

Supporting Students  
Through Partners in Education

Want to Become Energy Efficient?  
Make the Right Choice™!

# JEMCOnews

A PUBLICATION FOR JACKSON EMC MEMBERS

November 2014



Stay Safe at Home and in the Yard  
with EMC Medical Alert

## A Lot to be Thankful For



President/CEO  
Chip Jakins

During this season of gratitude, those of us whose homes are lit at the flip of a switch, and warmed at the touch of a button, are thankful for the wonders provided by electricity. We have it good.

In fact, in a world where modernity and advancement are often measured by access to and availability of electric power, the United States ranks as the second largest electricity producing country, only behind China. Our economy, with its banks and businesses, hard-working industries and individuals, chugs forward, due largely in part to available, affordable and reliable electricity.

In the U.S. and throughout the world, we depend on schools to educate, hospitals to heal, industries to produce and businesses to employ. These schools, hospitals, industries and businesses, in turn, depend on electricity to function.

In countries where education and health care are insufficient and jobs are scarce, a root cause can be a lack of electricity.

It may surprise you to learn that approximately one-fourth of the world's population still lacks electricity in 2014; that's one in four people who live daily without the benefit of tools and appliances powered by electricity.

In Nigeria, lack of reliable electricity is blamed for endangering the lives of both mother and baby during childbirth. In Haiti, information and communications technologies are deficient or altogether absent because there's little or no electricity. In the world's 50 poorest nations, almost 80 percent of the population has no

access to electricity. Throughout the world, but mostly concentrated in Africa and southern Asia, about 1.5 billion people (a quarter of the world's people) are without electricity.

While we in the U.S. discuss a digital divide in communities where Internet access is sketchy, countries like Haiti and Sierra Leone can't get past their lack of electricity to obtain even minimal digital communications. While our government leaders debate global warming and clean energy, a quarter of the world's people are completely removed from that conversation; instead of debating clean energy, they haul buckets of water home to cook over wood fires.

It's not hard to see how electricity could improve living and working conditions in these impoverished nations – how electric power could lift their people out of poverty.

It's exactly what happened in rural America in the late 1930s when rural electric cooperatives, like Jackson EMC, were formed to bring electricity to farm families who carried water buckets and cooked over wood fires.

For what those rural electric pioneers did throughout this nation, we are thankful.

For the advantages, advancements and ease of life made possible with electric power, we are thankful.

And for the quarter of the earth's population still steeped in a world without electricity, as we were barely 75 years ago, we wish Godspeed. ▲

### JEMCO news

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## online@cts

### YOUR ONLINE COOKBOOK: PLAN THANKSGIVING (OR ANY) DINNER WITH OUR RECIPES



In our developing years, Jackson EMC held cooking schools to show our members how to prepare meals with their new electric ranges. Today, we continue to honor our heritage and that tradition by sharing a new recipe each month in *Jemco News*.

Each month, these recipes are archived on our website at [www.jacksonemc.com/recipes](http://www.jacksonemc.com/recipes) where you'll find links to our recipes in categories including: Bread, Cookies, Desserts, Main Dishes, Miscellaneous, Pasta, Salad, Sandwiches, Soup and Vegetables.

To plan your Thanksgiving menu, look no further than our online pages where you'll find recipes for Celebration Turkey, Sweet Potato Biscuits, Sour Cream Potato Salad and even a fun and tasty recipe for your holiday leftovers: Thanksgiving in a Sandwich.

Looking ahead, plan to make our Chocolate Chip Cookie Mix in a Jar as a holiday gift for your loved ones.



To celebrate Dr. Seuss Day, Jackson EMC Jefferson District employees dress up and read books to students at Benton Elementary School. Pictured are, from left, Claire Guined, residential marketing representative; Lisa Whitmire, district director office services; Ganella Bolden, district secretary; Janet Davis, communication coordinator; and Charles Flanagan, field service representative.

