



Program Offers Members a Helping Hand

If your electric bill is often late, consider enrolling in East-Central Iowa REC's free Helping Hand Reminder program. When the account of an enrolled member becomes delinquent, ECI REC notifies their designated contact person. The contact person then reminds the member who missed their payment.

HOW TO ENROLL

- » Fill out the Helping Hand Reminder authorization form online at ecirec.coop under Account Services > Member Programs.
- » Mail in the form to the right.

Members can withdraw from the program at any time by contacting an ECI REC member service representative at 877-850-4343.

Yes, I want to enroll in the Helping Hand Reminder program.

Member Name: _____

Member Account #: _____

Phone: _____

Other Contact Phone: _____

Name and address of person to be contacted in case of delinquent payment:

Name: _____

Address: _____

City: _____

State: _____ Zip: _____

Daytime Phone: _____

Evening Phone: _____

Email Address: _____

Member's Signature for Authorization:

Contact Person's Signature:

Mail form to: ECI REC | PO Box 248 | Urbana, IA 52345

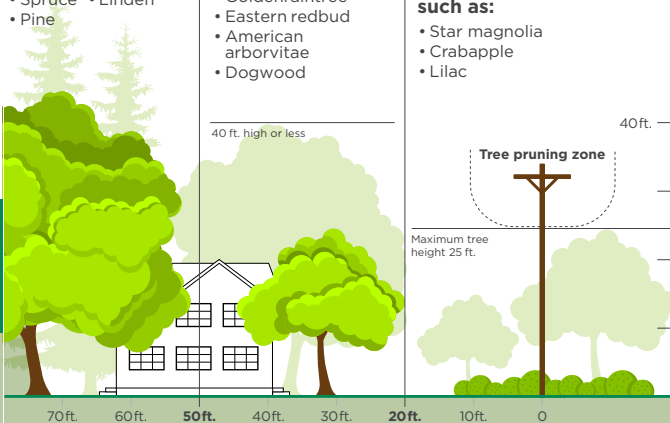
Plant the Right Tree in the Right Place

For more tips on smart tree planting in your community, contact your local electric cooperative or visit www.ArborDay.org.

Replanting trees after the August 2020 derecho is top of our members' minds, and for good reason. But the wrong tree in the wrong place can be a hazard ... especially to power lines.

Be safe. Always call 811 before you dig to locate any buried utility lines.



LARGE TREES	MEDIUM TREES	SMALL TREES
<p>Height/spread of more than 40 feet, such as:</p> <ul style="list-style-type: none"> • Maple • Birch • Oak • Sweetgum • Spruce • Linden • Pine 	<p>Height/spread of 25 to 40 feet, such as:</p> <ul style="list-style-type: none"> • Washington hawthorn • Goldenrain tree • Eastern redbud • American arborvitae • Dogwood 	<p><i>Avoid planting within 20 feet of power lines. When planting within 20 feet is unavoidable, use only shrubs and small trees.</i></p> <p>Height/spread of no more than 25 feet, such as:</p> <ul style="list-style-type: none"> • Star magnolia • Crabapple • Lilac
		
<p><small>Source: The Arbor Day Foundation and the National Rural Electric Cooperative Association</small></p>		

2400 Bing Miller Lane | PO Box 248 | Urbana, IA 52345-0248 | Toll Free: 877-850-4343

Email: ecirec@ecirec.coop | Web: www.ecirec.coop | [facebook.com/eastcentraliowarec](https://www.facebook.com/eastcentraliowarec)

East-Central Iowa Rural Electric Cooperative is an equal opportunity provider and employer.

Help Influence Energy Policy

Today more than ever, what is happening in Des Moines, Iowa, and Washington, D.C., can impact your cost of power and its reliability. Through political action committees (PACs), members can support the campaigns of those officials who have shown themselves supportive of our goals. Because it is illegal for cooperative funds to be contributed to election campaigns, these PACs rely on donations from cooperative employees, directors, and members like you.

The two PACs members can consider donating to are the Action Committee for Rural Electrification (ACRE), which sends funds to candidates for federal elections, and the Friends of Rural Electrification (FORE), which supports candidates running for state office.

Sign up today by filling out the form to the right. Return form to:

ACRE/FORE - ECI REC
2400 Bing Miller Lane
PO Box 248
Urbana, IA 52345-0248

Feeling stressed this harvest season?

WHAT'S YOUR PLAN?

Breakdowns. Long hours. Setbacks. There is no way to predict what harvest will bring. Have your PLAN in place to manage your stress for a safe and healthy harvest.



Prepare for the season

With preparation, some stress can be avoided. Anticipate the demands of harvest and plan ahead. For example, prep healthy meals, fuel equipment, and perform routine maintenance ahead of schedule. **What can you do to prepare?**



Lean on loved ones

Seeking support from others rather than taking on everything yourself can help reduce stress. Text or call a friend or family member when you need support. **Whom can you lean on?**



Activate coping mechanisms

Coping mechanisms can help manage stress. They include engaging in physical activity, finding ways to make yourself laugh, and carving out time for hobbies. **Which coping mechanisms will you use?**



Nip negative self-talk

Negative self-talk leads to decreased morale and feelings of hopelessness. When your inner critic nags, be kind to yourself and remember thoughts are not reality. **How will you tell your inner critic to take a hike?**

Content developed by Josie M. Rudolphi and Courtney Cuthbertson, University of Illinois Extension



Need immediate assistance?

Iowa Concern Hotline:
1-800-477-1985

National Suicide Prevention
Lifeline: 1-800-273-8255



Yes, I will support ACRE and FORE.

I will make a one-time contribution of \$_____. My check is enclosed.
Make checks payable to REC Transmittal Account.

I will contribute monthly. Please add \$_____ each month to my electric bill.

Name: _____ Member Account #: _____

Address: _____ City: _____

State: _____ Zip: _____ Email: _____

Signature: _____ Date: _____

MEMBERSHIP BENEFITS



Your Co-op Connections® Card offers you Healthy Savings and local and national deals. Use your card to start saving today! Questions? Email coopconnections@ecirec.coop.



Use SmartHub to pay for FREE online! Visa, Discover, American Express, and MasterCard accepted. While you're there, view your monthly usage data in helpful chart formats.