

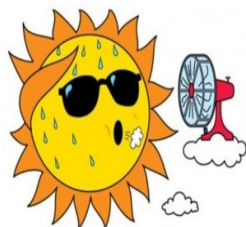
PINAL COUNTY NETWORK NEWS



JUNE 2017 - Special Edition

Featuring items of special interest to organizations and individuals working to improve the lives of people in our County. Published and emailed by Community Action Human Resources Agency (CAHRA), with support provided by Arizona Department of Economic Security Division of Aging and Adult Services and Pinal Gila Council for Senior Citizens.

INSIDE THIS ISSUE	PG#
<ul style="list-style-type: none"> Community Efforts During Excessive Heat Warning Days Information About Power Outages 	1
<ul style="list-style-type: none"> Hydration and Cooling Stations 	2
<ul style="list-style-type: none"> Donations Sought for 1st Annual Countywide Coordinated Hydration Station Campaign 	3
<ul style="list-style-type: none"> Heat Safety - Heat Related Illness 	3-4



COMMUNITY EFFORTS IN PINAL COUNTY DURING EXCESSIVE HEAT WARNING DAYS

With the intense temperatures this week and possibly the upcoming week United Way of Pinal County (UWPC) is working with Community Action Human Resources Agency (CAHRA) and Pinal County Emergency Management to coordinate and identify a hydration and cooling stations inventory in case of over heatedness due to faulty or no cooling systems, in case of power outages or for homeless.

A chart on page 2 lists those hydration and cooling stations identified to date. In the case of police officers in Casa Grande, Apache Junction and Eloy, they will have water in their vehicles.

UWPC has been working with entities to develop Hydration Station maps. The two cities currently coordinated are Casa Grande and Apache Junction. UWPC is working with others to include them on the UWPC website as soon as possible. Email Manuela Bowler at manuela.bowler@unitedwayofpc.org and Mary Lou Rosales at mlrosales@cahrapinal.org with the information; of particular interest is information on hydration and cooling stations in Maricopa, San Tan Valley and Eastern Pinal County.

The links to the Casa Grande and Apache Junction Hydration Station maps are:

- <https://www.unitedwayofpc.org/casa-grande-water-station>
- <https://www.unitedwayofpc.org/apache-junction-hydration-station-map>

The link to the National Weather Service Potential Heat Risk map is <https://www.wrh.noaa.gov/wrh/heatrisk/?wfo=fgz>

Additional heat related information can be found at the Arizona Department of Health Services is <http://www.azdhs.gov/preparedness/epidemiology-disease-control/extreme-weather/index.php#heat-home>

DRINK
more
WATER



INFORMATION FOR POWER OUTAGES IN THE APS & SRP SERVICE AREAS

- APS - Call 1-855-688-2437 <https://www.aps.com/en/globalservices/outagecenter/Pages/home.aspx?src=outage>
- SRP outages call 1-602-236-8888 <https://www.srpnet.com/billing/home/enotes.aspx>

You can sign up for outage alerts and get more up to date information on their respective web-



HYDRATION STATIONS



Cooling Centers identified with an asterisk (*)