# Partnering with Schools and Students

If it takes a village to raise a child, it takes many villagers to educate children. For more than 25 years, Jackson EMC has done its part by participating in the statewide Partners in Education (PIE) program.

“Jackson EMC’s partnership with schools shows students that we care about the importance of their education, and it shows the staff we back their efforts in educating children in the communities where we live and work,” says Jackson EMC District Secretary Melanie Berryman. “It gives us a chance to share and establish a better understanding of who we are and what Jackson EMC means to the community.”

In return, school staff and students help support Jackson EMC by providing snacks for employees or helping out with EMC functions like Annual Meeting, when Benton Elementary School students make table decorations and school faculty assist at our Kids Carnival.

Each Jackson EMC district office coordinates PIE programming with its partner school. Most partnerships include programs such as:

**Read Across America Day**, a national event wherein local employees visit schools and read to students.

**National Teacher Day**, during which Jackson EMC recognizes teachers by sending cards and gifts to celebrate their dedication to education.

**Mini-grants**, given to teachers who apply for a classroom need not funded in the school budget, such as new software programs, field trips, sports equipment and more.

**Council Memberships**, wherein Jackson EMC employees serve on school councils or in other leadership positions. ▲

**In Jefferson:** While Jackson EMC works with school systems in Banks, Barrow and Jackson counties, it primarily partners with Benton Elementary School in Nicholson. Co-op employees tutor and read with students, serve as judges for the science fair, assist with field day and sponsor a teacher brunch. *“This partnership benefits us because it makes kids aware that they mean something to us,”* says PIE Coordinator Ganella Bolden.

**In Gainesville:** Jackson EMC partners with Lyman-Hall Elementary School in Gainesville. In addition to financial contributions, the co-op supports teachers in various ways, including an annual teacher appreciation breakfast. *“As members of the community, participating in the community is important,”* says PIE Coordinator Wanda Azpeitia. *“Schools welcome businesses being involved and contributing to the education of students, and we’re happy to be a part of that.”*

**In Hull:** Jackson EMC partners with Hull-Sanford Elementary School in Hull. Co-op employees treat teachers to an end-of-year luncheon and pick up Food2Kids bags from a local food bank and deliver these bags of food to the school where counselors give them to students who otherwise may go hungry over the weekend. *“When we, as Jackson EMC employees, are called upon, we try to fill the needs as they arise,”* says PIE Coordinator Brian Patton.

**In Lawrenceville:** Through PIE with Creekland Middle School in Lawrenceville, Jackson EMC benefits when treated twice yearly to breakfast and with student artwork to display at the co-op. In turn, Jackson EMC, along with other business partners, provides funding to support PIE’s mini-grant program. *“If partners didn’t provide that money, it would either have to come out of teachers’ pockets or students would miss out on things that could benefit them,”* says PIE Coordinator Ann Pierce.





There's a  
**MEDICAL ALERT SYSTEM**  
*to Fit Your Family*

Protecting the safety while ensuring the independence of you or your loved one just got easier, thanks to EMC Security. Our newest EMC Medical Alert products promise on-the-spot communications whether you're inside your home or in the backyard - and whether your primary telephone is a landline or a mobile device.

"We now offer three EMC Medical Alert Systems to fit every family member's needs and budget," says Ralph Collier, PERS product manager with EMC Security.

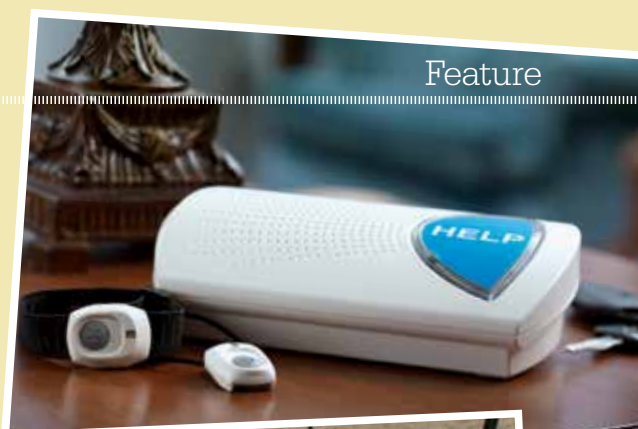
While EMC Security has been your area's affordable and dependable home security provider for 15 years, it's now making a name for itself in the emergency alert industry as well. And now there are even more reasons to trust your safety to this locally owned and operated provider whose Medical Alert systems include:

