

Lighting: Integrated vs Non-Integrated



Once upon a time, the only lighting options available were various wattages of incandescent bulbs. Now you can choose the lighting levels, dimmability, color temperature, type of bulb, and whether to even worry about changing bulbs in the first place. This last decision is based on LED (light emitting diode) integrated vs. non-integrated lighting. So how do you decide which option to choose and where to install each (if at all)? Here's what you need to know.

What's the Difference?

Integrated lighting is a complete lighting package without the option to swap out a bulb when it stops working. Pot lights and accent lights often fall into this category. If you have to replace the entire fixture, it's an integrated light.

Non-integrated lights consist of a fixture into which you can install a bulb (most often screw type). LED bulbs are easily available for use even in fixtures that previously had other, less efficient lighting, making it the typical choice for immediate upgrades.

Cost

Integrated lighting is more expensive to install but requires less frequent replacement. Thus, you can consider the cost in terms of time to purchase and replace bulbs as well as the actual lifetime cost of those replacement bulbs. Having the freedom to almost set it and forget it might make integrated lighting the right option for you.

Ambiance and Functionality

Lighting fixtures that are fully integrated tend to be smaller, allowing them to be customized for different locations in your home. Creating ambient
(cont.)

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lighting under counters or in smaller spaces becomes an option that would otherwise be cumbersome with bulb fixtures. Architecturally, integrated LED lights have created opportunities for more creative lighting throughout your home.

Flexibility

Integrated lights are less flexible if you want to make changes to the “temperature” (warm, yellow lights vs. cooler blue lights) and intensity of your lighting. Whereas replacing a bulb allows you to change the ambiance and

lighting levels in a room, integrated lighting is something of a commitment that costs more to change. You can also replace older bulbs in existing fixtures with LED bulbs without having to change the fixture, allowing you to benefit from the LED energy savings without the hassle.

Ultimately, you may find that a mix of both types of lights might be suitable. If you need help with your home’s lighting, we can help you make the best decision and implement it so you get the maximum benefit from your lighting.

Frosty Fun

Where do Snowmen go Dancing?

The Snow Ball!

What do Electricians Call a Power Outage?

A Current Event!

How to Avoid Feeling Overwhelmed

In this crazy modern world, feeling overwhelmed seems to be just a part of life. Life can get out of hand, leaving you struggling to keep your head above water. So how do you prevent this from happening? Everyone’s experience is different, but there are steps you can take to reduce your chances of becoming overwhelmed and, worse, completely burnt out.

Prioritize

When you think about your to-do list, everything seems important. Worse yet, everything seems urgent. But there are often items you can ignore, delegate or legitimately postpone. In the same way you make budgeting decisions about your money, you need to budget your time and energy. Do a brain dump of all your

projects and daily tasks, then pick the priority items for each month, week, and day. Base your decisions on what’s important to you. Know your limits, and don’t be afraid to delegate or delete extras.

Take Care of yourself

Without the fundamentals in place, even the smallest challenges can become overbearing. You’re human. You need sleep, exercise, nourishment, recreation, a sense of accomplishment, and love. Neglecting any of these for too long can cause burnout before you even know what’s going on. There will be times when deadlines loom, and you have to put in the extra hours. Just make sure those times don’t last months or years at a time. (cont.)



How to Avoid Feeling Overwhelmed (cont.)

Get Help

You don't have to do everything yourself. If you have people in your life who can help, even if their version of the task is different, ask for (and accept) their assistance. You may have to get your children more involved with chores, or you may even have to outsource tasks. Do what you need to do to reduce your risk of overwhelm.

Let Things Go

Sometimes the only thing you can do is walk away. When that dream career turns into a nightmare or the cost of keeping your beautiful house means you don't get a break,

you may have to reconsider whether it's worth holding on to. It takes deep contemplation and discussion, especially if it affects others. You might also let go of excess clutter in your home, take a sabbatical from night classes (or your job) or reduce time spent on social media. Once you determine your priorities, you'll be better able to make this decision.

Feeling overwhelmed isn't inevitable, but it's also not completely avoidable. Set yourself up for success by leaving room in your life to handle challenges, and remember that no matter what happens, this too shall pass.

Winter Savings

\$25 OFF

Electric Outlet Installations

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\$25 OFF

Electrical Inspection

SINGLE USE ONLY. CANNOT BE PAIRED WITH ANY OTHER OFFER. CALL FOR MORE DETAILS. EXPIRES JANUARY-31-2023

Winter Game

Use different colored highlighters or markers to make this game easier to play. Players take turns coloring one line at a time. The first player to create an entire triangle out of their color loses.





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Rich Hot Chocolate 8-10 Servings

Ingredients

- 4 Cups whole milk
- 2 Cups heavy whipping cream
- One (1) 14-Oz can sweetened condensed milk
- 12 Oz bittersweet chocolate (chips or finely chopped)
- 1 tsp pure vanilla extract
- Optional: 1 tsp instant espresso powder
- ½ tsp kosher salt
- For serving, as desired: freshly whipped cream, shaved chocolate, crushed peppermint candies

Step 1

Prepare the hot chocolate: Add all listed ingredients (milk, cream, sweetened condensed milk, chocolate, vanilla, salt) to medium pot or saucepan over medium-low heat. Bring the mixture to a very light simmer and cook, stirring occasionally, until the chocolate is melted and the hot cocoa is smooth; the cocoa will thicken some as it simmers.

Step 2

Serve immediately, topped as desired. We like our Christmas Cocoa topped with lots of freshly whipped cream & shaved chocolate. Marshmallows always encouraged. Enjoy!