



**MULTNOMAH COUNTY OREGON**

July 9, 2007

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503-988-6805, 503-969-7239

**Help elderly and disabled during hot weather**

As temperatures rise above 90 degrees, older adults and persons with disabilities are particularly at risk for heat-related illnesses. Heat stroke and heat exhaustion are the most common conditions with symptoms that may range from generalized weakness and fatigue, to dizziness, rapid heartbeat, diarrhea, nausea, shortness of breath, mental confusion, throbbing headaches, vomiting, and cramping. Hot weather can place a dangerous strain on the heart, and can exacerbate other medical conditions such as hypertension, diabetes, and circulatory and respiratory problems.

Officials at Multnomah County’s Aging and Disability Services Division (ADSD), urge family members and neighbors to check on their elderly or disabled friends and relatives during the hot weather. According to Paul Iarrobino at Multnomah County’s Department of Aging and Disability Services, “People affected by the heat may not recognize they have a problem. Many senior and disabled folks live alone, may not get out much, and so it is critical that someone check on them.”

Some tips for combating the heat include:

- Keep air circulating with fans; take cool sponge baths
- Use a water mister or spray bottle when seated near a fan to avoid dehydration
- Go to an air conditioned building whenever possible; older adults can visit their local senior center, library branch locations, or take a trip to the mall
- Wear loose-fitting, light-weight clothing; if going out, wear a hat
- Drink water often, don’t wait to get “thirsty”
- Avoid coffee, tea, and alcohol
- Avoid hot food and heavy meals
- Limit physical activity and direct exposure to the sun
- Check with your health care provider about how the warm weather may affect your prescription drugs
- Contact your health provider if you experience prolonged heat-related symptoms, or if those symptoms significantly affect the ability to care for yourself

There are a number of local places to cool off during the hot weather. These include senior centers, malls, movie theaters, and local parks. In addition, all Multnomah County Libraries will remain open until 8:00 pm on Tuesday, July 10. A complete list of “cooling centers” is available by calling 211 or Multnomah County Aging & Disability Services Helpline at 503-988-3646 or by TTY at 503-988-3683.

**###**

Public Affairs Office  
501 SE Hawthorne Blvd., #600  
Portland, Oregon 97214  
503-988-6800 phone  
503-988-6801 fax

# Multnomah County Air-conditioned Locations

## Loaves & Fishes Centers Meal Sites

Air-conditioned Spaces

Monday – Friday, 8:00 a.m. – 5:00 p.m., unless noted otherwise

### **Ambleside (East)**

600 NE 8th Rm 155  
Gresham , OR 97030  
☎ (503) 988-4850

### **Fook Lok-Hollywood (NE)**

1907 NE 45th Ave.  
Portland , OR 97213  
☎ (503) 988-6177

### **Martin Luther King, Jr.(NE) \*\*\***

5325 NE MLK Blvd.  
Portland , OR 97211  
☎ (503) 988-5211

### **Belmont (SE) \*\*\***

4610 SE Belmont  
Portland , OR 97215  
☎ (503) 988-5566

### **Irving Street (NW)**

**10:00 a.m. – 1:00 p.m.**  
1808 NW Irving Street  
Portland , OR 97209  
☎ 503.988.4485

### **Southwest (SW) \*\*\***

7688 SW Capitol Hwy.  
Portland , OR 97219  
☎ (503) 244-3873

### **Cherry Blossom (Mid) \*\*\***

740 SE 106th Ave.  
Portland , OR 97216  
☎ (503) 256-2381

### **Lents (Mid)**

10325 SE Holgate, #121  
Portland , OR 97266  
☎ (503) 762-8997

### **Thelma Skelton (SE)**

3925 SE Milwaukie Ave.  
Portland OR 97202  
(503) 988-6444

### **Two Rivers (N)**

9009 N Foss Ave.  
Portland , OR 97203  
☎ (503) 988-4088

\*\*\* Co-located with senior center or community center

-more-

# Shopping Malls

## Air-conditioned Spaces

### Jantzen Beach

#### SuperCenter

1405 Jantzen Beach Ctr

Portland, OR 97217

(503) 286-9103

Mon-Sat ..... 10am-9pm

Sun ..... 11am-6pm

### Lloyd Center Mall

2201 Lloyd Ctr

Portland, OR 97232

(503) 282-2511

Mon-Sat..... 10am-9pm

Sun..... 11am-6pm

### Mall 205

9900 SE Washington St

Portland OR 97216

(503) 254-5411

Mon-Fri..... 10am-9pm

Sat..... 10am-7pm

Sun..... 11am-6pm

### Pioneer Place

700 SW Fifth Ave

Portland, OR 97204

(503) 228-5800

Mon-Sat ..... 9:30am-9pm

Sun ..... 11:00am-6pm

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# Multnomah County Libraries

**Air-conditioned spaces with weekend availability.**

Visit the Multnomah County Library website, <http://www.multcolib.org/>, to find out about special activities at your local library.