**Home System:** Featuring a pendant with a range up to 600 feet, this system is perfect for individuals who spend most of their time at home and want to remain independent. A base station centrally located in the home provides communication with our local monitoring center.

**Home and Yard System:** With the smallest and most powerful two-way voice pendant available, the EMC Medical Alert System doesn't depend on a plugged-in base station, enabling the wearer to speak to emergency personnel through the pendant from inside the home or in the yard. The two-way pendant provides optimum range, is waterproof and gives an extra layer of protection to enhance independence while tending the flower garden, checking the mail or visiting with neighbors at the fence. While other medical alert systems require you to be within range of a base station - leaving you to hope someone hears when you call out for help from another room - this system provides voice-to-voice contact on the spot through the pendant.

**Cellular Home System:** No phone line? No problem. A cellular version of our Home System is now available. This brand new EMC Medical Alert system operates over the AT&T wireless network and does not require a standard landline phone.

When an EMC Medical Alert System subscriber activates the pendant, a highly-trained operator at EMC Security's 24-hour monitoring center in Suwanee is ready to assist. The only fully-redundant monitoring system in Georgia, EMC Security's monitoring center is 5-Diamond rated and exceeds Underwriter Laboratory standards.



"Since we're a cooperative, we are member-owned and locally operated," says Collier. "Our operators live in your neighborhoods and provide voice-to-voice contact at any hour to dispatch emergency medical services, contact a friend or family member, or both."

In the past year, EMC Security assisted dozens of members in life-threatening emergencies, including some who call the company to express gratitude.

"One man was having a problem with his legs, pushed the button on the pendant, an ambulance came and he found out he had blood clots that could have done extreme damage if not caught in time," says Collier. "His wife called to thank us for saving his life."

While it's called *Medical Alert*, the emergency pendant is much more. No matter what the emergency, the EMC Medical Alert System is on call, whether you suspect an intruder or you smell smoke and fear there's fire.

A 93-year-old customer who lives alone credits the EMC Medical Alert System with providing her reassurance when she heard strange noises and feared the worst.

"She called an operator who stayed on the line with her while she checked out the noise," says Collier. "Her son says the pendant gives her confidence to continue living by herself and gives him peace of mind knowing that if something happens, his mother can get help right away." ▲

**To learn more, visit [www.emcsecurity.com](http://www.emcsecurity.com) or call 770-963-0305.**



## Strengthening Family Bonds

The Jackson EMC Foundation recently granted \$15,000 to fund the Family Services Supervised Visitation Program at The Tree House, a children's advocacy center in Winder that works to reduce child abuse in Barrow, Jackson and Banks counties.

The supervised visitation program provides a child-friendly environment for visits between children in foster care and their parents, according to Tree House Executive Director Becky Lee, who says the goal is to enhance family bonds and provide a safe and nurturing environment for children when they are reunited with their parents.

Since 1997, The Tree House has operated as a nonprofit agency serving abused children and their families in hopes of strengthening communities by reducing the occurrence and impact of child abuse. The organization achieves this through counseling, educating, supporting and nurturing children and families by improving the quality of parent-child interaction; supporting and advocating for families to reduce the length of time children are in foster care; improving parenting attitudes; and providing counseling to address unresolved issues that impede parenting.

Services include forensic interviews and evaluation along with counseling for children who have been sexually or physically abused, witnessed domestic violence or homicide, or experienced the traumatic death of a loved one. Family services include parent education, counseling for caregivers trying to regain custody of their children, and transportation to and from visits.