Casa Grande	
Name and Address	Days and Hours of Operation
Casa Grande Food Bank, 235 E. 4 th Street	Monday, Wednesday & Thursday, 2pm-4pm
Casa Grande Police, Mobile/Squad Cars	Monday-Sunday, 24 hrs a day
Salvation Army, 1333 N. Center Ave	Monday-Friday, 9am-5pm
Seeds of Hope, 702 E. Cottonwood Lane	Monday-Friday, 11am-12pm
St. Vincent de Paul, 405 E. 2 nd St	Monday-Saturday, 9am-3pm
Pinal Gila Council for Senior Citizens, 8969 W. McCartney Rd. *	Monday-Friday, 8am-5pm
Pinal Hispanic Council, 330 N. Picacho . *	Monday-Friday, 8am-5pm
United Way of Pinal County, 402 E. 10 th St. . *	Monday-Friday, 7am-5pm
Apache Junction	
Apache Junction Police Dept, 1001 N. Idaho Rd. Mobile/Squad Cars	Monday-Sunday, 24 hrs a day
Apache Junction Food Bank, 575 N. Idaho Rd	Monday-Friday, 8am-4pm & Saturday 8am-11am
GEAR Station at First Assembly of God, 651 N. Ocotillo Dr	Tuesday, 8am-12pm & Saturday 9am-12pm
Gold Canyon United Methodist Church, 8330 E. Surprise Sky Dr	Monday-Friday, 8:30am-12pm
Hope Women’s Center, 252 N. Ironwood Dr	Tuesday-Wednesday, 9am-7pm Thursday-Friday, 9am-4pm
Veterans Center at Desert Chapel United Methodist, 462 N. Palo Verde Dr	Monday-Friday, 9am-4pm If slow, sites may close at 3:30pm
St. George’s Catholic Church, 300 E. 16 th Ave.	Tuesday-Thursday, 9am-11am
Salvation Army, 605 E. Broadway Ave. . *	Monday-Friday, 8am-4pm
CAAFAs, 185 N. Apache Trail, Suite 1	Monday-Friday, 9am-5pm
Genesis Project, 564 N. Idaho Road, Suite 5 . *	Monday-Friday, 12pm-2pm
Coolidge	
Pinal Hispanic Council, 556 S. Arizona Blvd. . *	Monday-Friday, 8am-5pm
OHOP Coolidge Veterans Center, 204 W. Central Ave. *	Monday-Friday, 9am-4 pm and Saturday 9-2pm
San Tan Valley	
SRP’s Pinal Customer Center (Eagle conference room) 3735 E. Combs Rd. (SE corner of Combs and Schnepf roads), San Tan Valley . *	(Monday-Thursday) June 19-22 7am – 6pm
Eloy	
Blessings International –El Centro Cristiano, 105 W. 5th St.	Mondays, Wednesdays & Fridays 9:30am-12pm
Eloy Public Library , 1000 N. Main St. *	Monday-Friday, 7:30am-6:00pm
Eloy Vets Center (For Veterans), 108 N. Main St. . *	Monday-Friday, 8am-5pm
Pinal Hispanic Council, 107 E. 4 th St. . *	Monday-Friday, 8am-5pm
Eloy Parks and Recreation Dept., Main Street Center, 100 E. 7th St. . *	Monday-Friday, 8am-7pm
Community Action Human Resources Agency, 109 N. Sunshine Blvd. . *	Monday-Friday, 8am-5pm
Eloy Police Dept., Mobile/Squad Cars	Monday-Sunday, 24 hrs a day



DONATIONS FOR 1ST ANNUAL COUNTY WIDE COORDINATED HYDRATION STATIONS CAMPAIGN

As temperatures reach record highs citizens have the opportunity to support those in need by donating cases of water and electrolyte-restoring powder.

Donations can be made at all the distribution locations listed below. This effort is facilitated by the United Way of Pinal County, Casa Grande Homeless Coalition and Apache Junction Homeless Coalition and CAHRA.

Donations will be taken by:

- United Way of Pinal County, 402 E. 10th St., Casa Grande
- Seeds of Hope, 702 E Cottonwood Ln., Casa Grande
- Salvation Army, 1333 N Center Ave., Casa Grande
- St. Vincent de Paul, 405 E 2nd St., Casa Grande
- Casa Grande Food Bank, 235 E 4th St., Casa Grande
- CAHRA, 109 N. Sunshine Blvd., Eloy
- Apache Junction Public Library- 1177 N Idaho Rd., Apache Junction
- Apache Junction Multi Gen Center- 1035 N Idaho Rd., Apache Junction
- Apache Junction Chamber of Commerce- 567 W Apache Trail., Apache Junction
- Salvation Army- 605 E Broadway Ave., Apache Junction
- Wal-Mart- 2555 W Apache Trail, Apache Junction
- Aurora Place- 675 W Broadway Ave., Apache Junction
- AJI Sporting Goods- 10444 E Apache Trail., Apache Junction
- Central Arizona College- 805 S Idaho Rd., Apache Junction
- Western Lifestyle Realty- 940 W Apache Trail, Apache Junction
- Lost Dutchman Realty/True Guns- 1075 S Idaho Rd., Apache Junction

