



# City of Monterey Park News Release

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## Langley Senior Center to Open as a Community Cooling Center for Expected Weekend Heatwave

Monterey Park, Calif. - September 11, 2014 - With forecasted temperatures in the 100s this weekend, Monterey Park's [Langley Senior Center](#) will be open this Friday, Saturday, Sunday and Monday (Sept. 12-15) from 8 a.m. to 5 p.m. as a community cooling center. People of all ages will have the opportunity to come into the air-conditioned center to escape the heat and utilize the drinking water and restroom facilities.

The decision to open as a cooling center on a weekend is made on a case by case basis and dependent on weather forecasts. Residents are encouraged to call the center to verify operating hours before arrival on the weekends. On weekdays, the center is open regular business hours of 8 a.m. to 5 p.m. for escape from the heat.

Other cooling centers may be available to Monterey Park residents. The [County of Los Angeles Department of Public Health](#) also provides a list of other nearby community cooling centers on their website at <http://publichealth.lacounty.gov/index.htm>.

Heat stress can be a real danger to many people. According to the [Centers for Disease Control \(CDC\)](#), people who are a greater risk for heat related illness are...

- Infants and young children
- People aged 65 or older
- People who have a mental illness
- Those who are physically ill, especially with heart disease or high blood pressure

Furthermore, the CDC offers the following tips...

- Drink more fluids (nonalcoholic), regardless of your activity level. Don't wait until you're thirsty to drink. Warning: If your doctor generally limits the amount of fluid you drink or has you on water pills, ask how much you should drink while the weather is hot.
- Don't drink liquids that contain alcohol or large amounts of sugar—these actually cause you to lose more body fluid. Also, avoid very cold drinks, because they can cause stomach cramps.
- Stay indoors and, if at all possible, stay in an air-conditioned place. If your home does not have air conditioning, go to the shopping mall or public library—even a few hours spent in air conditioning can help your body stay cooler when you go back into the heat. Call your local health department to see if there are any heat-relief shelters in your area.
- Reduce, eliminate or reschedule strenuous activities
- Electric fans may provide comfort, but when the temperature is in the high 90s, fans will not prevent heat-related illness. Taking a cool shower or bath, or moving to an air-conditioned place is a much better way to cool off.
- Wear lightweight, light-colored, loose-fitting clothing.
- NEVER leave anyone in a closed, parked vehicle. The temperature in a car can go over 100 degrees in less than 5 minutes.

Langley Senior Center is located at [400 W. Emerson Ave, Monterey Park, CA 91754](#), at the corner of Emerson and Ynez Avenues. For more information contact the center at 626-307-1395.

### Media Contact

Dan Costley, [Director of Recreation & Community Services](#); [dcostley@montereypark.ca.gov](mailto:dcostley@montereypark.ca.gov) ; 626-307-1497