



# MN Military Family Assistance Centers

## Heating and Energy Programs in MN

Happy December and welcome to another MN Winter. In this issue we will focus on heating and energy assistance programs available in MN.

Keeping your home warm can be both challenging and expensive. In this issue, we have included some tips and recommendations to help keep these costs down. Please visit our Helpful Links section for further resources and information.

Another potential strain during this season are the holidays. If you are struggling,

or you know of a military family that may be in need, please contact your nearest FAC Office. We have partnerships with area organizations and resources that are available to help.

In this Season of thoughtfulness and sharing, we would like to thank all of our Yellow Ribbon Communities and area Businesses that make such a positive difference in the lives of our military members and their families. We truly are blessed in MN to have such a supportive network for our service members. Thank you for all you do!!

## State of MN Family Assistance Center Coordinator

As you all prepare for the busy holiday season by planning trips to see family, searching for presents on your gift list and celebrating with family and friends, take a moment to take care of yourself.

The Family Assistance Center team is ready to help you alleviate some of that stress with resources that you can use to help you with those holiday stressors.

There are many people and organizations that want to help service members and their families. We receive several calls during the week from people wanting to help those of you in need. The FAC staff cannot accept gifts from these organizations directly, but we will partner with Yellow Ribbon networks and others to be able to connect you with someone who can help. If you are in a situation where you need to put some gifts under the tree or food on the Christmas table, please reach out to your nearest FAC Specialist and they will be happy to assist you.

I would also like to remind all of you with Tricare coverage to be sure to go out to <https://tricare.mil>. There are a lot of changes coming up in 2018 and it will require you to do some research on your providers and benefits. If you need assistance, again, please reach out to your FAC Specialists.

I wish all of you a very Happy Holiday Season and a prosperous New Year!

Nancy Launderville

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### Special points of interest:

*This months focus is on:*

*Energy Assistance Programs*

*Tips for lowering heating costs*



# HeatShare Program

**HeatShare is unlike other assistance programs because it is based almost exclusively on need. Though Families must first prove they've been denied county or other assistance, their eligibility for HeatShare is then determined By only two factors– need and available HeatShare funding.**

**To get more information on applying for assistance please call 1-800-842-7279 or go to:**

**<http://salvationarmynorth.org/wp-content/uploads/2017/02/HeatShare-Service-Area-Phones-Updated-01-20-2017.pdf>**

**Lakes and Pines**  
Community Action Council

Our Mission is to build prosperous communities by serving local families and individuals in their pursuit of self-reliance.

## Energy Assistance Program

### Energy Assistance Program

Primary heat assistance. Assists in paying a portion of the household's home heating bills.

### Reach out for Warmth

Assists households when funds for Energy Assistance are no longer available.

### Energy Crisis Assistance

For emergency situations such as utility shutoff notices or non-delivery of fuel.

### Energy Related Repair

Helps homeowners repair or replace a failing furnace.

For more information and application go to: <https://www.lakesandpines.org/>

## Low Income Energy Assistance Program

The Energy Assistance Program (EAP) helps pay for home heating costs and furnace repairs for income-qualified households.

For more information and application please go to:

<https://mn.gov/commerce/consumers/consumer-assistance/energy-assistance/>



## Weatherization



The Weatherization Assistance Program is a federally funded program that provides energy conservation home improvements to reduce energy consumption costs. Each home is inspected before and after work is done in order to ensure that homes are more energy efficient upon project completion. Homeowners are made aware of all areas of the home on which work will be completed. Improvements may include exterior wall and attic insulation, air

infiltration and bypass sealing, and the testing, repair or replacement of the home's mechanical systems to ensure efficiency and safety.

Homeowners and renters who apply and are eligible for the Energy Assistance Program are automatically screened for participation in the Weatherization Assistance Program. Priority is given to households with at least one senior citizen, individual with a disability or child, or to households with the highest heating costs.

### **Helpful Links:**

Heat Share Program:

<http://salvationarmynorth.org/wp-content/uploads/2017/02/HeatShare-Service-Area-Phones-Updated-01-20-2017.pdf>

Lakes and Pines Community Action Council, Inc.:

<https://www.lakesandpines.org/>

Energy Savers Guide 2017:

[https://energy.gov/sites/prod/files/2017/10/f37/Energy\\_Saver\\_Guide-2017-en.pdf](https://energy.gov/sites/prod/files/2017/10/f37/Energy_Saver_Guide-2017-en.pdf)



## Top 10 Ways to Keep Your Home Warm, Comfy and Efficient

### Cheap tips with big savings

Heating and cooling accounts for almost 50% of the energy use in a typical American home according to the U.S. Department of Energy. That makes it the largest single energy expense for most homes. Whether you rent or own, you can take steps to weatherize your home for little or no expense. Here are a few ways to get started:

### Steps that don't cost a thing

#### 1. Start by setting your thermostat to 68° Fahrenheit (F).

Your heating system will operate less and use less energy. Turn your thermostat down 5° F at night or when leaving your home for an hour or more to save up to \$70 on energy costs each year. For a small investment, consider purchasing a programmable thermostat to adjust your home's temperature settings automatically when you're sleeping or away.