For general questions, call the main library line, 503.988.5402 Monday through Friday, 8:00 a.m. to 5:00 p.m.

## **Central Library**

801 SW 10<sup>th</sup>, Portland, OR 97205

(503) 988-5123

Monday: 10 a.m. -6 p.m.

Tuesday – Wednesday: 10 a.m.-8 p.m.

Thursday – Saturday: 10 a.m. – 6 p.m.

Sunday: noon – 5 p.m.

## **Regional Libraries:**

Monday – Tuesday: 10 a.m. – 8 p.m.

Wednesday – Saturday: 10 a.m. – 6 p.m.

Sunday: noon – 5 p.m.

## **Gresham**

385 NW Miller, Gresham, OR 97030

(503) 988-5387

## **Hillsdale**

1525 SW Sunset Blvd., Portland, OR 97239

(503) 988-5388

## **Hollywood**

4040 NE Tillamook, Portland, OR 97212

(503) 988-5391

## **Midland**

805 SE 122<sup>nd</sup>, Portland, OR 97233

(503) 988-5392

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# Multnomah County Libraries-continued

Air-conditioned spaces with weekend availability.

## **Neighborhood Libraries:**

Monday: 10 a.m. – 6 p.m.

Tuesday – Wednesday: noon – 8 p.m.

Thursday – Saturday: 10 a.m. – 6 p.m.

Sunday: noon – 5 p.m.

### **Albina**

3605 NE 15<sup>th</sup>, Portland, OR 97212, (503) 988-5362

### **Belmont**

1038 SE 39<sup>th</sup>, Portland, OR 97214, (503) 988-5382

### **Capitol Hill**

10723 SW Capitol Hwy, Portland, OR 97219, (503) 988-5385

### **Fairview-Columbia**

1520 NE Village St., Fairview, OR 97024, (503) 988-5655

### **Gregory Heights**

7921 NE Sandy Blvd., Portland, OR 97213, (503) 988-5386

### **Holgate**

7905 SE Holgate Blvd., Portland, OR 97206, (503) 988-5389

### **North Portland**

512 N Killingsworth, Portland, OR 97217, (503) 988-5394

### **Northwest**

2300 NW Thurman St., Portland, OR 97210, (503) 988-5560

### **Rockwood**

17917 SE Stark, Portland, OR 97233, (503) 988-5396

### **St. Johns**

7510 N Charleston, Portland, OR 97203, (503) 988-5397

### **Sellwood-Moreland**

7860 SE 13<sup>th</sup>, Portland, OR 97202, (503) 988-5398

### **Woodstock**

6008 SE 49<sup>th</sup>, Portland, OR 97206, (503) 988-5399

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## **District Senior Center Services Offices**

**Air-conditioned/fanned spaces Monday – Friday 8:00 a.m. – 5:00, unless noted otherwise  
(Most of these locations are co-located as part of a multi-purpose site.)**

**NORTH..... 503-721-6777**

North YWCA District Senior Center Services  
5139 N Lombard St, Portland OR 97203

**NORTHEAST ..... 503-288-8303**

Hollywood District Senior Center Services  
1820 N.E. 40<sup>th</sup> Ave., Portland OR 97212

**SOUTHWEST..... 503-244-5204**

Neighborhood House District Senior Center Services  
7688 S.W. Capitol Hwy., Portland OR 97219

**SOUTHEAST ..... 503-988-3660**

Portland Impact District Senior Center Services  
4610 S.E. Belmont St, Portland OR 97215

**MID-COUNTY..... 503-988-5480**

IRCO District Senior Center Services  
2900 S.E. 122<sup>nd</sup> Ave, Portland OR 97236

**EAST COUNTY..... 503-988-3840**

East YWCA District Senior Center Services  
600 NE 8<sup>th</sup> St, Gresham OR 97030

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# Community Centers

Air-conditioned spaces with weekend availability.

**East Portland Community Center (Mid) \*\*\* ..... 503-823-3450**

740 SE 106th Ave, Portland OR 97216

M-Th 6:00 a.m. – 10:00 p.m.

Fri 6:00 a.m. – 9:00 p.m.

Sat. & Sun. 8:00 a.m. – 3:00 p.m.

**University Park Community Center..... 503-823-3631**

**(multi-purpose site with senior activities)**

9009 N. Foss, Portland OR 97203

M-F 9:00 a.m. – 8:00 p.m.

Sat. 9:00 a.m. – 2:00 p.m.