in a greater cost to the health care system and inefficient utilization of vital resources.”

Patients who fail to receive safe transport home or medication prescribed upon their release from the hospital often return to the emergency room in more serious condition, according to Colston.

Indigent funds provide safe patient transition from hospital to home for elderly individuals on limited incomes, the unemployed and other low-income residents. In 2012, the fund paid \$7,851 to provide medications to 138 patients and \$10,610 to provide transportation to 292 patients.

Appreciation for the assistance is best summed up by one recent recipient, a mother of three who fled from an abusive husband and suffered a dental abscess before she could find a job. After the fund provided antibiotics to treat the abscess, she said, “No one has ever done something that nice for me.” ▲

operationroundup

Jackson EMC Foundation Awards Almost \$75,000 in Grants

The Jackson EMC Foundation Board of Directors awarded a total of \$74,953 in grants during their September meeting, including \$65,500 to organizations and \$9,453 to individuals.

Organizational Grant Recipients:

\$15,000 to Teen Pregnancy Prevention in Gainesville to help fund the “Smart Girls” program in Hall County high schools. The program offers guidance and support through weekly sessions to provide girls with the knowledge, skills, self-esteem and self-confidence they need to make healthy decisions about sexual activity and dating relationships.

\$11,000 to the Indigent Patient Fund, a program of the The Medical Center Foundation of the Northeast Georgia Health System, to provide transportation to those who have no access to or cannot afford

transportation home from the hospital and medications prescribed at discharge.

\$10,500 to the Fragile Kids Foundation to help fund the purchase and installation of critical medical equipment not covered by insurance, such as electronic wheelchair van lifts, for special needs children in the counties that Jackson EMC serves.

\$10,000 to the Gwinnett Community Clinic to help fund a nurse practitioner and registrar who work with volunteer physicians and nurses to manage the clinic’s primary care and chronic disease management program for roughly 1,000 patients who are

uninsured and do not qualify for Georgia Medicaid.

\$10,000 to St. Vincent de Paul Society/St. Monica’s Conference, a non-profit social services agency dedicated to serving members of the community during times of need. The Duluth-based agency provides Gwinnett County families and individuals with funds for emergency shelter, rent, food, medical needs and transportation.

\$9,000 to Piedmont CASA – a non-profit organization that uses community volunteers to provide a voice in juvenile court for the best interests of abused and neglected

children in Banks, Barrow and Jackson counties – to recruit and train community volunteers. In 2012, the organization served 168 children.

Individual Grant Recipients:

\$3,350 to replace rotten flooring in the home of a **disabled senior citizen**.

\$3,300 to replace a heat pump for a **senior citizen**.

\$2,803 to replace an HVAC system for a **woman who cares for her handicapped sister**.

TRACK YOUR ENERGY SAVINGS WITH **NEW INBOX TOOL**

Jackson EMC's Right Choice Home Energy Calculator has offered do-it-yourself, online home energy analysis for quite some time. Now, managing your energy usage becomes even more convenient with Track My Progress, a new program that delivers personalized email correspondence to your computer inbox.

This new program allows any Jackson EMC member logged in to the interactive Right Choice Home Energy Calculator to opt in to the energy usage tracking system to receive emails regarding their personal energy usage.

The Home Energy Calculator already provides personalized reports about your home's energy use and hints on how to save energy. The program interprets a consumer's energy bill, asks questions about their energy usage, lets them know where their energy dollars are going, and gives suggestions on how to save energy. The service is free and it takes less than 10 minutes to plug in information about your home energy use.

To take the interaction a step further, members can set energy-saving goals and request continuing information related to those goals by signing up for email correspondence at Track My Progress.

"The new application allows customers to create a short home profile, analyze their home and sign up for email reports at the frequency they request," says Residential Marketing Manager Amy Bryan. "The email reports include cost and explanation of major bill



drivers compared to last month and last year, along with quarterly progress reports and Jackson EMC news."

Sign up online for Track My Progress and routine emails, sent straight to your inbox, will serve as a reminder for busy consumers.

"The more education consumers have about their energy usage, the more likely they will be able to lower their usage and better manage their electric bill," says Bryan. "This is simply a little more smart technology to assist consumers in understanding how to lower their bill."

Based on utility research, adds Bryan, homeowners who understand how much they use electricity can lower their energy usage by an average of 3.5 percent.

To request more information in your inbox, visit www.jacksonemc.com or call 1-800-462-3691. ▲

smart**connections**

There's an App for That

Use Your Smart Phone to Be a Leaner, Greener Consumer

Smart phones have not only changed the way we live but have significantly changed how and how much electricity we use. According to a recent report by the Digital Power Group, powering internet technologies, including such services as streaming video, now accounts for almost 10 percent of electricity used worldwide.

On the other hand, using smart phones and tablets can reduce your personal electricity use. They use only a fraction of the energy of televisions and desktop computers. In addition, you can use apps to reduce your environmental impact. Here are a few of the free apps available for iPhone and Android:

Find The Best Light Bulb

Replacing traditional light bulbs with high-efficiency bulbs is one of the easiest ways to save. Using information about your current bulbs, the Light Bulb Finder (www.lightbulbfinder.net) app recommends the best bulb alternative based on cost savings and environmental impact. You can buy bulbs through the app or at local stores.

