

When Do Cool Centers Open?

The Riverside County Department of Public Health, after contact with the National Weather Service, issues a "Heat Warning" when:

- The forecast anticipates temperatures of 105° + for three to five consecutive days.
- The Riverside County Department of Public Health issues a "Heat Warning" for affected areas and disseminates information through print and electronic media including television, radio and newspapers.
- Watch or listen for the "Heat Warning" on your television, radio, and local newspaper.
- Cool Centers are then opened to the public.

A toll free number is activated for call-ins to obtain information on home measures, cool center locations, hours and general information about heat related problems or questions.

**The Hotline is open, Monday through Friday,
from 8:00 a.m. – 5:00 p.m.
Summer Crisis Hotline: 1-888-636-8676
For General Information: 2-1-1 (24 hours/day)**



www.capriverside.org

Cool Center Partners



SUMMER ENERGY CRISIS RESPONSE PARTNERS COUNCIL

Community Action Partnership Energy Task Force
Riverside County Fire (OES)
Public Health Department
Health Promotion and Professional Development
American Red Cross
DPSS-IHHS
Adult Protective Services
Volunteer Center of Riverside County (211)

Desert Cool Centers

Bythe City Hall	Indio Community Center
La Quinta Senior Center	La Quinta Community Center
Bythe Community Center	Desert Resource Center
Cathedral City Senior Center	Palm Desert Community Center
Boys & Girls Club of Desert Hot Springs	James O. Jessie Desert Highland Unity Cr
City of Desert Hot Springs	Joslyn Senior Center
Coachella Senior Center	Mizell Senior Center
Indio Senior Center	Thermal Senior Center
Coachella Valley Parks & Recreation	Eisenhower Medical Center Lobby

Mid-County Cool Centers

Beaumont Civic Center	Rancho Calimesa Mobile Home Park
Banning Senior Center	Hemet Conference Centers
Perris Senior Center	Simpson Center
James A. Venable Center	Praise Tabernacle
Mead Valley Community Complex	Calimesa Senior Center

Southwest County Cool Centers

Kay Cenicerros Senior Center	Mary Phillips Senior Center
Lake Elsinore Senior Center	Rancho Community Church
Lakeview Chapel	Senior Services Center & Food Bank
Murrieta Senior Center	

West County Cool Centers

Corona Senior Center	Norco Senior Center
Janet Goeske Center	First Apostolic Church
Moreno Valley Senior Center	Dales Senior Center
Jurupa Community Center	



Community Action Partnership of Riverside County

Cool Centers



Protecting Our Most Vulnerable Citizens



2038 Iowa Avenue, Suite B102
Riverside, CA 92507

Phone: (951) 955-4900
Phone: (800) 511-1110
Fax: (951) 955-6506
TTY: (951) 955-5126

Lois J. Carson, CCAP, Executive Director

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Helping People - Changing Lives

What Are Cool Centers?

Since 2001, Community Action Partnership of Riverside County (CAP Riverside), with the direction of the Community Action Commission and its Energy Task Force has operated the Summer Crisis Cool Center Program.



Cool Centers are a unique approach to preventive health, in that they are safe and cool places for individuals, especially those most vulnerable populations, to escape the high temperatures during the summer months.

The program is a collaborative effort, primarily supported by community partners throughout Riverside County, who provide space, staff, volunteers and educational materials as in-kind donations. These organizations provided a cool safe center to over 12,000 individuals and donated approximately \$1 million worth off in-kind services and materials.

CAP Riverside started the Cool Center program in 2001, and it has progressively grown over the years:

- 2001 – 2002: 5 sites (attendance data not available)
- 2003: 7 sites, 245 individuals attended
- 2004: 15 sites, 6,611 individuals attended
- 2005: 22 sites, 8,634 individuals attended
- 2006: 26 sites, 7,962 individuals attended
- 2007: 42 sites, 12,042 individuals attended

CAP Riverside invites Faith-Based and Community organizations to join our network in saving lives during the excessive temperatures.

