

Parent Power

Winter 2009



What's a "Draft Dodger"?

It's a simple, stuffed tube of fabric used to keep the outside cold air from sneaking into your home under doors and windowsills. You can buy one, make one or use a towel or blanket also.



For local information regarding helpful resources, call Franklin County Information & Referral 717-261-2561

GET IT ONLINE!
Parent Power
www.co.franklin.pa.us

How to Stay Warm This Winter

Turn down. Seal off. Save up.

Home heating costs are higher than ever. Combined with increasing food and gas prices, staying warm all through this winter could be very difficult. Pennsylvania is doing everything it can to provide financial help to pay home heating bills and weatherization expenses, but making sure you have the resources to outlast winter starts with you.

With a little planning and a little knowledge, you'll be protected from the cold and your heat can last all winter.

Turn down.

Set the thermostat at 65° during the day; lower it to 60° when you're not at home or asleep. You can also install a programmable thermostat.

Seal off.

Keep your heat where it's needed. Close heating vents in unused rooms. Be sure vents are clean and that furniture isn't blocking them. Add insulation to lower energy bills and provide a lifetime of savings.

Save up.

These small steps can save you money, help your heating budget go a lot further, and help you stay warm all winter!

For more information go to:
www.turnsealsave.org



No-Cost Home Energy Tips from the PA Dept. of Environmental Protection Agency

Get focused and look at your energy bills. When are you using the most energy? Prioritize to address the highest costs first. Most utilities have an online way to review and track your energy use.

Turn off everything not in use to save energy.

Turn lights off in unoccupied rooms, unplug appliances (TV's, DVD players, computers, kitchen appliances, etc.) that are not being used or control them with a power strip that can easily be switched on and off. Don't run ceiling fans when you are not in the room. Activate "sleep" features on computers.

Run your appliances more efficiently. Use your microwave oven to save energy. Give your refrigerator a physical and keep it clean to save energy. Remove dryer lint after each load.

Close all windows and storm windows and use shades, blinds and curtains. Let winter sun in.

(from the DEP website: www.depweb.state.pa.us/energy)





Practice Safe Home Heating This Winter

The Home Safety Council wants families to stay safe and warm this winter. Space heaters, fireplaces and other common home heating devices increase fire risks during the cold winter months. Follow HSC's simple safety tips to protect your family from fire and burn injuries all season.

Heating equipment, especially portable and space heaters, fireplaces and wood stoves, require careful use and proper maintenance. Together, Lowe's and the Home Safety Council offer many tips to help families prevent fire-and burn-related injuries during the winter months.

For more info on portable space heaters, fireplaces and woodstoves, and more, go to the Home Safety Council website: www.homesafetycouncil.com



Smoke Alarms vs. Carbon Monoxide (CO) Detectors

- CO alarms are different from smoke alarms and have different functions.
- CO alarms do not provide early warning of a fire.
- Smoke alarms do not provide early warning of CO exposure.
- Your home needs both CO and smoke alarm protection.

Call your local fire department for more information.



For a fun, free way to spend the evening or day, visit the LIBRARY!
www.fclspa.org



Sudden Infant Death Syndrome (SIDS)

Sudden Infant Death Syndrome (SIDS), also known as "crib death", is the sudden, unexplained death of an infant younger than one year old. The cause of SIDS is unknown but health care providers know

that babies who sleep on their stomachs are much more likely to die of SIDS. Also babies who sleep on or under soft bedding are more likely to die of SIDS.

There are ways to reduce the risk of SIDS:

- Always place a baby on his back to sleep both at night and for naps. Babies who usually sleep on their backs but are placed on their stomachs to sleep for any occasion such as a nap are at very high risk for SIDS. Make sure that everyone caring for your baby knows to put her on her back at night and for naps.
- Always place your baby on a firm surface such as a crib mattress to sleep. Cover the mattress with a fitted sheet. Never put your baby to sleep on pillows, sheepskins, quilts or other soft surfaces.
- Do not have toys, soft objects, or loose bedding in your baby's crib or other sleep area. If you cover your baby with a blanket, place the baby with his feet at the end of the bed. Tuck the end of the blanket under the crib mattress. The blanket should be no higher than baby's chest.
- Do not smoke while pregnant or after the birth of your baby. Do not allow others to smoke around your baby.
- Your baby can sleep in the same room with you, but your baby should not sleep with you in a bed, on a couch, or in an armchair.
- Give your baby a clean, dry pacifier when placing him down to sleep if he will take it. If breastfeeding, wait until he is one month old before using a pacifier so he is used to breastfeeding.
- Do not let your baby overheat while sleeping. Dress her in sleep clothing that is light weight and keep the room at a temperature that is comfortable for you.



REMEMBER:

The easiest way to lower your baby's risk of dying of SIDS is to place him or her on the back to sleep. In the past thirteen years since the American Academy of Pediatrics started recommending that babies be placed on their backs to sleep the incidence of SIDS has decreased by 50%.

Information for this article is from the National Institute of Child Health and Human Development.



Need help with utility bills or furnace repairs?

The Pennsylvania Low-Income Home Energy Assistance Program (LIHEAP) provides energy assistance grants to income-eligible families and individuals. You need not have an unpaid bill to receive energy assistance. You can receive this money without being on cash assistance. No lien is placed on your property if you receive this help.

LIHEAP Crisis Grants are available in an emergency situation, such as broken heating equipment or leaking lines that must be fixed or replaced, lack of fuel, termination of utility service, danger of being without fuel or of having utility service terminated.

