

Bedford Rural Electric Cooperative

A Touchstone Energy® Cooperative 



One of 14 electric cooperatives
serving Pennsylvania and New Jersey

Bedford REC

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Office Hours

Monday through Friday
7:30 a.m. – 4:00 p.m.

From the General Manager



We're thankful for your membership

By Brooks Shoemaker

“FEELING gratitude and not expressing it is like wrapping a present and not giving it.” In the spirit of this quote by author William Arthur Ward, I would like to take this opportunity to express our gratitude for your membership in our electric cooperative. Because of your connection to Bedford Rural Electric, we are able to make our community a better place.

I generally use this space to provide updates on new projects and developments, and report on the progress of ongoing initiatives. We share these updates so all of our members have a window into our priorities, progress and challenges. However, during this season of giving thanks, I think it's equally important to let you and your friends and neighbors know just what an impact you have on our co-op and the greater community, likely in ways you may not even realize.

As part of the cooperative business model, one of our core principles is “Concern for Community.” While our priority is always to provide safe, reliable and affordable energy, we view our role in the community as a catalyst for good.

We partner with and support many local groups and charities, such as the fire and ambulance companies that serve our members, the Chamber of Commerce, Downtown Bedford, Inc., the Salvation Army, United Way, Love Inc., and Catholic Charities. Regardless of the group, we carefully support groups that leverage our support into even more community outreach.

We work closely with our local

schools to provide safety information, award college scholarships to graduating seniors and provide tuition assistance for high school students who are taking college courses to jump-start their post-secondary education. Bedford Rural Electric also participates in the annual National Rural Electric Cooperative Association's Youth Tour. We send some of our local high school's brightest young people to Washington, D.C., for a unique, weeklong excursion where they meet elected officials, explore the museums, memorials and monuments, and learn about our government and experience democracy in action. Ultimately, the larger community benefits from these programs because of you! You empower the co-op through your membership and through your participation in and support of these programs.

When you attend co-op events, alert us to problems, provide suggestions online or to our employees, you help us improve operations and thereby better serve the larger co-op membership.

Because we are locally governed by members of our community, we are able to get a first-hand perspective on community priorities, which enables us to make more informed decisions on long-term investments to better serve all of our members.

We are thankful that our co-op board members carve out time to attend important training sessions, participate in planning meetings and keep abreast of industry trends. This investment in time results in better in-

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Community life offers alternative to seniors

By Linda Williams

THE NEWEST daytime facility for older residents of Bedford County is Community LIFE (Living Independence for the Elderly), located along Mile Level Route 30 at 9709 Lincoln Highway.

Bedford's Community LIFE officially opened on Oct. 1, welcoming the community to visit and learn about their wide-ranging programs and services.

Community LIFE is for those who are aging or caring for an aging loved one. It is an all-inclusive, managed-care program for adults who wish to remain in their home, but need supportive services in order to do so. It gives participants options that enable them

to continue to live independently in their own homes while benefitting from individualized services that meet their specific health and personal needs.

Suzanna Knorr, regional director, says the facility might be described as building bridges, connecting older, frail adults and those with medically complex conditions to the care, therapies, support, and resources they need.

Knorr explains, "Community LIFE is a program based on the national PACE (Program of All-Inclusive Care for the Elderly) model. Bedford is the

sixth location for Community LIFE, which is based in Pittsburgh, and has other centers in McKeesport, the East End, Homestead, Tarentum, and Lower Burrell. Our staff has years of experience with PACE programs; we are eager to offer care and expertise to the people of Bedford."



NEW FACILITY: The Community LIFE building is located at 9709 Lincoln Highway on Mile Level Route 30.

Kate Peno, center administrator, says a typical day at Community LIFE Bedford's day center might begin with door-to-door transportation followed by a light breakfast and conversation with friends. Most participants receive an assessment by a nurse, who monitors their vital signs, general health condition, and the status of any ongoing medical problems. Any personal care is provided by personal care aides. Medications are provided from an in-house pharmacy, and therapy sessions are scheduled as needed.

John Porta, activities coordinator, interacts with the day-time residents, stimulating both the body and mind. For those who wish, there is a television, and snacks and beverages are available throughout the day. The setting is structured, but in an easy, affable way with much social activity and warmth.

Not everyone has to leave their home to participate in Community LIFE. They might instead receive a daily visit from a community care



aide who provides personal care, meal preparation, and light housekeeping, and monitors the home for safety.

