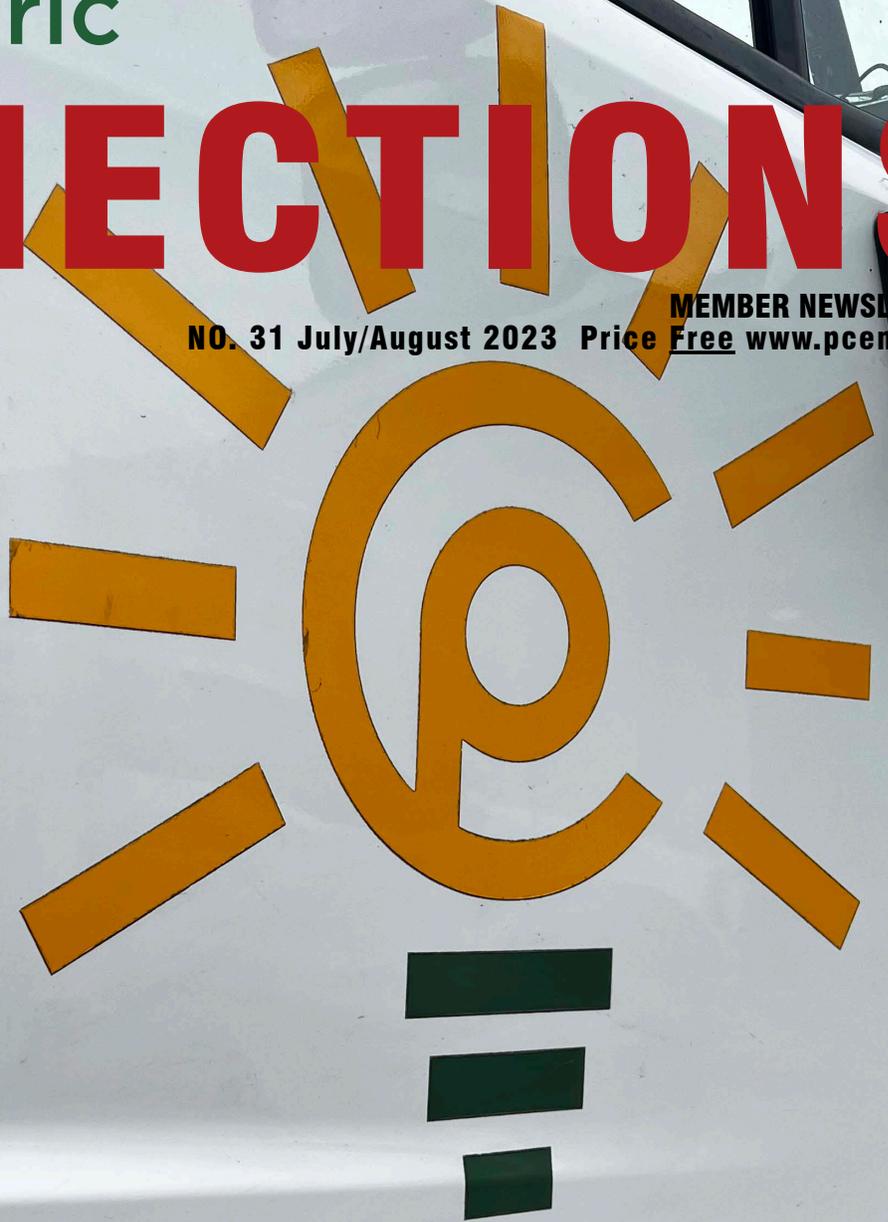




PC Electric

CONNECTIONS

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**PC Electric trucks equipped
with life saving devices**

PC Electric
NEW ROADS, LA



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PC Electric
AWARDS 2023
SCHOLARSHIPS



Harmonie Reado

Port Allen High School



Elizabeth Beard

Catholic of Pointe Coupee



Samira Hadid

St. John High School

PC Electric congratulates the winners of the 2023 continuing education scholarship. The winners of this scholarship are usually announced at our Annual Membership Meeting. A \$1,000.00 scholarship is (2410800) awarded each year to a graduating senior from each of the three parishes that PC Electric serves.



