



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

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. For more information on how to stay safe during extreme weather, visit www.ready.pa.gov.

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