Each of those participants is given a home safety evaluation and, based on the results, may receive safety devices such as grab bars, shower chairs, toilet adaptations and hospital beds. Ramps may even be installed to ensure safety in the home. Transportation can be provided to medical appointments.

Even though Community LIFE participants go home at night, a nurse is on call 24 hours a day, seven days a week. All medical care is overseen by Kalpana Char, M.D., medical director and a board-certified internal medicine physician who specializes in geriatric care.

Dr. Char says, "Many of the participants are living with chronic conditions, often multiple chronic conditions, and the various disabilities and frailties associated with the elder years.

FUN AND GAMES: John Porta, activities coordinator, plays a quick game of ball with Ronald Winegardner, Ralph Chamberlain and Hannalore Leitz.

Those with memory impairment receive specialized care in a secure environment. Early signs of change are quickly noted."

Knorr says the Bedford Community has been very accepting and staff has visited physicians, hospitals, senior centers and community organizations and have had a very positive response. There was an open house in August but those who missed it are welcome to drop by anytime.

Knorr says, "We would love to meet you."

The new facility has a bright and cheerful environment with colorful paintings and accessories with large windows offering a scenic view. There is a walk-in shower for those who might need it and a lock-down room for anyone in danger of wandering.

Eligible participants are those who are 55 or older, qualify medically and meet financial criteria. Each participant will receive a highly individualized plan of care that corresponds to their needs and their expressed preferences.

For more information, call 814-652-3220. ☀



GETTING BETTER: Helen Terry receives a physical therapy session from Katie Kozida, physical therapist for Community LIFE.

From the General Manager

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formed advisers that serve the co-op's interests in a way that our members expect and deserve.

On a more personal note, we appreciate all of the kind gestures our lineworkers and other employees receive when they are working in severe weather and dangerous conditions. Our employees are thankful for your patience and consideration during outages. Sometimes it takes longer than we would like to restore power in an outage. However, you can be assured that we are working as quickly and safely as possible to minimize them.

Bedford Rural Electric was originally established 79 years ago to bring electricity to our area when no one else would. This cooperative is a reflection of our local community and its evolving needs. Together, let's continue making our corner of the world a better place. We can't do it without you, so thank you for your membership and support.

Energy efficiency tip of the month

Cooler temps are just around the corner. Is your home's heating system ready? Remember to replace furnace filters once a month or as recommended. If you heat your home with warm-air registers, baseboard heaters or radiators, remember to clean them regularly to increase efficiency. ☀

Bedford REC's office will be closed on Monday, Nov. 12, in observance of Veterans Day and Thursday, Nov. 22, and Friday, Nov. 23, for Thanksgiving



Weather Stripping Basics

While you should always consult specific instructions on weather stripping packages, here are some basic facts to keep in mind.

- 1** Weather stripping should be applied to clean, dry surfaces in temperatures above 20° F.
- 2** Measure the area to be weather stripped twice before you cut anything.
- 3** Apply weather stripping snugly against both surfaces. The material should compress when the window or door is shut.

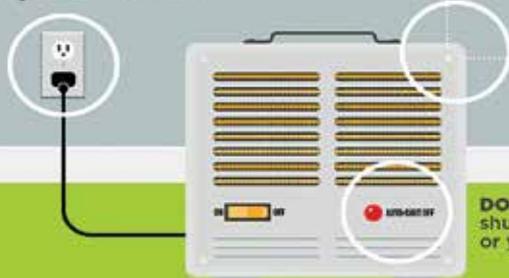


Source: National Rural Electric Cooperative Association

Use Space Heaters Safely

DO: Plug your space heater directly into the wall outlet.

DO: Keep your space heater at a safe distance (at least 3 feet) from kids, pets and flammable items.



DO: Buy a unit with an automatic shutoff in case the unit tips over, or you forget to shut it off.

OUTAGE REPORTING

In case of an outage...

- 1** Check your fuses or circuit breakers.
- 2** Check with your neighbors, if convenient, to see if they have been affected by the power failure.
- 3** Call the 24-hour number, 623-7568, OR call 800-808-2732* during office hours.

**(Please help us save money - only use this number if toll charges apply.)*

Please give the person receiving the call your name as it appears on your bill, your telephone number and your map number if known. Any specific information about the outage will also be helpful in pinpointing the problem.

**To report an outage call:
(814) 623-7568**

During widespread power outages, many members are calling to report power failures. You may receive a busy signal, or in certain cases your call may go unanswered. This occurs in after-hours outages when the office is not fully staffed. Please be patient, and try again in a few minutes.