Please contact Braden Biggs if you have any questions: Braden.biggs@unitedwayofpc.org

Monetary donations can be made at the United Way of Pinal County office located at 402 E. 10th St., Casa Grande, AZ 85122 with "CG 2017 Hydration", "Eloy 2017 Hydration", "Apache Junction 2017 Hydration" or "Coolidge 2017 Hydration" on the memo line. For credit card use, contact office at 520-836-0736.

Water donations during the campaign will be distributed at numerous sites. A map to "hydration stations" in the region can be found at <https://www.unitedwayofpc.org/casa-grande-water-station> <https://www.unitedwayofpc.org/apache-junction-hydration-station-map> or on page 2 of this newsletter.



HEAT SAFETY HEAT RELATED ILLNESS From Arizona Department of Health Services Website

Arizona is one of the hottest places on earth from May to September. Heat-related illnesses are common during the summer. Year after year, nearly 2,000 people visit Arizona emergency rooms because of heat-related illnesses. Some heat-related illnesses can even be fatal. Almost 1,300 deaths from exposure to excessive natural heat have occurred in Arizona from 2005 to 2015. A summary of heat-related deaths and illness has been reported in the Mortality and Morbidity from Exposure to Excessive Natural Heat in Arizona, 2005-2015 Report.

As a result, the Arizona Department of Health Services has developed a Heat Emergency Response Plan, a Heat Safety Resource Guide, and a bilingual Heat Brochure. The Heat Relief Network offers tips for staying safe in the heat and Hydration and Collection maps for places to get water and donate water around Maricopa County. (*Links for Apache Junction and Casa Grande Hydration Stations are listed on page 1*)

To sign up for email alerts and information regarding extreme heat warnings, check out the instructions on our Extreme Weather and Public Health homepage.

Preventing Heat-Related Illness

Your body keeps itself cool by letting heat escape through the skin, and by evaporating sweat (perspiration). If your body does not cool properly or does not cool enough, you might suffer from a heat-related illness.

Anyone can be susceptible to heat-related illness. Those at greatest risk are children under 4, adults over 65, homeless people, outdoor workers, people who are overweight, and people who are ill or on certain medications. Heat-related illness may be serious or even deadly if unattended.

Staying healthy during the summer is easier if you take the time to protect yourself by making sure you are drinking enough water and limiting your exposure to the heat. Follow these simple rules:

- **Drink water.** Even people that stay mostly indoors all day should drink at least 2 liters of water per day. People that spend time outdoors should drink 1 to 2 liters per hour that they are outdoors. People that do strenuous activity outdoors should be very careful, being your body can lose up to 4 liters of water per hour during strenuous activity. You should carry water with you and drink even if you do not feel thirsty.

Continued on Page 4

Continued from Page 3

- **Dress for the heat.** Wear lightweight, light-colored clothing. It is also a good idea to wear hats or to use an umbrella. Always apply sunscreen to exposed skin.
- **Eat small meals and eat more often.** Avoid foods that are high in protein which increase metabolic heat.
- **Slow down.** Avoid strenuous activity. If you must, do it during the coolest part of the day, which is usually in the morning between 4:00 a.m. and 7:00 a.m.
- **Stay indoors when possible.**
- **Take regular breaks when engaged in physical activity on warm days.** Take time out to find a cool place. If you recognize that you, or someone else, are showing symptoms of a heat-related illness, stop activity and find a cool place. Remember, have fun, but stay cool!

