



COUNTY OF SAN DIEGO NEWS RELEASE

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COUNTY KICKS OFF COOL ZONES TO AID SENIORS AND THE DISABLED

People Urged to Visit Air-Conditioned Shelters to Cut Back on Energy Use

Getting out of the house can save you money and could lower the risk of energy blackouts this summer. That's the County of San Diego's message to seniors and disabled persons who would otherwise be in their homes during hot summer days.

The County is identifying Cool Zone sites where people can go to beat the heat. **The official kickoff for the Cool Zone program will be 11:30 a.m. on Wednesday, June 28, at the Lemon Grove Senior Center, 8235 Mount Vernon, Lemon Grove 91945.**

County Supervisor Dianne Jacob created the Cool Zone idea out of concern for seniors and disabled persons with health problems that could be complicated by the effects of heat.

"People in frail health can easily be impacted by high temperatures and they may not know they're in trouble until it's too late," said Jacob. "We urge older adults to locate the Cool Zone site near them and use it regularly during hot days."

The less people use their home lighting and air conditioning, the lower their energy bill will be. But it also helps the community. When people visit a Cool Zone instead of tapping into their home energy, the power use for the whole area is reduced, lowering the chance of blackouts.

For low-income seniors who live in hot areas and who are not able to leave their home because of a medical condition, there are free electric fans available, courtesy of SDG&E. Seniors can also sign up for Project CARE, where they can receive a regular phone call to check on their welfare.

To locate a Cool Zone site or to link with Project CARE, contact the County's Aging & Independence Services toll-free at **1-800-510-2020**. A list of Cool Zone sites is also located on the County Web site -- <http://www2.sdcounty.ca.gov/hhsa/ServiceDetails.asp?ServiceID=999>

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