



Storm Over Yachats: A glimpse of sunlight brightens the city as dark clouds loom in a September squall.

(Photo © Donna Bader)

A Place So Dark

*You must have been in a place so dark, couldn't feel the light
Oh why—that's what I keep askin'
Was there anything I could have said or done?
Oh I, had no clue you were masking a troubled soul*

—From “Why,” a song by Rascal Flatts

Suicide cuts lives short, devastating families, friends, coworkers, and loved ones left behind. This summer, Central Lincoln lost an employee to suicide. We felt terrible grief, and helplessness.

While COVID-19 wasn't a factor in this person's death, the rate of suicide on the Oregon Coast has increased during the pandemic. To honor his memory, we're sharing information about suicide, hoping to help prevent another tragic loss. In the U.S., 40,000 people a year die by suicide; it's the 10th highest cause of death in this country, and 3rd highest among teenagers.

“Many families have been impacted by suicide,” says Central Lincoln's General Manager Randy Grove. “It's a terrible, permanent solution to a temporary problem. It leaves families devastated and scarred. And it does not have to happen.”

Warning Signs

Experts say to watch for one or more of the following:

- Hopelessness, withdrawal, or isolation
- Personal loss or illness
- Alcohol and substance abuse
- Unusual behavior changes
- Extreme risk-taking
- Changes in sleep patterns
- Barriers to treatment, or fears that mental health treatment would be embarrassing
- Talking about committing suicide
- Family history of suicide
- Previous attempts



**Suicide Awareness
and Prevention**

What You Can Do

One of the most effective tools for preventing suicide is to know the warning signs and take quick action to get help for the person you're concerned about. “One of the biggest indicators of suicide risk is when somebody begins talking about suicide,” says Dr. David Brent, a psychiatrist at the University of Pittsburgh who studies suicide in families. “We used to think that talking about suicide meant you weren't going to do it, but it's really the opposite. Never ignore someone's talk of suicide. You can ask calmly and directly if the person has ever thought of harming himself or herself. Most people will answer honestly, and the question itself won't push a person to attempt suicide.”

“If you know someone you think is at risk of suicide, please have that hard conversation with them,” says Randy. “Reach out, let them know you are there for them. The results could be profound.”

Resources

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

Coos County: 541-266-6800

Douglas County: 541-440-4471

Lane County: 541-682-8731

**Lincoln County Crisis Hotline:
866-266-0288**

Too Hot This Summer? Are Winters Too Cold Inside?

We have some ideas that may help.

If August's hot temperatures were unpleasant, and you heat your home with electricity, we have a suggestion: a ductless heat pump. Ductless heat pumps have a bonus not reflected in their name—they pump cold air, too. In other words, they are air conditioners as well. And



the Bonneville Power Administration has approved almost doubling the rebate for the installation of a ductless heat pump in an existing home, **from \$750 to \$1,300 through August 31, 2021.** (Some restrictions apply.)

To see if your home qualifies, go to www.goingductless.com and talk with an approved installer. The installer must submit a Residential Ductless Heat Pump Rebate Application to us before work begins to verify the model used qualifies for the rebate. Pre-installation approval is required to qualify, and completed final paperwork must be submitted to receive the rebate.



Also, if you heat your home with electricity, and you're dreading winter's cold, insulation may be a solution. "Insulation typically has the shortest payback—one to three years—of any efficiency measure," says our Energy Services Manager, Wade Carey. "Heating can account for as much as 40% of a home's electricity bill, so cutting the cost of heating can be a real money-saver." We have rebates to help with upgrading a home's insulation levels, if the project qualifies.

To see if insulation is what your home needs, and what rebates might be available to help with the cost, please call our Energy Experts at 1-888-883-9879 before starting. Not all homes will qualify as certain rules and requirements apply.



Thank You, Project Care Donors!

The Oregon Coast has been hit hard by the COVID-19 pandemic, largely due to COVID-related layoffs or business closures. "We're in this together" is a popular phrase these days, and here on the Coast, Central Lincoln customers are acting on that philosophy—donations to Project Care increased 50% from March through July 2020, compared to those same five months in 2019! Project Care contributions are tax-deductible, and assist people in financial distress with their electricity bills.

We also accept funds to directly help a neighbor, family member, or friend with their power bills. Our customer confidentiality policies don't allow us to share if an account is past due, or by how much, but we can and will keep such contributions confidential. Simply write a check to "CLPUD," include a note with the name and address of the person you wish to help, and your phone number in case we have questions, then drop off at one of our drop boxes in Florence, Newport, or Reedsport, or mail to PO Box 1126, Newport, 97365.

Donations to Project Care can be made the same way—by making out a check to Project Care, leaving it in one of our drop boxes, or mailed to the address above.

Thank you so much for helping those who need it in this terrible time!

Call us toll free at **1-877-265-3211** to report an outage, pay your bill, speak to a customer service representative and more. *Your call will be answered by the first customer service representative available in Florence, Newport, or Reedsport.*

Pay By Phone: 1-877-265-3211

Report an Outage: 1-877-265-3211

Energy Efficiency Programs: 1-888-883-9879

Office Hours:

Mondays-Thursdays 7 a.m.-5:30 p.m. (closed Fridays)

Florence: 966 Highway 101

Newport: 2129 N. Coast Highway

Reedsport: 440 Fir Avenue (Closed from 12:30-1 p.m.

Mondays-Thursdays, closed Fridays.)

Website: clpud.org

Email: info@clpud.org

Outage info, energy-saving tips, and latest news:

 www.twitter.com/CLPUD

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Our mission is to ensure our communities have access to reliable and affordable energy products and services.