Signs & Symptoms of Heat-Related Illness

When temperatures are on the rise, watch for the following symptoms:

- **Thirst:** By the time your body tells you that you are thirsty, you are already mildly dehydrated.
- **Heat cramps:** Heat cramps are muscular pains and spasms due to heavy exertion. They usually involve the abdominal muscles or the legs. The loss of water and salt from heavy sweating causes heat cramps.
- **Heat Exhaustion:** Heat exhaustion is less dangerous than heat stroke. It typically occurs when people exercise heavily or work in a warm, humid place where body fluids are lost through heavy sweating. Fluid loss causes blood flow to decrease in the vital organs, resulting in a form of shock. With heat exhaustion, sweat does not evaporate as it should, possibly because of high humidity or too many layers of clothing. As a result, the body is not cooled properly. Signals include cool, moist, pale, flushed or red skin; heavy sweating; headache; nausea or vomiting; dizziness; and exhaustion. Body temperature will be near normal.
- **Heat Stroke:** Also known as sunstroke, *heat stroke is life-threatening*. The victim's temperature control system, which produces sweating to cool the body, stops working. The body temperature can rise so high that brain damage and death may result if the body is not cooled quickly. Signals include hot, red and dry skin; changes in consciousness; rapid, weak pulse; and rapid, shallow breathing. Body temperature can be very high—sometimes as high as 105° F.

Stages of Heat-Related Illness

Heat-related illness usually comes in stages. The signal of the first stage is thirst. Drinking water at this stage can prevent you from progressing to the more serious kinds of heat related illnesses. The next stage is muscle cramps. These cramps can be mild or very painful. If you are caring for a person who has heat cramps, have him or her stop activity and rest. If the person is fully awake and alert, have him or her drink small amounts of cool water or a commercial sports drink. Gently stretch the

cramped muscle, hold the stretch for about 20 seconds, then gently massage the muscle. Repeat these steps if necessary. If the victim has no other signals of heat-related illness, the person may resume activity after the cramps stop.

The signals of the next, more serious stage of a heat-related illness (often called heat exhaustion) include:

- Cool, moist, pale skin (the skin may be red right after physical activity).
- Headache. Nausea
- Dizziness and weakness or exhaustion.
- The skin may or may not feel hot.

The warning signs of the most serious stage of a heat-related illness (often called heat stroke or sun stroke) vary but may include:

- Vomiting. Confusion. Throbbing headache.
- Decreased alertness level or complete loss of consciousness.
- High body temperature (sometimes as high as 105° F).
- Skin may still be moist or the victim may stop sweating and the skin may be red, hot and dry.
- Rapid, weak pulse. Rapid, shallow breathing. Seizures.

NOTE: *Heat stroke is life threatening. Call 9-1-1*

General Care for Heat Emergencies

General care for heat emergencies include cooling the body, giving fluids, minimizing shock. For specific heat-related emergencies, follow these steps:

- **For heat cramps or heat exhaustion:** Get the person to a cooler place and have the person rest in a comfortable position. If the person is fully awake and alert, give a half glass of cool water every 15 minutes. Do not let him or her drink too quickly. Do not give liquids with alcohol or caffeine in them, as they can make conditions worse. Remove or loosen tight clothing and apply cool, wet cloths such as towels or wet sheets or mist with water. Get the person into an air conditioned space. Call 9-1-1 if the person refuses water, vomits or loses consciousness.
- **For heat stroke:** *Heat stroke is a life-threatening situation! Help is needed fast. Call 9-1-1.* Move the person to a cooler place. Quickly cool the body using any means available, including cool water and ice. If you have ice packs or cold packs, wrap them in a cloth and place them on each of the victim's wrists, ankles, armpits, on the neck to cool the large blood vessels. (Do not use rubbing alcohol) Wrap wet sheets around the body, place the person in front of a fan, air conditioner. Watch for signals of breathing problems, make sure the airway is clear. Keep the person lying down.

