

Important Phone Numbers and Websites

City of Manchester Welfare Department
(603)-624-6484

Health and Human Services District Offices
195 McGregor St. 603-668-2330 – Manchester
Walk-in hours 8:00 – 4:30
1-800-852-3345 ext 4238 – Client Services

New Hampshire Office of Energy and Planning
(603)-271-2155 – Office
www.staywarmnh.org/residentialtips.htm#efficiency
www.nh.gov/oep/programs/energy/energyconservationtips.htm
“Keep warm tips and energy saving”

ServiceLink Resource Center (Information and Referral)
1-866-634-9412 – toll free for entire state
(603)-644-2240

Southern New Hampshire Services (fuel, electric assistance & weatherization)
(603)-647-4470 or (603)-668-8010
www.snhs.org

Additional Websites on tips to stay warm

“How to stay warm and healthy in winter”
http://seniorliving.about.com/od/healthnutrition/a/stay_warm.htm

“Keep warm this winter while staying warm and healthy”
<http://4elders.org/tips/articles/heating-bills.htm>



For more information:
Manchester Region ServiceLink
555 Auburn Street, Manchester, NH 03103
603.644.2240 • www.seniorscountnh.org

Community Partnerships for Older Adults is a national program funded by the Robert Wood Johnson Foundation to help communities develop leadership, innovative solutions, and options to meet the needs of older adults over the long term.



*Tips for Seniors to
Keep Warm &
Save Energy
This Winter*





Tips to Keep Warm and Save on Energy



- Pre-holiday hint, ask for a gift certificate to help weatherize your home or pay for fuel.
- Winter in a warmer climate with friends and/or family.
- Move in with a friend or have your friend move in as your roommate for the winter.
- Attend an Adult Day Program, Church or Senior Center during daytime hours.
- Use a hot water bottle to warm your bed, add extra blankets.
- Wear layers of clothing, especially natural fabrics.
- Use insulated drapes to improve energy efficiency; close draperies at night and on cloudy days; open them on sunny days.
- Trim or remove evergreens and shrubs that block the sun.
- Remove or cover air conditioners.
- Lower thermostat to 65 degrees when away or asleep.
- Set your hot water temperature at the “normal” setting—no higher than 120 degrees; wash clothes in cold water.
- Insulate your hot water tank and pipes with insulation.
- Place aluminum foil behind radiators to reflect heat.
- Vacuum heat registers.
- Close the damper on your fireplace when it is not in use.
- Don't block radiators/heating vents with furniture or draperies.
- Minimize use of ventilation fans such as bathroom fans and kitchen hood fans.
- Use ceiling fans by reversing the spin and setting on the lowest speed to keep warm air down to the living area.
- Block drafts blowing into your home via mail slot, through the floorboards, doors or windows.
- Keep your garage door closed.
- Install storm doors and windows; put added insulation in your attic.
- Seal doors and windows with draft reducing weather stripping, plastic or door sweeps.
- Close down part of your house and move your bed to the sunniest room.

**For more information call:
ServiceLink (603)-644-2240**