



OFFICE OF THE MAYOR

14 Park Place
Vernon, CT 06066
gapel@vernon-ct.gov

FOR IMMEDIATE RELEASE

July 16, 2013

George F. Apel
Mayor of Vernon
(860) 870-3600

Press Contact: John D. Ward, Town Administrator

John D. Ward
Town Administrator
(860) 870-3665

VERNON OPENS COOLING CENTER FOR RESIDENTS

(Vernon, CT) – Mayor George F. Apel has announced that a cooling center will be opened today for Vernon residents at the town’s Senior Center, 26 Park Place, and will run through the remainder of this week, during normal business hours.

“Our Office of Emergency Management has been closely monitoring the weather.” said Mayor Apel. *“In anticipation of the high temperatures and excessive humidity forecasted for this week, I have ordered a cooling center opened in our Senior Center for anyone seeking refuge from the extreme heat. As a reminder, other resources are available to help residents cool down such as town lakes and pools, and the Rockville Public Library, as space permits. I also urge residents to take heed of the Red Cross safety tips included with this message.”*

Vernon Senior Center/Cooling Center (26 Park Place) - FREE
9 am to 3 pm Monday through Friday.

Rockville Public Library (52 Union Street) - FREE
10 am to 8 pm. Monday through Thursday. Friday 10 am to 5 pm.
The Library is closed on the weekends during July.

Camp Newhoca (Lake) (Greir Road) - FEE APPLIES
11 am to 3 pm Monday through Friday. Weekends 11 am to 6 pm.

Valley Falls Park (Lake) (Valley Falls Road) FEE APPLIES
Sunday through Saturday 11 am to 6 pm.

Horowitz Pool (Henry Park, South Street) FEE APPLIES
1 pm to 4:50 pm Monday through Friday. Weekends 1 pm to 6 pm

Community Pool (375 Hartford Turnpike) FEE APPLIES
1 pm to 4:50 pm and 7:10 pm to 7:50 pm Monday through Friday.
Weekends 1 pm to 6 pm.

The American Red Cross has issued the following safety tips for during of times of high heat.

- **NEVER LEAVE CHILDREN, PETS IN THE CAR**
- Stay hydrated by drinking plenty of fluids. Avoid drinks with caffeine or alcohol.



- Avoid extreme temperature changes.
- Wear loose-fitting, lightweight, light-colored clothing.
- Slow down, stay indoors and avoid strenuous exercise during the hottest part of the day.
- Postpone outdoor games and activities.
- Use a buddy system when working in excessive heat. Take frequent breaks if working outdoors.
- Check on those who do not have air conditioning, or who spend time alone .
- Check on animals frequently, and make sure they have plenty of cool water.
- Those without air conditioning should seek relief from the heat during the warmest part of the day at places such as schools, libraries, theaters, malls. For more information visit redcross.org.

###END###