



City of Glendale

5850 W. Glendale Ave. / Glendale, Arizona 85301

NEWS
GlendaleAZ.com



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Glendale Offers “Heat Relief” Stations Starting May 1

Glendale, Ariz.--Glendale is partnering again this year with other Valley cities and the Maricopa Association of Governments (MAG) to provide hydration and heat refuge for people in need over the hot summer months beginning in May and continuing through the Labor Day weekend.

According to the National Weather Service, the Phoenix area averages 110 days of temperatures above 100 degrees per year. High daytime temperatures, coupled with high nighttime temperatures, can make this time of year very dangerous for our most vulnerable populations like the very young, elderly or homeless. When it comes to heat-related deaths, July is often the most perilous month. Our high nighttime temps result in even more people being at risk for dehydration, heat exhaustion or heat stroke.

The MAG Heat Relief Network program was launched following the deaths of more than 30 people over the summer of 2005, including the homeless and those living in homes without air conditioning. The program has since expanded to assistance sites countywide. Last summer, Heat Relief Network partners provided more than 100 hydration station locations throughout Maricopa County offering water and refuge for people needing heat relief help.

The goal of the multi-agency MAG Heat Relief Network is to prevent heat-related deaths in Maricopa County by offering free bottled water, a cool place to find assistance and information about community shelter locations for those affected by the heat.

Glendale Heat Relief Stations

- **Glendale Main Library**
5959 W. Brown St., Glendale, AZ 85302
Hours: Monday/Wednesday 12 noon-8 p.m.; Tuesday/Thursday 10 a.m.-8 p.m.; Saturday 12 noon-5 p.m.; Sunday 1-5 p.m.; closed holidays.
- **Foothills Branch Library**
19055 N. 57th Ave., Glendale, AZ 85308
Hours: Monday 12 noon-8 p.m.; Tuesday/Wednesday 10 a.m.-8 p.m.; Thursday 10 a.m.-2 p.m.; Friday 1-5 p.m.; Saturday 12 noon-5 p.m.; closed Sunday and holidays.
- **Velma Teague Branch Library**
7010 N. 58th Ave., Glendale, AZ 85301
Hours: Monday/Thursday 12 noon-8 p.m.; Tuesday/Wednesday 10 a.m.-6 p.m.; Saturday 12 noon-5 p.m.; Friday 10 a.m.-2 p.m.; closed Sunday and holidays.

- **Community Action Program Office**
5850 W. Glendale Ave., Ste. B51, Glendale, AZ 85301
Hours: Monday-Friday 8 a.m.-5 p.m.; closed weekends and holidays.
- **Foothills Recreation and Aquatics Center**
5600 W. Union Hills Dr., Glendale, AZ 85308
Hours: Monday-Friday 5:30 a.m.-9 p.m.; Saturday 7 a.m.-7 p.m.; Sunday 11 a.m.-4 p.m.;
Open Holidays: 7 a.m.-5 p.m. (Memorial Day, Fourth of July, Labor Day).
- **Glendale Adult Center**
5970 W. Brown St., Glendale, AZ 85302
Hours: Monday-Thursday 8 a.m.-7 p.m.; Friday 8 a.m.-5 p.m.; closed weekends and holidays.
- **Glendale Parks Field Operations Office**
6210 W. Myrtle Ave., # 111, Building B, Glendale, AZ 85301
Hours: Monday-Friday 8 a.m.-4:30 p.m.; closed weekends and holidays.
- **Glendale Community Housing Office (Hydration Only Station)**
6842 N. 61st Ave., Glendale, AZ 85301
Hours: Monday-Friday 8 a.m.-4:30 p.m.; closed weekends and holidays.

Bottled water donations needed!

Glendale Fire Department is collecting bottled water donations for the city's Heat Relief Stations. Donated water will be accepted 10 a.m.-5 p.m., Monday through Saturday, at the Fire Resource Center, 7505 N. 55th Ave. (55th Ave. and Orangewood Ave.) and at all Glendale Fire Department stations.

Park workers lend a helping hand

Glendale Parks employees have taken the humanitarian Heat Relief Network cause even further. On days that the National Weather Service issues an extreme heat advisory, Glendale Park Rangers and maintenance vehicles are loaded up with coolers filled with ice-downed water bottles to hand out to people in need at city parks.

Avoid heat-related illness

- Increase fluid intake, regardless of activity level. Staying hydrated is extremely important!
- Limit exercise or outdoor activity between 11 a.m. and 3 p.m.
- When outdoors, wear a sunscreen with SPF 15 or greater and reapply often.
- Wear a hat, lightweight clothing and sunglasses.
- Rest frequently in shady or cool areas to give the body's temperature a chance to recover and cool down.
- NEVER leave infants, children and pets inside a parked vehicle.
- Check on elderly neighbors to make sure their air conditioning is working and in use. Take advantage of free air-conditioned spaces by visiting shopping malls, libraries or other heat refuge locations.

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