



NEWS RELEASE

DEPARTMENT OF COMMUNICATIONS
GLENDALEAZ.COM

For Immediate Release: April 30, 2024

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GLENDALE TO OPEN HEAT RELIEF SITES TO PROTECT RESIDENTS FROM EXTREME TEMPERATURES

GLENDALE, Ariz. – Scorching temperatures will soon return, and the City of Glendale will offer critically-needed heat relief sites to help keep residents safe. Glendale will open cooling, hydration and respite centers this summer to provide homeless and at-risk residents with temporary reprieves from the intense heat.

The city is proud to once again team up with the Maricopa Association of Governments (MAG) to support the Heat Relief Network. Glendale is also pleased to partner with the Arizona Faith Network to operate the respite centers starting May 1 at Glendale Mission and Ministry Center, 6242 N. 59th Ave., and St. John's Lutheran Church, 7205 N. 51st Ave. Glendale's partner, Phoenix Rescue Mission will provide case management services and transportation to the respite centers. Residents will be able to rest and sleep, as well as receive water and other support while staying cool in these facilities, which are sponsored by Maricopa County Public Health Department.

The Glendale Mission and Ministry Center will be open from noon to 8 p.m. Mondays through Saturdays while St. John's Lutheran Church will be available to residents from noon to 8 p.m. Mondays through Fridays. St. John's with a few exceptions due to Bible school, with those closures to be posted.

Those who need to obtain water and rest in a cool setting also can access these cooling centers:



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- **Heroes Regional Library, 6075 N. 83rd Ave.:** 10 a.m. to 8 p.m. Mondays; 10 a.m. to 4 p.m. Tuesdays; 10 a.m. to 4 p.m. Wednesdays; 10 a.m. to 8 p.m. Thursdays; 10 a.m. to 6 p.m. Fridays; 10 a.m. to 5 p.m. Saturdays and 1 to 5 p.m. Sundays.
- **Velma Teague Library, 7010 N. 58th Ave.:** 10 a.m. to 8 p.m. Mondays; 10 a.m. to 4 p.m. Tuesdays; 10 a.m. to 4 p.m. Wednesdays; 10 a.m. to 8 p.m. Thursdays; 10 a.m. to 6 p.m. Fridays; 10 a.m. to 5 p.m. Saturdays and 1 to 5 p.m. Sundays.
- **Glendale Main Library, 5959 W. Brown St.:** 10 a.m. to 8 p.m. Mondays; 10 a.m. to 4 p.m. Tuesdays; 10 a.m. to 4 p.m. Wednesdays; 10 a.m. to 8 p.m. Thursdays; 10 a.m. to 6 p.m. Fridays; 10 a.m. to 5 p.m. Saturdays and 1 to 5 p.m. Sundays.
- **Glendale Adult Center, 5970 W. Brown St.:** 8 a.m. to 5 p.m. Mondays through Fridays
- **Foothills Recreation & Aquatics Center, 5600 W. Union Hills Road:** 5:30 a.m. to 7:30 p.m. Mondays through Fridays and 7 a.m. to 5 p.m. Saturdays.
- **Foothills Library, 19055 N. 57th Ave.:** 10 a.m. to 8 p.m. Mondays; 10 a.m. to 4 p.m. Tuesdays; 10 a.m. to 4 p.m. Wednesdays; 10 a.m. to 8 p.m. Thursdays; 10 a.m. to 6 p.m. Fridays; 10 a.m. to 5 p.m. Saturdays and 1 to 5 p.m. Sundays.
- **These are the city's hydration stations:**
 - **Glendale Courts, 5711 W. Glendale Ave., Building B:** 8 a.m. to 5 p.m. Mondays through Fridays
 - **Glendale Memorial Park Cemetery, 7844 N. 61st Ave.:** 5:30 a.m. to 2 p.m. Mondays through Fridays
 - **GESD System of Care Center, 7677 W. Bethany Home Road:** 8 a.m. to 5 p.m. Mondays through Fridays



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“The city of Glendale strives to help our residents every day, especially during times of intense need,” said Glendale Mayor Jerry P. Weiers. “Our respite and hydration centers will provide a lifeline to anyone who is homeless, homebound or otherwise unable to obtain water and a cool place to escape from the extreme summer heat in Arizona.”

Last year there were more than 12,000 visits to Glendale’s respite centers over 132 days. First responders will not be working at the respite centers, but measures are in place to handle emergencies.

“Our staff members are trained to identify people who are suffering heatstroke or other heat-related illnesses,” said Michelle Yates, City of Glendale Community Engagement Program Manager. “We also want all residents to be aware of the dangers of being exposed to the extreme heat here in the Valley and to take precautions to stay safe, including limiting their time outdoors, keeping hydrated and checking on neighbors and loved ones who are at especially high risk of becoming ill.”

Some signs of heat exhaustion, according to Maricopa County, are:

- Feeling faint or dizzy
- Excessive sweating
- Cool, pale, clammy skin
- Nausea or vomiting
- Rapid, weak, pulse
- Muscle cramps

Anyone who experiences those symptoms of heat exhaustion should get to an air-conditioned, cooler location, as well as drink water if they are fully conscious and take a cool shower or use cold compresses.



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Heat stroke can cause permanent disability or death if the affected person does not receive emergency treatment, according to the Centers for Disease Control and Prevention (CDC). It occurs when the body can no longer control its temperature.

Somes of heat stroke, according to Maricopa County, include:

- Throbbing headache
- No sweating
- Body temperature is above 103-degrees
- Red, hot, itchy skin
- Nausea or vomiting
- Rapid, strong pulse
- Might lose consciousness

In addition to the respite and hydration centers, there also is an Emergency Heat Relief Station at the Salvation Army Glendale Corps at 6010 W. Northern Ave. The locations of hydration and cooling stations, along with water donation sites around Maricopa County, can be found at <https://azmag.gov/Programs/Heat-Relief-Network>

The City of Glendale also offers many additional excessive heat-related programs, including a Glendale emergency home repair program and utility assistance. Qualifying residents can access utility assistance through the Community Action Program (CAP) office. Low-to-moderate income residents who need help with repairs, including air-conditioning units or evaporative cooler upgrades, are eligible for the emergency home repair program. Glendale works with Habitat for Humanity Central Arizona to offer this program. To learn more about the city of Glendale's heat relief program, visit glendaleaz.com.

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