Elizabeth Tullier

Port Allen High School



Jacob Eaves

Catholic of Pointe Coupee



Madelyn Little

St. John High School

Winners of the new PC Electric Essay Scholarship Contest were announced at a reception on April 18, 2023, during the final competition of the contest at the PC Electric office.

The contest finalists were selected from high school seniors from the tri-parish area served by PC Electric.

The students were judged (2209300) on their written essays, an interview with the judges, and an oral presentation of their essays by an independent panel of judges.

The three winners, one from each of the parishes that we serve, will receive a \$1,500 scholarship to (1431407) the university or trade school of their choice. Recipients were presented with a framed certificate at the reception.



PC Electric Equips Line Trucks with Life-Saving AEDs

Our PC Electric Linemen often work in very remote areas, which are extremely hot in the summer and really cold in the winter.

When the lights go out, crews are dispatched to work as quickly and safely as possible, regardless of time, day, or night. Many times, this work (149812) is in remote areas of our service territory. However, no matter where you are, emergencies can happen, and when a lineman is injured or has a heart attack, crews need to be able to respond quickly to the crisis.

According to the American Heart Association, seconds count when someone has a cardiac arrest.

Because linemen are on the road and usually far away from any medical facility, PC Electric wanted to provide this life-saving equipment to our linemen to help protect our workforce in the field. Recently, PC Electric invested in AEDs (Automated External Defibrillators) for all its line crew trucks actively in use daily.

So, what is an AED? An AED is a portable electronic device that discharges an electric charge to the heart when used on a patient with a cardiac arrest. When used well, they send electric shocks through the chest to the heart using what are called defibrillators. These shocks can help the heart stabilize and control irregular heart pulses.

The purchased devices are user-friendly and provide visual illustrations and verbal instructions to walk responders through the directions. That way, during stressful circumstances, the linemen know exactly how to turn on the unit, place the stickers, and do a countdown before stepping back.

Thankfully, the line crews have not had to use them, but on any given work day, they are ready to use the AED in the event of an emergency.

Not only do the AEDs in our line trucks (2115302) provide peace of mind for our workers, but it should also provide peace of mind to the community. If linemen are working in a neighborhood where an emergency or cardiac arrest occurs, residents will know that a PC Electric crew is close by with an AED on hand and can lend a helping hand.

Annually, PC Electric employees are trained in CPR and the use of AEDs.



BENEFITS

OF HAVING AN AED IN THE WORKPLACE

1. Cardiac Arrests Can Happen Anytime

Cardiac Arrest isn't predictable and can strike at any time and place. The benefit of having an AED at your workplace is that you can use the device to prolong the life of a victim before an emergency team arrives.

2. Most Incidences of the Cardiac Arrest Happen Outside of Hospitals

Each year, more than 350,000 cases of cardiac arrests occur in places other than hospitals, such as homes, public places, and, most significantly, in workplaces. Having an AED device (2119300) in your office, coupled with basic training can help you save the life of your worker.

3. The Work Environment Can Cause Heart Strain

A workplace can be a difficult environment for many people. Sometimes, if a worker is not coping with the demands of their employer, they may find themselves with mental and heart complications. Work-related stress can increase the chances of heart disease by about 23%. Research has also shown that depression and heart disease can be related.

4. You Don't Need to Be a Paramedic to Use It

AED devices are made for a layperson, not a medic. All you need is to open it, read simple instructions, and administer to a person in need. This way, your staff, and other workers can learn how to use this device easily.

5. It's Protected Under Good Samaritan Laws

The Good Samaritan Law is a law that protects civilians who help people they believe to be injured or otherwise in danger. For example, the Good Samaritan Law provides people with the freedom to act without having to fear the other person might sue them. The purpose of the Good Samaritan Law is to encourage ordinary people to help someone in distress before the police or emergency services arrive.

6. Easy to Install

AED cabinets can be installed anywhere in the office space or workplace. You decide whether to put it on a shelf (2410800) that is clearly marked or mount it on the wall. There are no extra skills needed to mount an AED cabinet so long as you ensure it's in an accessible place.

7. Event Memory

Some AEDs for businesses are equipped with a memory to record vital data needed during an emergency. With this kind of data, the AED gives a step-by-step guide as you apply it to save a person under cardiac arrest. Some of the data can also be passed on to the ER team to know what kind of care a patient had received before they arrived.