"With the comprehensive services of the Supervised Visitation Center, families and children are provided with support, advocacy, education, transportation and counseling in addition to supervised visits," says Lee.

Supervised visits are overseen by a trained volunteer who provides appropriate models of discipline and positive reinforcement for parents working on new skills acquired through the Center's Nurturing Parenting Program. In-home parenting education is available for families who need more intensive instruction.

Last year, according to Lee, The Tree House provided 511 supervised visits to 70 families involving 112 children, and no children re-entered the foster care system after returning to their families. ▲

## operationroundup

### Jackson EMC Foundation awards \$100,000 in grants

The Jackson EMC Foundation Board of Directors awarded a total of \$100,000 in grants during their September meeting, including \$96,500 to organizations and \$3,500 to an individual.

#### Organizational Grant Recipients:

**\$15,000** to **Hebron Community Health Center** in Lawrenceville, a nonprofit organization providing medical and dental care to low-income, uninsured Gwinnett residents, to provide diagnostic follow-up testing, prescription medication, eye exams and prescription glasses, and glucose monitors and strips.

**\$15,000** to the **Madison County Senior Center** to help fund the Home Delivered Meals program, which allows frail and older citizens to maintain independence and dignity, while receiving nutritious meals, nutrition screening, education and counseling services, and opportunities for social contact. The center currently serves 49 home delivered meals daily, five days a week, and has a waiting list of 30 people.

**\$15,000** to **The Tree House**, a children's advocacy center working to reduce child abuse in Barrow, Jackson and Banks counties, for the Family

Services Supervised Visitation Program, which provides a neutral, child-friendly environment for visits between children in foster care and their parents to enable them to maintain and enhance family bonds and provide a safe and nurturing environment for their children when reunited.

**\$13,500** to **Mercy Health Center**, an Athens ministry using 700 professional and lay volunteers to provide primary and specialty medical care, dental and pharmacy services for low-income uninsured patients, to help fund the services of a nurse practitioner for new patient appointments and supplies to serve those patients.

**\$12,000** to the **Gainesville-Hall County Alliance for Literacy** to purchase materials and provide instructors for basic literacy classes for adults age 16 and older and GED preparation classes for students who have not completed high school. The 2011 U.S. Census reports that about 22 percent of Hall County

residents are not high school graduates and 10 percent have less than a 9th grade education.

**\$10,000** to **St. Vincent de Paul Society of St. Matthew Conference** in Winder to help provide needy individuals and families with food, prescription medication and rent assistance. The volunteer organization is largely funded through parishioners' monthly donations, and serves a growing client base in Barrow County.

**\$7,500** to **Choices Pregnancy Care Center** in Gainesville for ultrasound services to check for a pregnancy's viability and eliminate the possibility of an ectopic pregnancy, and for sexual integrity presentations to middle and high school students in Hall County and Gainesville City Schools that teach the emotional and physical consequences of making poor sexual health choices.

**\$5,000** to the **Ark United Ministry Outreach**, an Athens agency that prevents homelessness by providing

emergency assistance to families facing financial crisis, to provide \$100 in additional rent assistance for 50 families facing eviction.

**\$2,500** to the **Athens Area Emergency Food Bank**, a nonprofit that offers emergency aid to clients who only temporarily fall below the poverty line, to help replace an aging van used to move food.

**\$1,000** to **Exceptional Kids Athletics**, a Snellville nonprofit that uses occupational therapists and former professional or college-level players as coaches along with youth volunteers to provide six weeks of sports training to children ages 4-21 with physical or cognitive disabilities.

#### Individual Grant Recipient:

**\$3,500** to install a handicap accessible shower for a **visually impaired man** who has additional serious health issues.

For more information about the Jackson EMC Foundation, or to apply for a grant, visit [www.jacksonemc.com/jemcfoundation](http://www.jacksonemc.com/jemcfoundation).

