



## Comfort Food for the Soul

When was the last time you felt actual hunger pangs—not the simple yearning for cheesecake after a meal or a midnight craving for leftover pizza, but genuine emptiness in the pit of your stomach? If the

memory is hazy, you aren't alone. Many of us eat out of habit, not because we have a belly-gnawing worry over the source of our next meal.

True hunger may be a rare, abstract notion for most of us, but it's a very real problem for those in our



community suffering from food insecurity. This term, simply a new way of saying "hunger," refers to the lack of access to nutrition due to monetary concerns or poor support systems, as well as to the inability to prepare meals.

At last count, 1.9 million Georgians were food insecure, with 18,000 residing in Coweta County. Of that number, 2,000 were elder adults. When hungry, this vulnerable (and rapidly growing) segment of the population is more likely to: become increasingly disabled due to less infection resistance; skip meals to afford medication; experience depression and report heart attacks; and struggle with daily activities like dressing and bathing.

"But what can be done about it?" you may ask.

Thankfully, Meals on Wheels of Coweta, Inc., (MOWOC)—a 501(c) (3) organization established in 1981 to fight elder hunger, promote aging in place and improve the quality of life for home-bound seniors—provides an answer.

The non-profit group, operating under the direction of a 10-member volunteer board of directors and now located in a larger facility in a historic home

near downtown Newnan, is staffed by four part-time employees and more than 80 volunteers. MOWOC offers several benefits at no cost to clients: home-delivered meals, handyman work, pet care assistance and friendly visitor services. Nutritious food, home repairs and regular companionship helps senior adults live independently, attain improved health, feel safe, decrease falls and combat loneliness/anxiety.

MOWOC clients—the majority of whom are women living alone with little or no assistance—are projected to receive nearly 19,000 meals this year. The food these seniors (often aged 80+) are given by MOWOC may be the only sustenance they receive each day, and the nourishment is not limited to meals.

"We provide so much more than food," said MOWOC Director Cynthia Bennett. "Our clients need companionship, loving care and compassion..."

*continued inside*





## The President's Message

Chris Stephens  
President and CEO

As you receive this newsletter, we will be halfway through summer; so far, it has been a scorcher. You may wonder why that is and what you can do to reduce home/business cooling costs during such a heat wave.

I recently read meteorologist Kirk Mellish's comments regarding the "positive feedback loop." He said, "The positive feedback loop is that as the ground dries, it heats more and faster, which in turn heats the air more and faster, which then dries the ground further, which in turn... and so on and so on. What's more, the lack of moisture in the ground to evaporate into the air means less humidity to build clouds and thunderstorms, so we get more sun and less rain, which builds the heat as part of the positive feedback loop."

This weather pattern reminds me of the hot summers we experienced in 2007 and 2012. It's a time in which we set peak demands for energy usage, as many people use air conditioning and other appliances simultaneously.

Here at Coweta-Fayette EMC, as we continually add members, we must plan for these peak demands to ensure your lights come on when you need them most. This involves designing and investing in the distribution system connected to your home and secur-

ing additional generation capacity to keep needs met. We recently finished a two-year work plan focusing on the completion of system improvements; a 10-year long-range plan is also in the works. Additional generation, including 10 MW's of solar—enough to serve 1,600+ households—has been secured.

Peak demand times also pinpoint when one experiences a significant increase in electricity usage. We encourage you to use energy wisely. Please visit our website for efficiency tips or to learn more about energy-saving products/solutions.

Careful use of power is not our only concern, however—safety is a priority.

"With extreme heat, where a thunderstorm does manage to pop, they can dump very heavy rain or be severe," Mellish said. If such an event occurs, our employees are committed and prepared to answer the call. From our call center representatives to dispatchers and linemen, EMC folks put member service above all else to restore power as quickly and safely as possible.

As we move into the second half of summer, I certainly want us to meet peak demands; but more importantly, whether it is in dealing with severe heat or storms, we want to exceed your expectations and meet your needs all year, every year, for decades to come.

## Meals on Wheels *continued*

wonderful volunteers provide. They are so warm and personable, and we couldn't operate without them."