Save Gasoline

Use Waze (www.waze.com) to help you stop wasting gas in traffic jams. Waze is a traffic and navigation app that uses real-time data from its 50 million users to find the fastest route. Waze also tells you if there is a more efficient route, helps coordinate trips with friends on Facebook, and helps you find the cheapest gas.

Manage Your Carbon Footprint

The GiveO2 app (www.giveo2.com) uses your phone's GPS to track miles traveled on foot, bike or automobile, and then calculates how much carbon dioxide your travel has added to the atmosphere. Through the app, you can support projects such as tree planting to offset your carbon output.

Save Your Battery

Battery Doctor (<http://ksmobile.com>) is a highly rated app that helps extend the time between battery charges and manages the charging process to help you get the most out of your phone's battery while not overcharging it.

Control Your Thermostat from Your Phone

Smart thermostats save energy by giving you better control of your heating and cooling system. Smart thermostats with apps that let you communicate with your thermostat include:

- Nest Learning Thermostat (<http://nest.com>)
- Ecobee Smart Thermostat (www.ecobee.com)
- Honeywell Wi-Fi Programmable Thermostats (<http://wifithermostat.com>)
- Lennox icomfort Wi-Fi™ Thermostat (www.lennox.com/icomfortwifi)



Our Offices

Gainesville

P.O. Box 5909
Gainesville, GA 30504
(770) 536-2415

Bill Sanders

District Manager

Gwinnett

461 Swanson Dr.
Lawrenceville, GA 30043
(770) 963-6166

Randy Dellinger

District Manager

EMC Security

55 Satellite Blvd., NW
Suwanee, GA 30024
(770) 963-0305 or
(706) 543-4009

Jefferson

P.O. Box 38
Jefferson, GA 30549
(706) 367-5281

Scott Martin

District Manager

Neese

P.O. Box 85
Hull, GA 30646
(706) 548-5362

Jean Mullis

District Manager

PERIODICALS
POSTAGE PAID



www.twitter.com/jacksonemc



www.facebook.com/jacksonemc

www.jacksonemc.com

what's cookin'?

Cooperative **Cooking**

Each month *Jemco News* features recipes which represent the people and products of Jackson EMC.

If you have a favorite recipe and would like to share it with other readers in the Jackson EMC area, send a copy, complete with name, address and daytime phone number to:

Cooperative Cooking

Jackson EMC

P.O. Box 38

Jefferson, GA 30549

Due to limited space, not all recipes received will be featured. Recipes printed in *Jemco News* are not independently tested; therefore, we must depend on the accuracy of those members who send recipes to us.

Tender Slow Cooker Brisket

Ingredients:

5 pounds flat-cut beef brisket, trimmed
2 tablespoons extra-virgin olive oil
4 large onions, thinly sliced
6 cloves garlic, minced
1 teaspoon dried thyme
1 teaspoon coarsely ground pepper

1 6-ounce can tomato paste
2 cups reduced-sodium beef broth
1 teaspoon salt
2 tablespoons butter, softened
2 tablespoons all-purpose flour
1 tablespoon Worcestershire sauce

Instructions:

Cut brisket into two or three pieces small enough to fit into a Dutch oven; pat dry. Heat 1 tablespoon oil in the Dutch oven over medium-high heat. Reduce the heat to medium and brown the brisket one piece at a time, about 2 minutes per side, adding an extra tablespoon of oil, if necessary, to prevent sticking. Transfer the brisket to a 5-quart (or larger) slow cooker.

Add the remaining 1 tablespoon oil to the pan. Add onions and cook, stirring occasionally, until softened, 3 to 6 minutes. Add garlic, thyme and pepper and cook, stirring, for 1 minute. Stir in tomato paste. Add beef broth and salt; bring to a boil.

Transfer the onion mixture to the slow cooker. Cover and cook until the brisket reaches desired tenderness (see Cooking tip), 4 to 5 hours on High or 8 to 10 hours on Low.

Transfer the brisket to a cutting board and slice or shred. Place in a serving dish; cover to keep warm. Transfer the

gravy to a saucepan. Bring to a boil over medium-high heat and boil rapidly for 5 minutes to reduce slightly.

Meanwhile, mix butter and flour in a small bowl until smooth and creamy. Once the gravy has reduced, lower the heat to maintain a simmer. Stir in Worcestershire sauce. Whisk half the butter mixture into the gravy and return to a simmer. Cook, stirring, until it thickens slightly, 1 to 3 minutes. If the gravy does not thicken enough (it should have the consistency of a cream soup), add the rest of the butter mixture and repeat. Do not overcook. Serve the brisket with the gravy.

Cooking tip: Cook the brisket for the shorter amount of time suggested if you prefer firmer, sliceable meat. If you like it to be falling apart, for shredding rather than slicing, set your timer for the longer time.