



Resource of the Month

Time to think about HEAT!

Whether you heat with wood, propane, oil, or something else, it's time to think about how to get the best price for your fuel this winter. Last winter was COLD, perhaps you used more fuel than you planned for – don't get caught in the cold this year! Talk to your Resource Coordinator about your best options for this winter, including:

BUDGET PLAN

This plan estimates your total annual heating bill and divides your payments equally over the course of the year.

PRE-BUY

This allows you to purchase the number of gallons of fuel you anticipate using throughout the heating season at a fixed rate. If the market price of oil increases or decreases during the season, your price will not be affected.

PRICE CAP

This program might offer protection against fuel price increases if your fuel dealer can provide a cap on your cost AND a no limit on how low the price can go. This program may cost a bit more up front.

GROUP BUY

Group buying, also known as collective buying, offers products and services at significantly reduced prices on the condition that a minimum number of buyers would make the purchase. Group buying programs have an enrollment fee. Examples of buying groups in Central and Northeastern Vermont are:

VSECU's VHeat Program: \$25 fee and must be a member of VSECU (open to all Vermonters) vsecu.com

Hilltop Energy Group: \$50 annual fee and deadline for enrollment cheapvermontfuel.com

Farm Bureau: Membership & annual fee, see website vtfb.org

Contact Michelle Clark, your onsite Resource Coordinator, by email wbrc@gmunityedway.org or by phone 802.793.9517

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Community Events

NEK Council on Aging Workshops Powerful Tools for Caregivers

6-week class, Thursdays 9/19 thru 10/24 6-7:30pm at Northeastern Vermont Regional Hospital in room 126 in St. Johnsbury

Learn how to care for yourself while caring for someone else. Manage stress, reduce guilt, anger or depression, boost your confidence in coping with caregiving demands, discover community resources that can help you. Call Pam at 751-0427 to register or email info@nekouncil.org

Managing Stress – a workshop for Family Caregivers

Tuesday, Oct 1, 3:00 – 4:30 pm at United Church of Craftsbury

Are you feeling the negative effects of too many demands on your time and emotions? This workshop will focus on tools to help you manage the daily stresses & challenges of caregiving.

Comcast Internet Essentials is now available everywhere Comcast Serves!

This is the nation's largest and most comprehensive high-speed Internet adoption program for low-income households. Internet Essentials has been designed as a comprehensive, wrap-around program to address each of the major barriers to broadband adoption. It provides low-cost Internet service for \$9.95 a month; the option to purchase an Internet-ready computer for less than \$150; and access to free digital literacy training in print, online, and in person. To learn more about eligibility or to apply, visit InternetEssentials.com or call 1-855-8-INTERNET.