All MOWOC services are provided by dedicated volunteers who



show clients the community still cares. The

organization is a member of the Newnan-Coweta Chamber of Commerce and the Meals on Wheels Associations of America and Georgia. A year of MOWOC meals costs considerably less than one year in a nursing home, not to mention

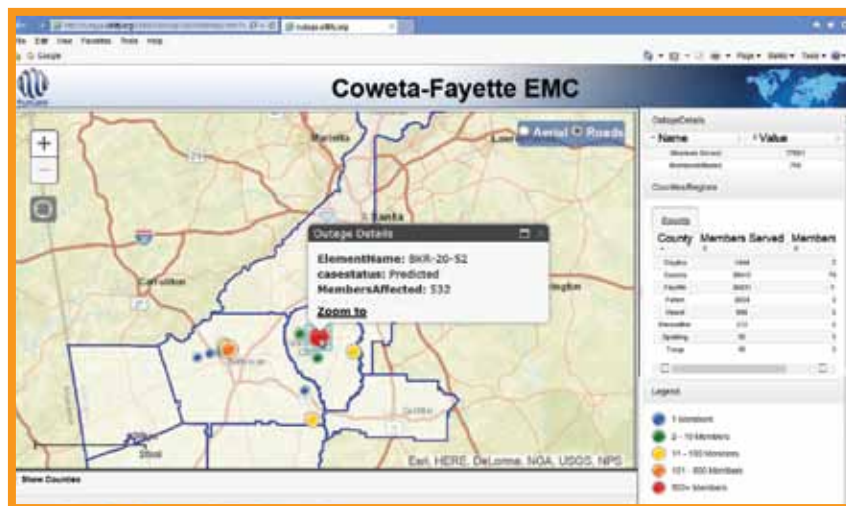
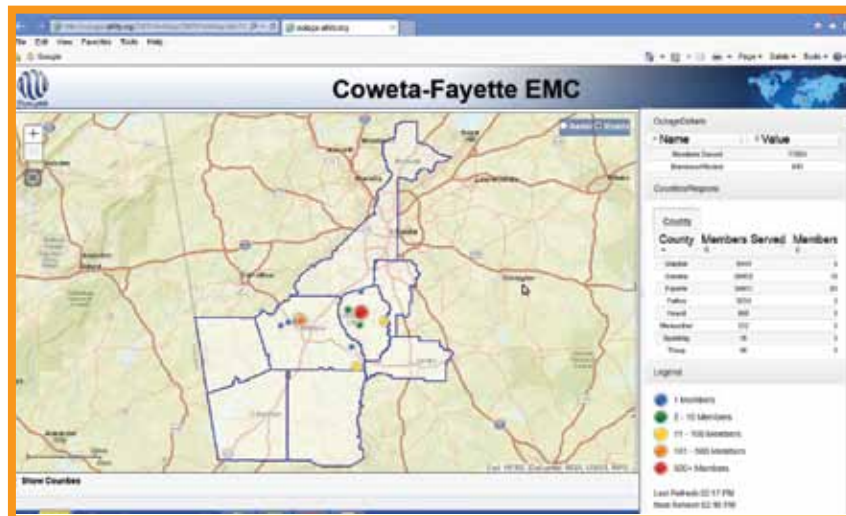
and that's exactly what our



assistance from others alone. MOWOC staff of a growing waiting meals and volunteer could be served. MOWOC from the county/staff fundraisers, donations and "Financial support



# Member Outage Map on Utility.org



While none of us ever wants an outage, Mother Nature often has other ideas. From stormy weather and icy conditions to animal interference and falling tree limbs, a temporary loss of electricity at one time or another is unavoidable.

To prepare for and handle these occasional yet inevitable interruptions in service, Coweta-Fayette EMC always seeks to improve upon our existing and efficient outage management methods. And as technology evolves, so do our capabilities.

You, our members, need only click on the storm center tab at [utility.org](http://utility.org) to have amazing detail and accuracy at your fingertips. Once inside the storm center, you will see a map of our service area with a geographical representation of outages using color-coded indicators. To the right, you'll find the numerical data – total number of members, the amount of people affected (broken down by county) and the total percentage of members in service. As you zoom into any outage area, the specifics of that outage pop up to provide the details members need on a real-time basis. You can view the maps either aerially or as a road view.