# Right Choice™: Energy Fit, Guaranteed

## Are you looking for a way to cut costs? Tired of searching for ways to save money and coming up empty-handed?

Look no further than Jackson EMC for ways to shave expenses on your power bill while making your home energy fit and efficient in the process.

Jackson EMC's Right Choice™ services can help you find the best ways to make your home more energy fit and efficient. Right Choice home fitness checkup services are designed to help you find the most effective ways to update your home for energy efficient living.

Our services range from do-it-yourself energy audits to high-tech testing of your home's energy use. All along the way, we offer rebates and low-cost loans to help you make energy efficiency improvements to your home.

We can help you find contractors familiar with making energy-saving home improvements. Look on our website or ask for Jackson EMC's Participating Contractor Network list. Jackson EMC partners with home energy improvement contractors who are committed to energy efficient construction and installation. Contractors in our Right Choice network make home improvements using the highest standards to ensure the most efficient energy use.

When you decide to tackle home energy efficiency improvements, you can save money and headaches by looking for the Right Choice brand. Along with the advantages of quality, energy fit construction and appliances, choosing Right Choice may make you eligible for our lowest electric rate as well.

If that sounds like the right choice for you, visit [www.jacksonemc.com/energyfit](http://www.jacksonemc.com/energyfit).



## smartconnections

RETIRE THE INCANDESCENTS; HIRE THE

# COMPACT FLUORESCENTS



**COMPACT FLUORESCENT LIGHT BULBS** have been around for a while, but there are plenty of incandescent light bulbs still being used in northeast Georgia homes. Did you know that these old-fashioned and familiar light bulbs are drains on your energy bill compared to the newer compact fluorescent bulbs?

Compact fluorescent light bulbs, or CFLs, offer three distinct advantages over incandescent light bulbs when used properly. They:

- Last up to 10 times longer, so you won't have to change bulbs nearly as often;
- Use a third to a quarter less energy to operate, so you'll pay less to use them; and they
- Produce more light while producing 80 percent less heat, so you'll enjoy premium lighting without the heat gain of incandescents that can ramp up costs to cool your home.

All these characteristics combine to save you money on your monthly power bill.

Granted, the upfront cost to purchase CFLs is higher than the cost of incandescent lighting, but the long-term savings on your monthly power bill will cover the cost of purchase, and then some.

Compact fluorescent light bulbs are readily available in grocery and home improvement stores. They range from 5- to 28-watts

with brightness comparable to 25- to 100-watt incandescent bulbs. To buy CFLs that give you the same brightness of lighting you're accustomed to, check the wattage of the incandescent bulbs you plan to discard and replace with CFLs with comparable wattage. (Rule of thumb: A 3:1 ratio of incandescent to compact fluorescent wattage provides approximately the same lighting.)

The accompanying chart will help you choose the right bulbs.

**For more, visit [www.jacksonemc.com](http://www.jacksonemc.com)'s "Save Energy & Money" link where the Videos section includes extensive information on CFLs.**

Incandescent Bulb Wattage	Fluorescent Bulb Wattage
25W	7-9W
40W	11W
60W	15-16W
75W	20-25W
100W	28W
150W	38-39W

## Jackson EMC Offices

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EMC Security  
55 Satellite Blvd., NW  
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# 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.

## Peppin' Potato Tomato Soup

### Ingredients:

1 pound ground beef	3½ cups water
4 cups potatoes, cubed	2 teaspoons salt
1 small onion, chopped	1½ teaspoons pepper
2 cans (15-ounces each) tomato sauce	1 teaspoon hot pepper sauce

### Instructions:

Brown ground beef in a large pot. Drain. On medium heat, add potatoes, onion and tomato sauce. Stir in water, salt, pepper and hot pepper sauce. Bring to a boil. Reduce heat and simmer one hour or until potatoes are tender and soup has thickened to your taste.

Serve with crackers or enjoy as is.