

## Energy Tips

(NAPSA)—There's a new resource to help keep older adults safe and warm during the cold weather months.

A new brochure, "Winter Warmth and Safety: Home Energy Tips for Older Adults," provides tips about preparing a home for winter weather and saving money on energy expenses, including:

- Make sure your home is energy efficient by installing a programmable thermostat and sealing and insulating ducts. More advice is available from the Environmental Protection Agency's Energy Star program at [www.energystar.gov](http://www.energystar.gov).



**Older Americans can find out about energy assistance programs from their local Area Agencies on Aging.**

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- Take advantage of special heating assistance funds and utility no-cutoff programs.

### **Learn More**

For a free copy of the brochure, call (800) 677-1116 or download it at [www.eldercare.gov](http://www.eldercare.gov).

The Eldercare Locator is a public service of the U.S. Administration on Aging, administered by the National Association of Area Agencies on Aging.