#### 2. Set your water heater to 120° F.

Simply consider turning down your water heater to a slightly cooler setting to reduce the amount of energy used to heat the water while still keeping the water warm enough for home use. In fact, each time you lower the temperature by 10° F you'll save 3%–5% on your water heating costs. That's a savings of approximately \$6–\$10 a year. For a small investment (about \$20), consider adding a water heater blanket to your water heater tank to insulate the tank and reduce the amount of energy used to maintain warm water in the water heater tank.

Be sure to follow your manufacturer's recommendations.

#### 3. In the winter, make the most of Mother Nature's sunlight by opening window coverings on south-facing windows to warm your home.

Also, consider closing window coverings in rooms that receive no direct sunlight to insulate from cold window drafts. At night, close window coverings to retain heat.

Up to 15% of your heat can escape through unprotected windows, but the solar heat gain from the sun during the day can conserve valuable energy.

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## Low-cost steps

### 1. Replace your furnace or heat pump filter regularly.

Dirty filters reduce airflow, making your equipment work harder and use more energy. Replace your furnace filter monthly (unless it is a high-efficiency filter designed to last several months) during the heating season to reduce heating costs by up to 5% or about \$35 a year.

### 2. Install low-flow showerheads and faucets.

1.8-gallon per minute showerheads can reduce your hot water consumption by as much as 10%. You could see savings up to \$6 per year for a sink faucet aerator and \$20 per year for a showerhead.

### 3. Reverse the direction of your ceiling fan in the winter.

Run your ceiling fan at low speed in the reverse direction (counter-clockwise) during the heating season so that the blades push air up toward the ceiling where hot air often gets trapped. The fan will drive the warm air back down around the edges of the room, resulting in more even heating and improved comfort.

### 4. Weatherize your home and save up to 10% of your heating and cooling costs.

A handy homeowner can seal up holes to the outside by weather-stripping doors and sealing windows and gaps along the home's foundation.

## Go big and save big

### 1. Insulate your home.

The easiest and most cost-effective way to insulate your home is to add insulation in the attic. Other effective places to add insulation include unfinished basement walls and crawl spaces. Insulating walls can be more complex, so check with a contractor for advice. When insulation is correctly installed AND the home is totally weatherized, the average home can see a savings of up to 20% of your heating and cooling costs.

### 2. Purchase ENERGY STAR® appliances. A smart choice.

Appliances and electronics really contribute to your energy bill. When it is time to replace, remember items like refrigerators, washers, dryers, furnaces, TVs and computers have two price tags—purchase price and lifetime energy cost. According to ENERGY STAR, the average homeowner spends about \$2,000 on energy bills every year. Change to appliances that have earned the ENERGY STAR

## What are the Family Assistance Centers (FACs) and what do they do?

Military Family Assistance Centers (FACs) are dispersed throughout the state to offer resources, referrals, and support to all Service members and their families. FACs are confidential and available 24/7 to ALL branches regardless of status.

### State Office Coordinator

Nancy Launderville  
8180 Belden Blvd  
Cottage Grove, MN 55016  
Phone: 612-618-6927 or  
651-282-4209



**You make the Call...We  
make the difference**

### **Contact for Information & Referrals on:**

- \*Crisis Intervention
- \*Financial Resources and Counseling
- \*Community resources & Support
- \*Parent & Youth Resources
- \*DEERS/ID Cards
- \*TRICARE
- \*Legal
- \*And Much More!

### MN Military Family Assistance Center Locations

#### Arden Hills

1536 Ben Franklin Dr  
Arden Hills, MN 55112  
651-282-4055  
Yolonda Von Itter

#### Bloomington

3300 W 98th St W  
Minneapolis, MN 55431  
651-282-4748  
JP Wagle

#### Detroit Lakes

1220 Rossman Ave  
Detroit Lakes, MN 56501  
651-268-8884  
Kristin Helmers

#### Mankato

100 Martin Luther King Jr Dr  
Mankato, MN 56001  
651-268-8413  
Jennifer Kafka

#### Bemidji

1430 23rd St NW  
Bemidji, MN 56601  
651-282-4031  
Mistie Melcher

#### Camp Ripley

15000 Hwy 115  
Little Falls, MN 56345  
320-616-3119  
Savannah Polzin

#### Duluth

4015 Airpark Blvd  
Duluth, MN 55811  
651-282-4053  
Angelina Hager

#### Montevideo

711 S 17th St  
Montevideo, MN 56265  
651-268-8475  
Frank Ourada

#### Rosemount

13865 S Robert Trail  
Rosemount, MN 55068  
651-282-4749  
Cindy Dilley