

## SAVE A KILOWATT WITH KATE

### CHOOSING AND USING AN ENERGY-EFFICIENT THERMOSTAT

For many of us, January in New England means trying to keep our homes at a comfortable temperature through these cold days and nights. Instead of battling with your thermostat all winter, consider changing it. In this month's blog, we're focusing on choosing the right type of thermostat for your home and programming it for maximum energy savings.

### CHOOSING THE RIGHT THERMOSTAT

Depending on the age of your home, as well as the heating and cooling system, you might have an old-fashioned circular or non-programmable digital thermostat. Since these devices require hands-on adjustments, sometimes multiple times a day, they are not as user-friendly as their modern counterparts.

With a programmable thermostat, you can set schedules for any time or day of the week. The thermostat will automatically raise or lower the temperature according to your preferences, which means you stay comfortable without having to worry about constantly adjusting the thermostat.

If you're looking for something even more high-tech and hands-off, try a smart, Wi-Fi thermostat. With this technology you can manage and schedule your temperature settings directly on your smart phone. No need to worry if you forgot to adjust the temperature before you left for work or a weekend away.

Homeowners and renters can create a truly connected home by adding other smart devices, like lighting fixtures or a home assistant device, to their smart phone's network. You can monitor and schedule your home's heating, cooling and lighting, all from the palm of your hand.

### PROGRAMMING FOR SAVINGS

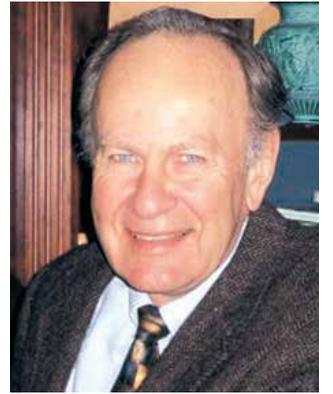
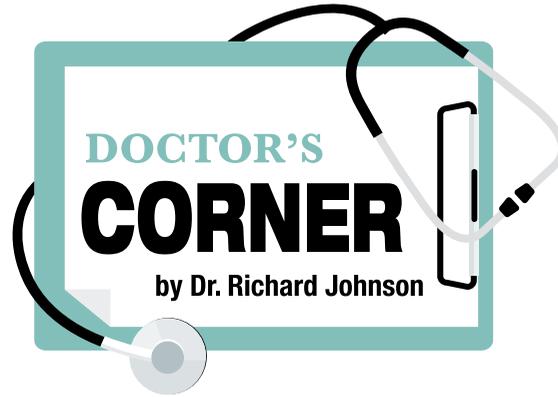
Once you've decided which thermostat is right for your home, make sure you're setting it for maximum energy savings. Did you know you can cut your annual heating bills by 10 percent a year when you lower your thermostat for eight hours a day? We recommend lowering it when you go to bed or are out of the house.

A Wi-Fi thermostat can make these changes for you automatically by using geofencing, a virtual boundary around your home. If your thermostat senses that you and your smart phone are out of the house, it will lower the temperature in response.

### FINDING REBATES AND INCENTIVES

If you're ready to swap your thermostat for a new model, visit [NHSaves.com](http://NHSaves.com). New Hampshire residents that participate in the home energy audit and weatherization program have the opportunity to upgrade their old model to a programmable thermostat.

To learn more ways to save energy at home, log in to your account on [Eversource.com](http://Eversource.com) to access your Energy Savings Plan. This free online tool allows you to review past electric or gas use, see what equipment and appliances in your home use the most energy, and find custom energy-saving solutions for your home. You can refine your results by answering a few questions about your household.



## DEALING WITH THE WINTER BLUES

In the January issue I introduced the idea that participating in outdoor winter sports can help ward off mild 'depression' that might set in as we go through our NH winter. I am not addressing clinical depression or what is commonly known as 'seasonal affective disorder' (SAD) in which the depressive symptoms (in up to 10% of the population) peak in the winter. SAD and clinical depression should be evaluated by your personal health care professional and treated appropriately.

I am thinking about the "winter blues" that do affect many people. The common symptoms, which are less severe than SAD, are difficulty sleeping, feeling less social, and finding it hard to take the initiative. I would now like to address the issue from the perspective of those who simply cannot get out into the snow. Our age, our lack of desire to be engaged in 'sports', limited finances and limited time, and even some disabilities could limit our participation in the 'outdoors'. So what can we do to keep our spirits up throughout the winter season?

Cognitive-behavioral therapy (which may be used to treat SAD) says that the way a person views the world affects their emotions and behavior. This idea can also be used to address the less severe 'winter blues'. One can simply begin thinking thoughts of thankfulness and how to be of help to another person.

Light therapy (another treatment for SAD) can also help with the 'winter blues'. Simply placing your chair next to a window and enjoying the birds (and squirrels) at your bird feeder is a great help.

Try to go to sleep and wake at the same time. Eat healthy foods and don't overindulge in carbohydrates. Keep connected with your family... electronically if necessary!

Engage in activities that you enjoy. If not outdoors, then join with your positive friends for game nights, book clubs, theatre or movie nights followed by a time of discussion.

Start a new project: learn to knit, build a bookshelf for your grandchild, start lessons on a musical instrument, take an art or woodworking class.

Maybe best of all, help out at one of the many organizations in NH whose goal is to help the less fortunate. Knowing that you have made a positive difference in someone's life is guaranteed to eliminate 'winter blues'.

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| <div style="text-align: center;"> <h3 style="margin: 0;">CHEN YANG LI</h3> <p style="margin: 0; font-size: small;">Chinese &amp; Japanese Restaurant &amp; Pub<br/>520 South St. Bow, NH<br/>(Just off I-93 &amp; I-89 at Exit 1)</p> <div style="background-color: yellow; padding: 2px; display: inline-block; font-weight: bold;">TEL: 228-8508<br/>FAX: 228-8508</div> </div> <p style="font-size: x-small; margin-top: 5px;">Hours: Sun-Thurs 11:30 am-10 pm. Fri &amp; Sat 11:30 am -11pm<br/>Pub Open: Thurs - Sat 4pm-Midnight (Happy Hour 4pm-8:30pm)</p> <p style="color: red; font-weight: bold; text-align: center;">Visit <a href="http://www.ChenYangLi.Bow.com">www.ChenYangLi.Bow.com</a><br/>For Our Online Menu and Ordering</p> | <div style="display: flex; justify-content: space-around;"> </div> <h3 style="margin-top: 10px;">Keno Located in our Lobby and<br/>Downstairs Lounge</h3> <p style="font-weight: bold;">Ground level Back Entry is Available<br/>Lounge Open 12:00 PM to Close</p> |
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Donna A. Dymont

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