The local County Assistance Office can provide more information about LIHEAP and a wide range of other assistance that may be available to you. They can be contacted by phone at 264-6121. You may also obtain an online application for LIHEAP through PA's COMPASS system online at www.compass.state.pa.us.



What to do if your utility service has been shut off

If your utility service was disconnected because you did not pay your bill, contact the utility company immediately and make payment arrangements so that your service can be restored quickly.

Ask to be placed on a "budget plan," which helps to balance your energy costs through the year. Each monthly bill will be the same amount. Also ask if you qualify for help under assistance programs that may be offered, such as the \$1 Energy Fund or other "hardship" funds.

The Pennsylvania Public Utility Commission's website offers a detailed listing of energy assistance programs, including those offered by utility companies. Go to www.puc.state.pa.us.

Contact Franklin Co. Human Services I&R at 261-2561 or ir@co.franklin.pa.us for more information and programs that may be available.

Clean Indoor Air Act (CIAA)



On September 11, 2008, Pennsylvania's Clean Indoor Air Act (CIAA) went into effect. This act is meant to protect the general population from the harmful effects of second-hand smoke.

The CIAA indicates that no one is allowed to have lit cigarettes, cigars, or pipes inside many public places. These places include schools, daycares, hospitals, workplaces, restaurants, libraries, and malls. Additionally, in-home providers that care for children or adults (like an adult daycare center), or places that house foster children, or children in state or county custody must follow the rules set up in the Clean Indoor Air Act. This final group has some special allowances. For more information on the places that must abide by the act, or for further details, please visit www.health.state.pa.us.

The law offers exemptions to the rule—places that are allowed to have smoking areas. These locations include private homes and cars; some bars and private clubs may also qualify for the exemption.

CIAA in Franklin County

The implementation of the Clean Indoor Air Act has created changes in many workplaces in Franklin County. Healthy Communities Partnership, through the "Staying Tobacco Free" program, is working with area businesses to help employees with the changes that have occurred.

The Partnership offers classes in Chambersburg and Waynesboro to help those interested in kicking the smoking habit. These classes are offered without a cost to program participants. To learn more, or to register for an upcoming class, call 717-262-4691.

Funding for the "Staying Tobacco Free" Program is through a grant provided by the PA Department of Health.



The **Staying Tobacco Free Program** is pleased to bring additional stop smoking classes to the area.

Daytime & evening classes are available.

If a class isn't the right thing for you, consider talking with a trained counselor about your quitting goal.

There's no pressure, just the opportunity to speak with someone who has been where you are.

Call 262-4691 for more information, a schedule of upcoming sessions, or to set up an appointment.

continued from page 1

No-Cost Home Energy Tips -from the PA Dept. of Environmental Protection Agency



Set your thermostat to the lowest possible comfortable setting. In most homes, you can save about 2% of your heating bill for each degree that you lower the thermostat for at least 8 hours each day.

Wear extra clothes and use extra blankets. Safety Alert: This strategy may not be suitable for households with elderly, infants, or others with medical problems.

Check or replace furnace air filters each month. Clean the registers, baseboards, and radiators and make sure they're not blocked by furniture, carpets, or drapes. Don't heat unoccupied rooms.

Seal up your fireplace if not in use. Make sure the glass doors are shut and the flue damper seal is snug. Remember to open the flue damper the next time you operate the fireplace. When you use the fireplace, open dampers in the bottom of the firebox (if provided) to reduce heat loss.

Lower the temperature on your water heater to the warm setting (120°F). You'll not only save energy, you'll avoid scalding your hands. Each 10°F reduction in water temperature will generally save 3-5% on your water heating costs. Avoid setting your water heater any less than 120°F due to the risk of Legionella bacteria growth.

Take five-minute showers instead of baths and do full loads when washing clothes or dishes, and use cold water.

For more tips and information, go to the PA Dept. of Environmental Protection Agency's website: www.depweb.state.pa.us/energy.



Share love with your child:

Scan a family photo or take a new one to use as the screen-saver on the family computer.

Make edible jewelry from cereal.

Don't forget to hug your child as everyone leaves the house for the day and when everyone returns.

Designate dinner time as "tell about your day" time at least one day a week.



"We must use time creatively & forever realize that the time is always ripe to do right."
Martin Luther King, Jr.

STAYING TOBACCO FREESM

59 North Seventh Street
Chambersburg, PA 17201

Freedom From Smoking

an American Lung Association program

For information on upcoming classes in Chambersburg and Waynesboro call 717.262.4691



free & open to the public

Topics

Thinking About Quitting
Wanting to Quit
Quit Say
On the Road to Freedom
Winning Strategies
Staying Off
The New You
Celebration!

Brought to you by  a project of



Hey Parents! Check out these websites:



www.dltk-cards.com

www.mysafehome.org

www.healthydiningfinder.com

<http://kidsactivities.suite101.com>

Funding for this issue of *Parent Power* was provided by "Staying Tobacco Free", a program coordinated by Healthy Communities Partnership and funded, in part, under a contract with the Pennsylvania Department of Health. *Parent Power* is a publication to empower parents brought to you by the Parenting Programs Coalition of Franklin County. Ten thousand issues in English and Spanish are distributed throughout Franklin County to all 7 school districts, doctors offices, human service agencies, etc.,. This issue was prepared by Kim Lucas. To contribute information for the next issue and/or more information, contact *Parent Power* at 261-3144.