



# COMMISSIONERS OF CUMBERLAND COUNTY

---

Vince DiFilippo  
*Chairman*

Jim Hertzler  
*Vice Chairman*

Gary Eichelberger  
*Secretary*

## PRESS RELEASE

July 18, 2019

FOR IMMEDIATE RELEASE

**MEDIA CONTACT:** Samantha Krepps  
Communications Director  
717.240.6343  
[skrepps@ccpa.net](mailto:skrepps@ccpa.net)

### Cumberland County Reminds Residents to Check on Seniors During Heat Wave

**Carlisle, PA** – The Cumberland County Office of Aging and Community Services today issued a warning for older adults, due to the excessive heat we are experiencing. Seniors are urged to take precautions to avoid serious illness or even death.

Cumberland County recommends the following:

- Stay indoors in cool environment and avoid long periods in the sun.
- When outdoors, wear lightweight, light-colored, loose fitting clothing, a hat, sunglasses, and sunscreen.
- Eat frequent small meals.
- Drink plenty of water. Avoid alcohol and caffeine.
- Drink even if you aren't thirsty unless your doctor has advised otherwise.
- Avoid doing strenuous activities especially during the hottest part of the day.
- Take cool baths or showers; it cools your body faster than air conditioning.

“Older adults face an even greater threat from the heat because of physiological changes and possible reactions to medications as some can interfere with the body’s natural cooling system,” said Sandy Gurreri, director of the Cumberland County Office of Aging and Community Services. “Neighbors and family should check on seniors, making sure they are in a cool area, and staying hydrated. Care managers are also contacting at-risk seniors to ensure their safety and well-being.”

During the week, seniors can visit one of the six [senior centers](#) in the county. Cumberland County seniors who are in need of assistance in a heat-related emergency can contact the Cumberland County Office of Aging and Community Services at 717.240.6110, after hours contact Cumberland County 9-1-1.

###

***Editors' Note:***

***Cumberland County Senior Centers  
Branch Creek Place Senior Center***

*115 North Fayette Street, Shippensburg*

*Monday – Friday: 9 a.m. – 3 p.m.*

*717.300.3563*

***Big Spring Senior Center***

*91 Doubling Gap Road*

*Suite 1, Newville*

*Monday – Friday: 8 a.m. – 3:30 p.m.*

*717.776.4478*

***Carlisle Senior Action Center***

*20 East Pomfret Street, Carlisle*

*Monday – Friday: 9 a.m. – 2 p.m.*

*717.249. 5007*

***Mary C. Schaner Senior Center***

*98 South Enola Drive, Enola*

*Monday – Friday: 8 a.m. – 3 p.m.*

*717.732.3915*

***Mechanicsburg Place, closed due to storm damage.***

***West Shore Senior Center***

*122 Geary Avenue, New Cumberland*

*Monday – Friday: 8 a.m. – 4 p.m.*

*717.774.0409*