

June 2026

PLUGGED IN WITH . . .

Panhandle Rural Electric Membership Association



## June is Men's Health Month



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### Eat Healthy.

Start by taking small steps like saying "no" to super-sizing and "yes" to a healthy breakfast. Eat many different types of foods to get all the vitamins and minerals you need. Add at least one fruit and vegetable to every meal.

### Get Moving.

Play with your kids or grandkids. Take the stairs instead of the elevator. Do yard work. Play a sport. Keep comfortable walking shoes handy at work and in the car. Most importantly, choose activities that you enjoy to stay motivated.

### Make Prevention a Priority.

Many health conditions can be detected early with regular checkups from your healthcare provider. Regular screenings may include blood pressure, cholesterol, glucose, prostate health and more.

*"Recognizing and preventing men's health problems is not just a man's issue. Because of its impact on wives, mothers, daughters, and sisters, men's health is truly a family issue." — Congressman Bill Richardson (May 1994)*

**100%**

Women are 100% more likely than men to visit the doctor for annual exams and preventive services.

**1994**

On May 31, 1994 President Bill Clinton signed the bill establishing National Men's Health Week.

**1 in 2**

1 in 2 men are diagnosed with cancer in their lifetime compared with 1 in 3 women.

**88.9**

In 2010, there were 88.9 men for every 100 women in the age group 65-69.

### ONLINE RESOURCES

**Men's Health Month**  
[MensHealthMonth.org](http://MensHealthMonth.org)

**Men's Health Network**  
[MensHealthNetwork.org](http://MensHealthNetwork.org)

**Get It Checked**  
[GetItChecked.com](http://GetItChecked.com)

**Talking About Men's Health Blog**  
[TalkingAboutMensHealth.com](http://TalkingAboutMensHealth.com)

**Men's Health Resource Center**  
[MensHealthResourceCenter.com](http://MensHealthResourceCenter.com)

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**AWARENESS. PREVENTION. EDUCATION. FAMILY.**

# Low Income Home Energy Assistance Program (LIHEAP)

## What is the Low Income Home Energy Assistance Program (LIHEAP)?

LIHEAP helps low-income households by providing financial assistance to offset the costs of heating and cooling.

## What services are provided through LIHEAP?

The Department of Health and Human Services (DHHS) provides the following financial assistance:

- Heating Assistance: Payments are made one time per heating season (Oct. 1- Mar 31) to utility providers for eligible households.
- Cooling Assistance: Payments are made one time per cooling season (June 1- Aug. 31) to utility providers for eligible households.
- Crisis Assistance: Payments are made year-round to utility providers to alleviate crisis situations for eligible households under immediate threat of loss of home energy. This includes payments for deposits and reconnect fees.
- Furnace/Central Air Conditioner Repair and Replacement Assistance: Financial assistance for the repair or replacement of a furnace or central air conditioner up to \$750.
- Window Air Conditioner Purchase Assistance: Financial assistance with the purchase of window air conditioners for eligible households.



The Nebraska Department of Water, Energy, and Environment (DWEE) provides:

- Weatherization Services: Home improvements to make homes more energy-efficient.
- Heating and Cooling Repair and Replacement Assistance (HCRRA): Repair or purchase and installation of a heating or cooling system for eligible households up to \$5,000.00.

## Who is eligible to receive LIHEAP through DHHS?

To qualify for LIHEAP, a household must:

- Have income at or below 150% of the federal poverty level (FPL);
- Meet the LIHEAP citizenship and residency requirements;
- Be responsible for home energy utilities; and,
- Not be otherwise disqualified or ineligible.

| Household Size | 150% FPL    |
|----------------|-------------|
| 1              | \$23,475.00 |
| 2              | \$31,725.00 |
| 3              | \$39,975.00 |
| 4              | \$48,225.00 |
| 5              | \$56,475.00 |

For each additional household member, add \$8,250.

*NOTE: Each service has specific requirements. Weatherization and HCRRA have different eligibility requirements.*

## How do I get LIHEAP Assistance?

If the household has an active or pending Economic Assistance (EA) case, the household may request LIHEAP without submitting a new application. If the household does not have an active or pending EA case, the household must submit an agency-approved application for LIHEAP.

Individuals can request or apply for LIHEAP through DHHS:

- On-line at [iserve.nebraska.gov](https://iserve.nebraska.gov);
- In-person at a DHHS Office <https://dhhs.ne.gov/Pages/Public-Assistance-Offices.aspx>; or,
- By calling the number below:
  - o Lincoln: (402) 323-3900;
  - o Omaha: (402) 595-1258; or,
  - o All other Nebraska communities: Toll-Free: (800) 383-4278

Individuals can obtain information for LIHEAP services through DWEE (weatherization and HCRRA):

- Online at <https://neo.ne.gov/programs/wx/wx.html#item-07>; or,
- By calling 402-471-2186

*\*LIHEAP aid is 100% financed with Federal funds. LIHEAP administrative costs are paid with Federal and State funds, which varies annually.*





**Please, DON'T  
post items on  
utility poles.**

**Safe  
Electricity.org**

- To you, a power pole may look like a place to post a sign. To utility crews, it's critical equipment. Nails, staples and tacks can create hazards for lineworkers. Please don't post signs on utility poles.

It's garage sale season but power poles aren't bulletin boards. Posting signs can put utility crews at risk and interfere with maintenance work. Help protect lineworkers by keeping poles free of signs, staples and nails. [#SafeElectricity](#)

## **ATTENTION Smarthub Users!**

Paperless billing is an option on Smarthub. If you are a landowner and you choose to do this, please keep in mind that this turns the paperless billing on for your renters as well - they do not have access to your online account.

Unfortunately, when an account is turned on for paperless billing, PREMA does not get a notification. If this is a feature you would like to utilize, please let us know so that we can make sure that a copy of the bill still gets mailed to the renter. Call the office at 308-762-1311 or email [billing@prema.coop](mailto:billing@prema.coop).

We offer 24/7 pay by phone (855)965-3667 using Visa, Mastercard, Discover, or Checking.





# Happy Father's Day

FROM THE STAFF AT PREMA

## Notes From Load Management

With irrigation season in full swing, so is Load Management. Participants of Load Management wanting to receive a text message when load control is active can call the office at 762-1311 or email Nick Paradeis at [nickp@prema.coop](mailto:nickp@prema.coop). Participants can also check which groups are in active control by logging on to (<http://www.prema.coop>) and go to the irrigation tab and click on Load Control Status. Control status can also be checked by calling the office at 762-1311, after hour calls will be forwarded to PREMA's dispatch call center.



Serving Arthur, Box Butte, Cherry, Dawes, Garden, Grant, Hooker, McPherson, Morrill, Sheridan and Sioux Counties

### PREMA

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