

Center for Older Adults
800 Cheshire Road, Suite A
Delaware, Ohio 43015

Contact: Donna Meyer
740-363-6677 or 1-800-994-2255
donna@growingolder.org

This news release can be found and downloaded from the “News Release” page of the Council for Older Adults web site at www.growingolder.org

FOR IMMEDIATE RELEASE

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The Center for Older Adults offers respite from the Heat

The National Weather Service in Wilmington, Ohio has issued yet another heat advisory for Delaware County, with a heat value index of over 100. The sticky, sweltering heat expected to continue through this weekend is a threat to senior citizens’ health, especially those with chronic pulmonary disorders and heart conditions. Those who use compressed oxygen are at increased risk of suffering heat stroke, heat exhaustion and other heat-related conditions. Each year, thousands of older Americans suffer from dehydration, heat stroke and heat exhaustion. The Center for Older Adults (800 Cheshire Rd.) offers a cool respite from the intense heat. Open Monday – Thursday from 8 a.m. to 8 p.m., and Friday from 8 a.m. to 4 p.m., the Center provides a variety of activities for older adults to enjoy while taking a break from the brutal outside temperatures.

According to the CDC, older individuals are more prone to heat stress than younger people for several reasons:

- Elderly people do not adjust as well as young people to sudden changes in temperature.
- They are more likely to have a chronic medical condition that changes normal body responses to heat.
- They are more likely to take prescription medicines that impair the body's ability to regulate its temperature or that inhibit perspiration.

The CDC website also states that electric fans may provide comfort, but will not prevent heat-related illness when the temperature is on the high 90s.

The Council for Older Adults has a limited number of box fans, which are being collected by the Genoa Township Fire Department, to be distributed on a first-come, first served basis. County residents age 60 and over, who meet certain eligibility requirements, can reserve these fans at no charge by calling the Council for Older Adults at (740) 363-6677, Monday – Friday from 8 a.m. – 5 p.m.. We are also seeking additional donations of box fans to distribute to older adults in Delaware County. The Council for Older Adults encourages the public to check frequently on elderly neighbors, friends and family members to be sure that are staying cool.

Other community resources include the Summer Crisis Program, administered by Community Action Organization of Delaware, Madison & Union Counties which provides a one-time payment of up to \$175 for assistance with electric bill and/or an air conditioner. This program is for individuals age 60 and older or those with health issues which are verified by a physician. Income and other restrictions apply. The program is available until August 31. To apply for the Summer Crisis Program, consumers need to contact Community Action at (740) 369-3184. People In Need Inc. of Delaware County can provide electric box fans to residents in

need. For additional information on this program, please contact P.I.N. at (740) 363-6284. The Breathing Association of Ohio will also be distributing fans and room air conditioners to those with certain medical conditions. Income restrictions apply. For more information, please call 614-457-4570.

The Council for Older Adults is a local nonprofit organization responsible for planning, developing, coordinating and providing services for older adults and their families in Delaware County. Among the Council's services are the county-wide Meals On Wheels program and Senior Choices, a program that provides comprehensive care management and in-home services. Services provided by the Council are made possible in part by funding through our local senior services levy.