Cool Center Services

CAP Riverside has provided snacks and water, plus the following services at the Cool Centers:

- Information on:
 - How to protect yourself during extreme heat.
 - Energy conservation - Helpful tips to conserve energy, information on energy efficient appliances and how to read your utility bill.
 - Community Emergency Response Team (CERT)
- Presentations on:
 - How to be prepared during a heat wave (partnered with American Red Cross).
 - Disaster Preparedness Awareness - provided shakable flashlights, personal evacuation kits, solar powered radios/flashlights and portfolios for important documents to cool center participants.
 - Utility Assistance Clinics.

Other services provided as in-kind by Partners:

- Public Health nurses have provided services, such as blood pressure and blood sugar levels check ups and information on nutrition.
- The Weil Institute of Critical Care Medicine provided CPR training to the unincorporated Cool Center sites.
- Pass Area Safety Services (PASS) provided First Aid training.



Protect Your Health When It's Hot

- Drink plenty of water. Avoid alcohol and caffeine.
- Wear a wide-brimmed hat, or use an umbrella for shade.
- Wear lightweight, light-colored, loose clothing.
- Slow down—rest in the shade or a cool place when possible.
- Never leave a child, elderly, disabled person, or animal alone in a vehicle.
- Check on friends and neighbors who are elderly or have medical conditions, or are at higher risk for problems when it is very hot.
- If you do not have an air conditioner, use a fan, make sure your windows are open and visit a cool center.
- Take a cool shower or bath throughout the day.
- When it is hotter than 90°, turn on your air conditioner, or visit a friend with air conditioning or a cool place like a mall, library or senior center.

You are also at risk if you have certain medical conditions, take medication for high blood pressure, have a mental health condition, have been using drugs or alcohol, or have had a previous heat-related illness.



There are three forms of Heat Stress:

- **Heat Cramps:** Involuntary muscle contractions caused by failure to replace fluids and/or electrolytes.
- **Heat Exhaustion:** Weakness, extreme fatigue, nausea, headaches, wet, sweaty skin.
- **Heat Stroke:** Hot body temperature above 105.8°, failure of the body's heat control, mental confusion, loss of consciousness, convulsions, or even coma.

Mid-County Warm Centers

**Albert A. Chatigny Senior
Community Center**
1310 Oak Valley Park Way
Beaumont, CA 92223
Tel: 951 769-8539
Time: 7:00am-4:00pm
Monday - Friday

Banning Senior Center
789 N. San Gorgonio Avenue
Banning, CA 92220
Tel: 951 922-3250
Time: 9:00am-2:00pm
Monday - Thursday
Time: 9:00am-3:00pm
Friday

Calimesa Senior Center
908 Park Ave
Calimesa, CA 92320
Tel: 909 795-2287
Time: 8:30am-4:00pm
Monday-Thursday
8:00am-12:00pm
Friday

James A. Venable Center
50390 Carmen Avenue
Cabazon, CA 92230
Tel: 951-922-1097
Time: 8:00am - 5:00pm
Monday - Thursday
Time: 8:00am-12 :00pm
Friday

**Mead Valley
Community Complex**

Pending

Perris Senior Center
100 N. D Street
Perris, CA 92570
Tel: 951 657-7334
Time: 8:30am-4:30pm
Monday - Thursday

**Rancho Calimesa Mobile
Home Ranch**
10320 Calimesa Blvd.
Calimesa, CA 92320
Tel: 909 795-7669
Time: 9:00am-5:00pm
Tuesday - Saturday

**Hemet YMCA
Simpson Center**
305 E. Devonshire Avenue
Hemet, CA 92543
Tel: 951 929-5607
Time: 8:00am-8pm
Monday - Friday
Time: 8:30am-1:00pm
Saturday - Sunday

**Warm Center for Pets
Renaissance Pet Resort & Spa**
1346 E. Ramsey Street
Banning, CA 92220
Tel: 951-849-5020
Time: 7:00am-7:00pm
Monday- Friday
Time: 8:00am-5:00pm
Saturday
Time: 10:00am-6:00pm
Sunday

"Rules apply, please call warm center before taking your pet"