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Seafood Dinner
11:30 a.m. to 4 p.m.
Holy Angels Church Hall, 21340
Colton Point Road, Avenue
301-769-3332
angelsinavenue.org
Sponsor: Holy Angels
Catholic Church

24

Charles Regional
Medical Center
Celebration Gala
8 p.m. to midnight
Swan Point Yacht and Country Club
301-609-4319
www.charlesregional.org/gala

30

Good Friday
SMECO offices closed.
The Customer Care Center
is available 24/7.
1-888-440-3311
www.smeco.coop

March
AROUND
TOWN
CALENDAR

Don't forget, scholarship applications are due by April 3

The deadline to apply for one of four 2018 SMECO scholarships is close.

Completed scholarship application packages (all items must be submitted as one package) are due by **April 3, 2018**.

They may be taken to SMECO's Hughesville office or Leonardtown office between business hours of 8 a.m. and 4 p.m. or mailed to:

Attention: Bernadette Lewis,
SMECO Headquarters
P.O. Box 1937, Hughesville, MD 20637

For more information

- Visit www.smeco.coop/scholarships
- See your school career counselor
- Call 1-888-440-3311, ext. 4340

Manage your bill with SMECO's Budget Plan

December and January were plagued by frigid temperatures. When it's very cold or below freezing and your heat pump is running 100 percent of the time but cannot keep up with the thermostat's temperature setting, the heat pump will need to access supplemental heat (auxiliary or emergency heat). Supplemental heat can use a lot of energy and that impacts your electric bill.

It can be a shock to have your electric bill jump when the temperature drops. If you sign up for SMECO's Budget Plan, you will know in advance how much your monthly payment will be.

Signing up is easy.

- Apply online using Account Manager. Sign in to your account and use the Budget Billing link under Account Services.
- Fill out the request form at smeco.coop/account/budget-plan-enrollment.
- Make your request in writing.
- Call 1-888-440-3311.

Are you eligible?

- You must be billed under residential rates.
- Your electric bills must total \$300 or more for the most recent six consecutive months.
- Your account must not be past due.
- If you do not have a six-month history for the location, you may be accepted on the Budget Plan when a reasonable estimate can be made by SMECO.

Once your request is accepted, your bill will be the same each month. After six months, the amount of your even monthly payment will be reviewed and adjusted to include any credit on your account or any difference between what you've paid and what you owe. You can request a review of your payment plan at any time and SMECO may also make adjustments throughout the year if necessary.

Save energy and money

Did you know that the three top energy consumers in the home are:

1. Heating and cooling
2. Water heating
3. Combined large appliances

Taking steps to increase efficiency in these three areas can help reduce the amount of energy you use in the home and help you save money.

Learn ways to save energy and save money:

- smeco.coop/heating-and-cooling
- smeco.coop/water-heating
- smeco.coop/appliance-cost-chart

Registration is open for the 2018 SMECO 75 Bike Ride

SMECO is hosting its 8th annual bike ride through Southern Maryland. Rest stops will be stocked with appropriate fuel for cyclists, and lunch will be served at the finish. Participating cyclists will also receive event-themed items.

All proceeds will benefit Hospice organizations in Calvert, Charles, and St. Mary's counties.

Routes: 75 miles, 47 miles, and 29 miles

Date: June 2, 2018

Time: Packet pick-up/same-day registration from 7 to 9 a.m.

Early packet pick-up, June 1 from 4 to 6 p.m.

Place: 15065 Burnt Store Rd.
Hughesville, MD

Cost: Register by May 3*: \$40
May 4–May 25: \$50
May 26–June 2: \$60

* Register by May 3 to guarantee receipt of a shirt.

www.smeco.coop/SMECO75



1

Opioid abuse is everyone's problem. Know what you can do to help.

2

Scholarship applications are due by April 3, 2018.

3

SMECO's Budget Plan can help manage fluctuating bills.

4

Make the top three energy consumers in your home more efficient and save money.

5

Registration is open for the 2018 SMECO 75 Bike Ride.



Opioid abuse is everyone's problem

Know the signs and know what you can do to help before it's too late

The instances of opioid addiction and overdose have increased dramatically over the past few years. Addiction affects everyone and it's important for the community to be aware of the issue so that, together, we can all reduce the number of families impacted by addiction.

According to the St. Mary's Health Department, opioids are a class of drugs that includes the illegal drug heroin, synthetic opioids, such as fentanyl and carfentanil, and pain relievers available legally by prescription, such as oxycodone (OxyContin® or Percocet®), hydrocodone (Vicodin®), codeine, morphine, and many others.

Opioids work in the body to minimize the perception of pain and stimulate the brain's reward (pleasure) system. Taking opioids can lead to a variety of side effects, including:

- euphoria
- nausea
- vomiting
- severe allergic reactions (anaphylaxis)
- and even overdose.

Opioid overdose can occur when a person misunderstands the directions for medical use and accidentally takes an extra dose, or if a person deliberately misuses a prescription opioid or an illicit drug, such as heroin, to get high. Taking prescription opioids that are prescribed for someone else or combining opioids with alcohol or other drugs also increases the risk for overdose.

An opioid overdose happens when a toxic amount of an opioid—alone or mixed with other opioid(s), drugs, or substances—overwhelms the body's ability to handle it.