ENERGY-SAVING PROJECTS FOR THE WEEKEND WARRIOR

Are you a weekend warrior? If you're considering home improvement upgrades that save energy and money, we've got a few project ideas for you—all of which can be completed in a day or less!

Here are three energy-saving projects that you can easily tackle whether you're a weekend warrior pro or a DIY dabbler.

Get smart about home cooling and heating.

Cooling and heating your home typically account for a large portion of energy bills. Smart thermostats can help keep your cooling and heating costs in check, with ENERGY STAR®-certified models (1470200) saving about 8% on annual energy costs.

Now that smart thermostats are more affordable (as little as \$70!), this simple upgrade makes for a fun, efficient weekend project. Smart thermostats offer a variety of bells and whistles, but the average model will allow you to set custom temperature schedules, adjust the settings from anywhere (from your phone), and over time, learn your cooling and heating preferences.

Your new smart thermostat will come with step-by-step instructions, but this project typically involves shutting off your HVAC at the breaker panel, disconnecting/removing the old thermostat, installing the new smart thermostat and connecting it to your home Wi-Fi.

Play it safe: remember to carefully read the installation instructions before you get started.

Go green and boost your greenery with a rain barrel.

If you've got a green thumb, you already know that rainwater is the best water for your outdoor plants. Rainwater is free of minerals, salts and treatment chemicals found in tap water or groundwater. It also contains helpful macronutrients to foster healthy plant growth.

Installing a rain barrel is an easy way to harvest large amounts of rainwater and reduce home water use—it's a win-win. According to the Environmental Protection Agency, one rain barrel (551301) can save a homeowner 1,300 gallons of water annually.

Most residential rain barrels range in size from 50 to 90 gallons, so the size you purchase will depend on your watering needs.

The simplest way to install a rain barrel is positioning a plastic or wooden barrel directly under your gutter downspout. Basic piping may be required, but this is an easy way to harvest rainwater, and the barrel won't take up much space. Consider a cover for the top of your rain barrel to keep insects and small debris out of your harvested water.

Create fresh savings with a DIY clothesline.

If you have enough outdoor space available, installing a clothesline is a great way to save energy. Not only will you save on dryer costs—in the summer, you can also save on cooling costs since unwanted heat from the clothes dryer won't be added to your home (which makes your air conditioner work harder). Additionally, air drying is much gentler on fabrics and will keep your clothes and linens looking fresh longer.

You can create your own clothesline with two T-posts, wire and hook-and-eye turnbuckles. Depending on your soil, you may need a small amount of Quikrete to set the posts. Another option is installing the line between two trees. A typical load of laundry requires about 35 feet of line, so keep this in mind as you're determining the best location.

If an outdoor clothesline isn't an option, no sweat! You can easily create an indoor drying rack that folds to save space. Home improvement websites like thespruce.com and hgvtv.com offer step-by-step tutorials for a variety of indoor clothes racks.

These are just a few simple ideas to help you save energy and money. So, get out there, roll up those sleeves and tackle a few projects.

Preparing for extended outages using medical equipment

If you or someone you care for uses medical equipment that requires electricity, get prepared now to know what to do in the event of an extended power outage. During a storm, PC Electric must follow strict guidelines as to when we can dispatch crews to safely restore power to our members.

Some outages, however, can create situations that require an extended time to resolve. These kinds of outages can be especially worrisome for members with special medical needs. If you use life-sustaining medical equipment that depends on electricity for operation, such as oxygen generators, kidney dialysis machines, or respirators, it's important to put together a plan for a power outage before it happens.

Consider obtaining a power back-up, such as a battery or generator, in the case of an extended outage. If you are unable to purchase a battery or generator for your device, make a plan to evacuate to an alternate location such as a friend or family member's home that may have electricity or a back-up power source.



FEELING LUCKY? LOOK FOR YOUR ACCOUNT NUMBER TO WIN A BILL CREDIT!



If you see your account number published inside this issue, call PC Electric by August 31, 2023 to receive a \$25 credit on your bill. Your account number can be found on your bill statement.

GOOD LUCK!

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