

CITY OF BOSTON, MASSACHUSETTS Office of the Mayor **Thomas M. Menino**

For Immediate Release July 31, 2006

For More Information Contact: Press Office, 617 635-4461

Mayor Menino Declares Heat Emergency with Temperatures Expected to Reach 100 Degrees

With temperatures expected to reach 100 degrees this week, Mayor Thomas M. Menino today declared a heat emergency in the city and will expand services during this dangerous stretch of hot weather.

"The heat that we are expecting in our city this week presents a dangerous situation to many of our residents," Mayor Menino said. "We are preparing by adding additional resources to help assist residents keep cool and healthy. I am appealing to everyone in our city to check on your neighbors, especially those who are elderly or infirmed."

Starting today and going through Thursday, the city will extend pool hours until 9:00 p.m. and will open cooling centers. A list of locations can be found below. The city will also be making automated phone calls to all households asking residents to check on neighbors and alerting residents to city services.

Elderly residents are particularly vulnerable to heat-related illnesses and injuries, but everyone should remember to limit their activities during very hot weather, drink plenty of fluids, and avoid beverages that contain caffeine or alcohol. Additional measures to beat the heat include avoiding cooking, taking cool showers or baths, and wearing loose, light-colored clothing. The city's Commission on the Affairs of the Elderly has put out alerts and will distribute information to the elderly about the upcoming heat wave. Elderly residents are advised to call the Elderly Commission at 617-635-4366 or the Mayor's 24 - Hour hotline at 617-635-4500 if they experience problems and to drink plenty of water and avoid outside activity. The city is also reaching out to all elderly homebound clients and congregate housing sites to make sure they have what they need. The Mayor's Senior Shuttle will be on call all to accommodate any requests for rides to cooling centers.

Residents are reminded that fire hydrants should not be tampered with or opened; doing so may hinder fire prevention capabilities. Residents who see open hydrants should immediately report the situation to the Mayor's 24 Hour Hotline at (617) 635-4500. Open hydrants reduce water pressure and put both neighborhoods and firefighters at risk in the event of a fire.

The City has been in touch with NStar on any possible power outages due to expected record-breaking demand for electricity and is asking all residents to conserve energy over the next few days.

All residents should limit their exertion outdoors and should be mindful of warning signs for heat illness, which include: dizziness, weakness, fainting and vomiting, stomach cramps or cramping of the legs or arms, and confusion and agitation. If anyone experiences any of the symptoms listed above, they should first stop what they are doing and, if possible, move themselves to a cooler area. If symptoms persist, call 9-1-1 immediately. Family, friends and neighbors are also urged to check in frequently with elderly residents who may need assistance during the hot weather.

For questions about heat-related city services, residents should call the Mayor's 24-Hour Hotline at 617 635-4500.

BOSTON CENTERS FOR YOUTH & FAMILIES (BCYF) 2006 COOLING CENTERS & POOLS LIST

The following BCYF sites are available, based on required needs, as Cooling Centers and/or Pool Sites when Mayor Menino declares a Heat Emergency or after the city's temperatures have reached 90 degrees or higher for three (3) or more consecutive days.

BCYF sites with an asterisk (*) are Pool Only sites.

BCYF Cooling Centers

Agassiz Community Center	20 Child Street, Jamaica Plain	635-5191
Archdale Community Center	125 Brookway Rd, Roslindale	635-5256
Blackstone Community Center 50	West Brookline Street, Boston	635-5162
Charlestown Community Center	255 Medford Street, Charlestown	635-5169
Cleveland Community Center	11 Charles Street, Dorchester	635-5141
Condon Community Center	200 D Street, South Boston	635-5100
Curley Community Center (L St.)	1663 Columbia Road, South Boston	635-5104
Curtis Hall Community Center	20 South Street, Jamaica Plain	635-5193
Gallivan Community Center	61 Woodruff Way, Mattapan	635-5252
Golden Age Center	382 Main Street, Charlestown	635-5175
Grove Hall Community Center	48 Geneva Avenue, Dorchester	635-2648
Harborside Community Center	312 Border Street, East Boston	635-5114
Hennigan Community Center	200 Heath Street, Jamaica Plain	635-5198
Jackson Mann Community Center	500 Cambridge Street, Allston	635-5153
JP/English Community Center	144 McBride Street, Jamaica Plain	635-5244
Kent Community Center	50 Bunker Hill Street, Charlestown	635-5177
Marshall Community Center	35 Westville Ave. Dorchester	635-5148
Mattahunt Community Center	100 Hebron Street, Mattapan	635-5159
Mildred Avenue Community Center	5 Mildred Ave., Mattapan	635-1328
Murphy Community Center	1 Worrell Street, Dorchester	635-5150
Nazarro Community Center	30 North Bennet Street, North End	635-5166
Ohrenberger Comm. Center	175 West Boundary Rd., West Roxbury	635-5183
Orchard Gardens Community Center	2 Dearborn Street, Roxbury	635-5220
Orient Heights Comm. Center 86 Boardman Street, East Boston		
Paris Street Community Center 112 Paris Street, East Boston		
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BCYF Cooling Centers (cont)

Perkins Community Center	155 Talbot Avenue, Dorchester	635-5146
BCNC/ Quincy Comm. Center	885 Washington Street, Boston	635-5129
Roche Family Comm. Center	1716 Centre Street, West Roxbury	635-5066
Shelburne Community Center	2730 Washington Street, Roxbury	635-5213
Thomas Johnson Comm. Ctr.	68 Annunciation Road, Roxbury	635-5212
Tobin Community Center	1481 Tremont Street, Roxbury	635-5216
Tynan Comm. Ctr.	650 East 4th Street, So Boston	635-5110
Vine Street Comm. Ctr.	339 Dudley Street, Roxbury	635-1285
Walsh Community Center	535 East Broadway, So Boston	635-5640

BCYF Centers with Pools

Blackstone Community Center Charlestown Community Center	50 West Brookline Street, Boston 255 Medford Street, Charlestown	635-5162 635-5169
Condon Community Center	200 D Street, South Boston	635-5100
* Curtis Hall Community Center 20 S	outh Street, Jamaica Plain 635	5-5193
* Draper Pool	5279 Washington St., West Roxbury	635-5021
* Flaherty Pool	160 Florence Street, Roslindale,	635-5181
Harborside Community Center	312 Border Street, East Boston	635-5114
Hennigan Community Center	200 Heath Street, Jamaica Plain	635-5198
Marshall Community Center	35 Westville Ave. Dorchester	635-5148
* Mason Pool	159 Norfolk Avenue, Roxbury	635-5241
Mattahunt Community Center	100 Hebron Street, Mattapan	635-5159
Mildred Avenue Community Center	5 Mildred Ave., Mattapan	635-1328
Murphy Community Center	1 Worrell Street, Dorchester	635-5150
* Paris Street Pool	113 Paris Street, East Boston	635-5125
Perkins Community Center	155 Talbot Avenue, Dorchester	635-5146
Quincy Community Center	885 Washington Street, Boston	635-5129

BCYF Outdoor Pools Only Sites (11AM - 8PM)

Clougherty Pool	150Bunker Hill Street, Charlestown	635-5173
Mirabella Pool	475R Commercial Street, North	End 635-5235