



UNITED TRIBES
TECHNICAL COLLEGE
LAND GRANT EXTENSION

UTTC LAND GRANT EXTENSION

UTTC Lifeskills Lessons – Managing Home & Self

Lesson 30: Keeping Summer and Winter Outside

LS00030

ENERGY SAVER SITE



RESOURCES

- Low Income Home Energy Assistance Program (LIHEAP) Clearinghouse Website
- Low Income Home Energy Assistance Program Federal Website
- North Dakota Economic Assistance Policy Division - Low Income Home Energy Assistance Program 1-800-755-2716
- Local County Social Service Office
- Weatherizing your Home www.youtube.com/watch?v=2Wt838oNinY (4.4 minutes)
- Winterizing your Home - www.youtube.com/watch?v=QJPSAze2oY (8 minutes)

BE COMFORTABLE AT HOME

There are a number of steps you can take to make your home energy efficient. Some steps include installing energy-efficient cooling and heating systems. It may, be expensive. There are a number of other actions that can be applied to many houses to make them less energy hungry and more comfortable at a lower price. Here are some steps a homeowner can take.

- **Call the local utility** – many will send someone out to look for ways the energy usage of the house can be reduced, typically at little or no cost. They may also have financial incentives in place to encourage customers to implement those energy savers.
- **Caulk and weather-strip** around windows and doors – sealing air leaks can significantly reduce heating and cooling costs.
- **Lower the temperature on the water heater** – most people only need water heaters set at 120 degrees. For every 10 degrees you reduce your water heater, you may reduce your total energy bill by 3-5%.
- **Use trees to moderate temperatures** – trees provide shade in the summer and be trimmed (or lose their leaves) to let the sun in during the winter. Plant trees in specific places around the house so that they can shade windows.
- **Install a programmable thermostat** – adjust the temperature in the house around the schedule of its residents. This automatically reduces heating and cooling costs and insurs a proper temperature at needed times.
- **Replace older appliances** with Energy Star models that use less energy to operate.
- **Use CFL or LED light bulbs** these use less energy to light the home and last longer than traditional light bulbs.
- **Add insulation** - insulation retains heat and cold in the home instead of letting it escape through the attic or walls.
- **Install ceiling fans or ventilation fans** keep the air moving.
- **Maintain heating and air conditioning units** – have a specialized service professional check units to be sure they are running at peak efficiency.

UTILIZE AVAILABLE RESOURCES

No one should go without heat or cooling in their home. This could put health at risk and decrease quality of life, for all family members.

Families can get more info from their utility or from the US Department of Energy's "Energy Saver site" at www.google.com/search?q=energy+savers&aq=-chrome.3.69i58j0i66l2.348189j0j4sourceid=-chrome&ie=UTF-8.

LOW INCOME HOME ENERGY ASSISTANCE PROGRAM (LIHEAP)

The Low Income Home Energy Assistance Program (LIHEAP) helps eligible low-income families with home heating and cooling costs. The program partially pays the cost of natural gas, electricity, propane, fuel oil, coal, wood, or other fuel sources. The program also covers:

- Weatherization services (insulation, weather stripping around doors and windows, etc.)
- Furnace cleaning, repair, and replacement
- Chimney cleaning and inspection
- Emergency assistance
- Buying and installing air conditioning units
- Repairing air conditioning units
- Buying oscillating or window fans

WHO QUALIFIES FOR LIHEAP

Eligibility is based on a household's income and assets to ensure help goes to those most in need. A household's income must be at or below 60 percent of North Dakota's median income and within these limits.

Household Size	Income
1	\$27,650
2	\$36,158
3	\$44,665
4	\$53,173
5	\$61,681

(Income limits effective to Sept. 30, 2018)

Both homeowner and renter households are eligible for the program. Individual tribal LIHEAP programs serve tribal members living on reservations. Applications are available through County Social Services or Tribal Housing or LIHEAP programs.





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KEEPING SUMMER AND WINTER OUTSIDE

OBJECTIVES:

1. To discuss specific ideas to weatherize homes.
2. To support individual concerns or ideas for specific weatherization goals addressed by participants.
3. To demonstrate usage of the federal energy assistance application process.
4. To identify resources in the local community where weatherization inspection or repair processes.

PROCEDURE:

1. Write objectives on the board
2. Distribute Lesson 30 Talking Sheet: Keeping Summer and Winter Outside
3. Ask for a volunteer to open the session with a prayer, offer a prayer asking the Creator to help support individual responsibility in not wasting energy through heating and cooling efforts in our homes, or begin the session with a minute of silence.
4. Have participants take turns reading aloud the information on the front of Lesson 30 Talking Sheet.
5. Present one of the videos listed below and follow with discussion asking participants to share a classroom review of their own homes and potential areas to inspect and repair.
6. Facilitate a brief discussion or introduce a community expert as a speaker on the low income energy assistance program (LIHEAP) and share and/or complete applications or the electronic application process.
7. Share listed resources that may benefit participants.

RESOURCES FOR INSTRUCTION SUPPORT:

1. Low Income Home Energy Assistance Program (LIHEAP) Clearinghouse Website
2. Low Income Home Energy Assistance Program Federal Website
3. North Dakota Economic Assistance Policy Division - Low Income Home Energy Assistance Program 1-800-755-2716
4. Local County Social Service Office – call for a potential speaker and guidance for LIHEAP application process
5. Video – Weatherizing your Home www.youtube.com/watch?v=2Wt838oNinY (4.4 minutes)
6. Video – Winterizing your Home - www.youtube.com/watch?v=QJPSAze2_oY (8 minutes)

TIME:

50 minutes



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On a scale of 1 to 5, with 1 being least confident and 5 being most confident, please circle one per question.

Not Confident

Very Confident

Please rate how confident you are in inspecting your home for weatherization concerns

1	2	3	4	5
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Please rate how comfortable you are in creating a plan to fix identified air leaks in your home.

1	2	3	4	5
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Please rate if you feel comfortable in assessing if your family qualifies for LIHEAP and in competing the application

1	2	3	4	5
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Please rate how confident you are in connecting with local resources to weatherize your home.

1	2	3	4	5
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New things I learned or understand better because of the lesson

Comments

EVALUATION