An opioid overdose requires immediate medical attention. Respiratory failure can lead to unconsciousness, coma, and death. Learn about the symptoms of opioid overdose through training described in the insert included with your bill.

What you need to know about naloxone

Naloxone is a life-saving medication that can quickly restore the breathing of a person experiencing an opioid overdose. Administering naloxone to someone who is overdosing can save that person's life and provide enough time for emergency services to arrive. Naloxone is available as a generic drug or under the brand names NARCAN® and EVZIO®.

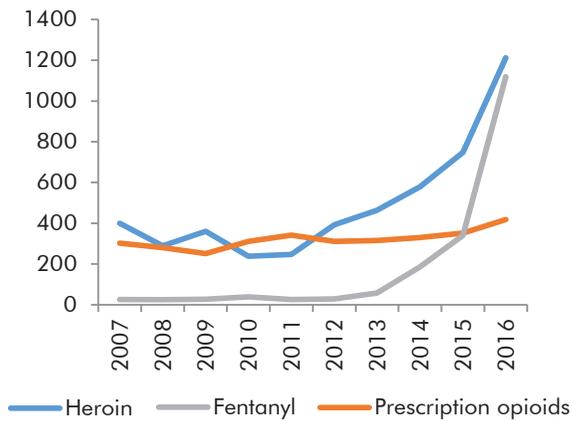
As of June 1, 2017, anyone can get naloxone at a Maryland pharmacy without a prescription.

What is

SMECO doing?

SMECO is committed to having a workforce prepared to administer aid when necessary. SMECO has Medic First Aid training for all

Total number of drug-related intoxication deaths by selected substances, Maryland, 2007–2016



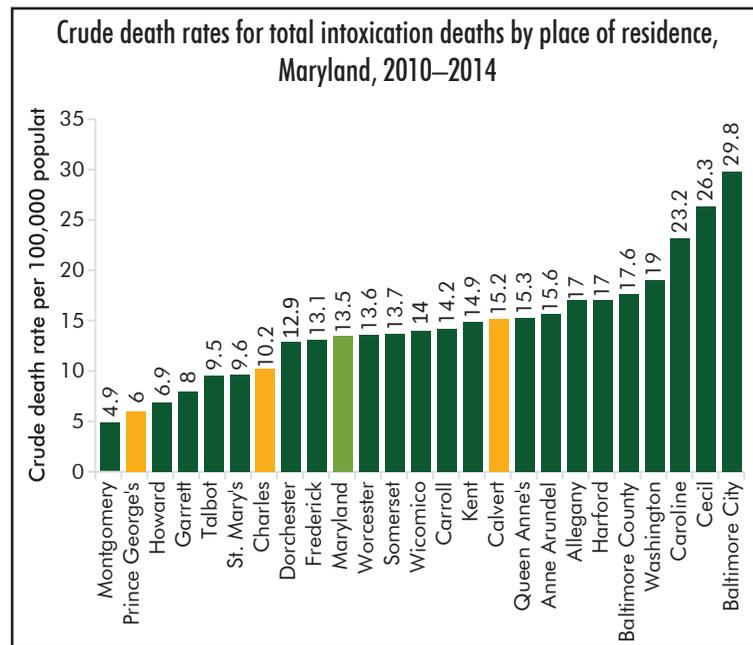
of its employees that includes cardiopulmonary resuscitation (CPR), first aid, and automated external defibrillator (AED) training.

This year, SMECO will include the Maryland Overdose Response Program with its Medic First Aid training. The Maryland Overdose Response Program trains participants on the most common opioids, their effects on the body, signs and symptoms of an overdose, how to administer naloxone, how to care for someone until emergency help arrives, and how to receive naloxone from a pharmacy.

What can you do?

You can help reduce prescription drug abuse rates by properly disposing of unused medications. Proper disposal of prescription medications protects our communities and keeps controlled dangerous substances from accidentally getting into the wrong hands. If you are interested in dropping off your unused prescription medication, find one of the round-the-clock drop-off centers nearest you in the sidebar at right.

Local health departments offer free Maryland Overdose Response Program training to community members who may be able to save the life of someone experiencing breathing problems from opioid overdose. Contact information for your local health departments is listed in the insert included with your bill.



Source for charts: bha.health.maryland.gov

Prescription drop-off locations

Calvert County

Sheriff's Office
30 Church St.
Prince Frederick, MD 20678
410-535-2800

Maryland State Police—Barrack U
210 Main St
Prince Frederick, MD 20678
410-535-1400

Charles County

Sheriff's Office
Indian Head District Station
4401 Indian Head Highway, Ste 2
Indian Head, MD 20640
301-743-2222

Waldorf District Station
3670 Leonardtown Rd
Waldorf, MD 20601
301-932-7777

La Plata District Station
6855 Crain Highway
La Plata, MD 20646
301-932-2222

Maryland State Police—Barrack H
9500 Mitchell Road
La Plata, MD 20646
301-392-1200

Prince George's County

PG County DER Waste Management Division
3500 Brown Station Rd
Upper Marlboro, MD 20774
301-952-7625

Maryland State Police—Barrack L
3500 Forestville Road
Forestville, MD 20747
301-568-8101

St. Mary's County

Sheriff's Office
23150 Leonard Hall Drive
Leonardtown, MD 20650
301-475-4200 ext. 1900

Maryland State Police—Barrack T
23200 Leonard Hall Drive
Leonardtown, MD 20650
301-475-8955