



FOR IMMEDIATE RELEASE

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Warming Centers Available for Lake County

[January 27, 2014 - Mentor, OH] - The bitter cold temperatures that we are encountering this week pose a serious health and safety threat to individuals, especially the oldest members of our community. The Lake County Council on Aging would like to make seniors aware of some area "warming centers" that are available for residents who don't have enough heat during daytime hours, along with some limited evening hours.

These facilities are a safe, warm place to go during the day. Hours and days may be extended under extreme conditions, so it is advisable to call before heading out. Additional facilities may be designated for warming purposes during off hours, so please call 2-1-1 for information on other warming center locations or visit **www.lccoa.org** where we will provide further updates as they become available.

- **Eastlake Senior Center, 1580 East 332nd Street, (440) 975-4268** **7:30am – 4:00pm**
- **Fairport Senior Center, 1380 East Street, (440) 354-3674** **7:30am – 4:00pm**
- **Mentor Senior Center, 8484 Munson Road, (440) 974-5725** **7:00am – 9:30pm M-Th**
(Mentor also has a \$4 hot lunch available daily from 11:30am – 12:30pm) **7:00am – 5:00pm Fri**
- **Mentor-on the -Lake, 5860 Andrews Road** **440-257-7216**
(Please Call for Hours)
- **Painesville, Morse Avenue Community Center, 224 Jefferson St** **440-392-5912**
(Please Call for Hours)
- **Wickliffe Senior Center, 900 Worden Road, (440-373-5015)** **8:00am – 4:30pm M-F**
- **Willoughby Senior Center, 38032 Brown Ave., (440-951-2832)** **8:00am – 4:30pm M-F**
- **Willoughby Hills Community Center, 35400 Chardon Rd. (440-946-1234)** **8:00am – 4:30 pm M-F**

What You Can Do to Protect Yourself and Family:

- Wear several layers of loose, warm clothing
- Keep your head, hands and feet covered when outdoors
- Avoid alcoholic beverages
- Never use an extension cord with a space heater
- Do not use your oven to heat your home; do not turn your thermostat below 60 degrees.

In these temperatures, it is important for the elderly and their family members to be familiar with the signs of hypothermia: stiff muscles, shivering, puffy or swollen face, cold skin, slow breathing and mental confusion. These symptoms can be present in anyone of any age if they experience prolonged exposure to extreme temperatures. All of these should all be treated as possible signs of a cold temperature related illness. In an emergency, always call 911!

Those residents in need of transportation may call Laketran's Dial-a-Ride service at (440) 354-6100 for a ride to a local warming center Monday-Friday.

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About Lake County Council on Aging: The Lake County Council on Aging (LCCoA) has been serving Lake County's seniors, their families and caregivers since 1972. The Agency strives to enhance quality of life through education, advocacy, service and support. The agency's priority is to help older adults remain in their own homes longer, healthier and more safely. For more information, visit www.lccoa.org.