This should be particularly helpful and comforting to those members who are out of town or at work and need to see exactly what areas are affected.

At Coweta-Fayette EMC, we strive to continually improve our member service, during blue skies and storms. We hope you will find our online storm center a useful tool should the need arise, and we encourage you to visit our website now to familiarize yourself with the system.



## Member Alert

Waiting in the dark? Don't delay your restoration by reporting an outage on Facebook or Twitter. While we love engaging with members on these sites (which are not monitored 24/7), our social media representatives are unable to work with service interruptions. We also care about consumer safety – posting/tweeting your address could create privacy concerns. Please notify us of any power problems by calling 770-502-0226, visiting [utility.org](http://utility.org) or using our app. Thank you!



the tax dollars saved and healthcare fees lowered as a result. MOWOC's new goal is to provide seven meals each week instead of the current five. The ability to freeze and store meals (made possible by a donated walk-in freezer at the new building) allows them to make once-a-week deliveries to more remote areas of the county previously underserved.

For those who are interested, MOWOC can help potential clients who meet the following criteria: aged 65+; homebound due to disability or chronic illness; unable to prepare meals; not receiving regular

rs; possibly on hospice care or living  
aff members work to meet the needs  
g list of local residents—if more  
s were available, more elder adults  
OWOC receives no financial support  
te and must depend on grants, fund-  
d volunteers to operate.  
rt is always necessary when provid-



ing services to our local community," said Bennett. "We welcome all donations. None of our services can exist without the help from donors willing to open their hearts and wallets to improve the lives of elder citizens in need in Coweta."

If members feel led to make a donation, there are various collection boxes

throughout Newnan and Moreland. For those who would rather give their time instead, volunteers are always welcome and needed.

To find out more about Meals on Wheels of Coweta, call 678-423-1700, email [mowcoweta@numail.org](mailto:mowcoweta@numail.org), log onto the website at [Mealsonwheelscoweta.org](http://Mealsonwheelscoweta.org), visit [Twitter.com/mowcoweta](https://twitter.com/mowcoweta) or like their page, [Facebook.com/MealsOnWheelsOfCoweta](https://facebook.com/MealsOnWheelsOfCoweta).



# If your power is off, turn to our app that's always on.



Take charge of your account on the go with your mobile device, and even stay up-to-date on power interruptions. In the event of a storm that causes major outages, log on to your smart phone or iPad, report the issue and monitor our progress on a mobile outage map.

To find and download the app, simply visit the Apple App or Google Play Stores and search for Coweta-Fayette EMC, or access those sites through our member portal. Before the app can be used, a user ID and password must be created online in our consumer portal.

For more information, please visit our website at [www.utility.org](http://www.utility.org) or call our customer service department at 770-502-0226.

Chris Stephens, President and CEO  
C. Bradford Sears, Jr., Attorney  
Douglas B. Warner, Attorney

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Your Touchstone Energy® Cooperative 



# Member Appreciation Day and Annual Meeting

**When: October 8, 2016 from 9:00 a.m. – Noon**

**Where: Coweta-Fayette EMC Headquarters Near Palmetto**

Come join in the fun and learn more about your cooperative during this year's Member Appreciation Day. Each family will receive a jumbo cooler bag.

**Fun Activities** can be enjoyed by the entire family. There will be games for children and bingo for adults, plus door prizes and kids' crafts.

**Information** on energy efficiency, green power, Operation Round Up, Touchstone Energy, Relyco Security and True Natural Gas will be available outside on the midway before the meeting begins.

**Concessions**, including Varsity hot dogs, fried pies, chips, popcorn, cotton candy and soft drinks, will be available for all.

**Your Annual Report** will be mailed to you in September in a window envelope, as in previous years. It will have "Coweta-Fayette EMC Annual Meeting Notice and Annual Report enclosed" on the front. Please save the address portion of the mailing for registration at the meeting.



**The Grand Prize** will be a \$1,000 credit on your electric bill. You must be present to win, so be sure you mark Saturday, October 8, on your calendar and join us for a day of fun and valuable information at this year's member appreciation day and annual meeting.

