



## Cumberland County Board of Commissioners

Kelly Neiderer, Chairman . Jean Foschi, Vice Chairman . Gary Eichelberger, Secretary

# Press Release

FOR IMMEDIATE RELEASE

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## Cumberland County: Public Safety Asks Residents to Take Precautionary Measures to Stay Safe During Heat Wave

**Carlisle, PA** – Cumberland County’s Department of Public Safety today warned residents to take extra precautions to keep cool, stay hydrated, keep out of the sun during peak hours, and check on seniors during the week-long heat wave.

“With temperatures expected in the high 90s, we urge our residents to stay indoors or make time for breaks in the shade or air conditioning. Stay hydrated and avoid strenuous activity during the hottest part of the day, between 10 a.m. and 3 p.m.,” said Robert Shively Jr., public safety director. “It is extremely important if you are driving with your children or pets to check the back seat every time you leave your car, and don’t forget to check on elderly parents or neighbors.”

Extreme heat and humidity challenge your body’s ability to cool itself. Rapid overheating or dehydration can lead to heat-related illnesses. Shively added, “if you see anyone experience a heat emergency, contact 911 immediately.”

Learn more about beating the heat at [www.weather.gov/safety/heat](http://www.weather.gov/safety/heat)

The consistent high temperatures can be most dangerous for pregnant women, newborns, children, those with chronic illnesses, and seniors.

Seniors can experience multiple adverse effects when exposed to extreme heat, especially those with preexisting illnesses, individuals taking certain medications, and those living alone or with limited mobility. Dehydration presents significant risks and complications for the elderly.

“With age, the body’s ability to conserve water and detect thirst diminishes, making seniors more susceptible to the effects of dehydration,” said Nancy Conklin, Assistant Director of Aging and Community Services. “Our case workers will be checking on the most vulnerable seniors, and if possible, seniors can stop by some of the senior centers and libraries to cool off.”

**Cooling centers for this week include:**

Senior Centers:

**Big Spring Senior Center**  
91 Doubling Gap Road, Newville  
717.776.4478  
Monday-Friday 8 a.m. to 3:30 p.m.  
*Exception: Closed June 18 and June 19*

**Carlisle Senior Action Center**  
20 East Pomfret Street, Carlisle  
717.249.5007  
Monday-Friday 9 a.m. to 2 p.m.  
*Exception: Closed June 19*

**Schaner Senior Center**  
98 South Enola Drive, Enola  
717.732.3915  
Monday-Friday 8 a.m. to 3 p.m.

**Branch Creek Place**  
115 North Fayette Street, Shippensburg  
717.591.5581  
Monday-Friday 8:30a.m. to 3:00 p.m.  
*Exception: Closed June 20 and June 21*

**West Shore Senior Center**  
122 Geary Avenue, New Cumberland  
717.774.0409  
Monday- Friday 8:30 a.m. to 2:30 p.m.  
*Exception: Closed June 18 and June 21*

**Mechanicsburg Place**  
97 West Portland Street, Mechanicsburg  
717.591.5581  
Monday-Friday 8:30 a.m. to 2:30 p.m.  
*Exception: Closed June 21*

Libraries:

**Amelia Givin Library**  
114 North Baltimore Ave, Mt. Holly Springs  
717.486.3688

**Bosler Library**  
158 West High Street, Carlisle  
717.243.4642  
Exception: Closed June 19

**Coy Public Library**  
73 West King Street, Shippensburg  
717.532.2454

**East Pennsboro Library**  
98 South Enola Drive, Enola  
717.732.4274  
Exception: Closed June 19

**Fredricksen Library**  
100 North 19th Street, Camp Hill  
717.761.3900  
Exception: Closed June 19

**John Graham Library**  
9 Parsonage Street, Newville  
717.776.5900

**Simpson Library**  
16 North Walnut Street, Mechanicsburg  
717.766.0171  
Exception: Closed June 20

For library hours and additional information visit [www.cumberlandcountylibraries.org/Locations](http://www.cumberlandcountylibraries.org/Locations). For more information on how to stay safe during extreme weather, visit [www.ready.pa.gov](http://www.ready.pa.gov).

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