



CYNTHIA D. BANKS
Director

**COMMUNITY AND SENIOR SERVICES
OF LOS ANGELES COUNTY**

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"To Enrich Lives Through Effective And Caring Service"

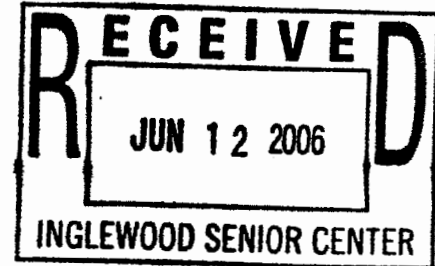
Karen H.

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June 5, 2006

ATTENTION: Sikizi Allen
City of Inglewood
111 North Locust Street
Inglewood, CA 90301



RE: 2006 COOLING STATIONS

Dear Sikizi Allen:

As we enter the hot summer months ahead, Community and Senior Services (CSS) would like to confirm your agency's designation as a Cooling Station. As you are aware, Cooling Stations provide basic necessities for the elderly, young children, chronic invalids, the homeless, and other members of the community when the National Weather Service declares a Heat Emergency Advisory.

These basic necessities include the following:

- Air-conditioned facilities or areas with fans
- Water
- Cool nutritious snacks such as fruits or vegetables (if available)
- Entertainment – television, videos (if available)

In response to high temperatures, the County has established a list of Cooling Stations where residents who do not have air-conditioning can get some relief from the heat by visiting these stations. The list of stations can be found on the CSS website: www.dcss.co.la.ca.us.

Attached you will find a list of precautions for individuals to remain comfortable and safe during extreme heat. If you do not have these precautions posted, please display it in a visible area.

If you have any questions or updates on your agency, please contact Robert Radujko-Moore, Chief Community Service Analyst, at (213) 738-2676.

Sincerely,

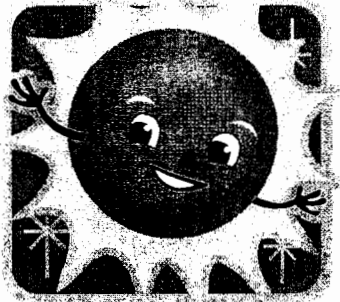
MELINDA M. FONSECA, Assistant Director
Aging and Adult Services
Area Agency on Aging

COMMUNITY AND SENIOR SERVICES Cooling Stations Updated 6/27/06

Name	Phone #	Fax #	Address	City	Zip	Days	Hours of Operation
Altadena Senior Center	626-798-0505	626-794-6742	560 East Mariposa St.	Altadena	91001	M-F	8am to 4:30pm
Antelope Valley Senior Center	661-726-4400	661-940-7947	777 West Jackman St	Lancaster	93534	M-F	8am to 4:30pm
Asian Community Service Center	310-217-7300	310-516-9226	14112 S. Kingsley Dr	Gardena	90249	M-F	8am to 5pm
Hollywood Multi-Purp Senior Ctr	323-957-3900	323-462-6164	1360 N. St. Andrews Pl	Hollywood	90028	M-F	8:30am to 4:30pm
Azusa Senior Center	626-812-5204	626-969-5611	740 North Dalton	Azusa	91702	M-Th	F 8:30am to 1pm
Blaisdell Senior Center	909-399-5367	N/A	440 South College Ave	Claremont	91711	M-F	10am to 2pm
Centro Maravilla Service Center	323-260-2804	323-780-7986	4716 Cesar Chavez Ave	Los Angeles	90022	M-F	8am to 5pm
Cesar Chavez Park	818-898-7349	818-898-7367	208 Park Avenue 505 S. Huntington St	San Fernando Los Palms Park	91340	M-F	9am to 10pm
City of Burbank	818-238-5357	818-238-5373	1301 West Olive	Burbank	91506	M-F Sat	8am to 9pm 8am to 4pm
City of Gardena	310-217-9552	310-323-1429	1670 West 162nd St	Gardena	90247	M-F	8am to 4pm
Coalition of Mental Health Professionals	323-777-3120	323-777-5968	9130 S. Figueroa St #100	Los Angeles	90003	M-F Sat	9am to 8pm 9am to 5pm
Culver City Senior Center	310-253-6726	310-253-6711	4095 Overland Avenue	Culver City	90232	M-F Sa-Su	9am to 5pm 12pm to 4pm
Dickison Community Lighted Schools	310-637-6971	310-631-5274	600 North Alameda St	Compton	90221	M-F	9am to 3pm
Dollarhide Senior Center	310-605-5688	310-605-1480	1108 N. Oleander Ave	Compton	90222	M-F	8am to 5pm
East Los Angeles Service Center	233-260-2806	323-266-6457	133 North Sunol Dr	Los Angeles	90063	M-F	8am to 5pm
East Los Angeles Work Source Center	323-887-7122	323-887-8236	5301 Whittier Blvd	Los Angeles	90022	M-F	8am to 5:30pm
East Rancho Dominguez Service Center	310-603-7401	310-763-1372	4513 East Compton Bl	Compton	90221	M-F	8am to 4:30pm
Florence-Firestone Community Service Center	323-586-6502	323-582-4071	7807 S. Compton Ave	Los Angeles	90001	M-F	8am to 5pm
Glendale Parks and Rec. Comm. Service	818-548-3775	818-507-8891	201 E. Colorado St	Glendale	91205	M-Sa Su	8am to 4pm 9am to 2pm
Inglewood Senior Center	310-412-5338	310-412-8790	111 North Locust St	Inglewood	90301	M-F Sat	8am to 5pm 9am to 5pm

COMMUNITY AND SENIOR SERVICES Cooling Stations Updated 6/27/06

Name	Phone #	Fax #	Address	City	ZIP	Days	Hours of Operation
Jack Crippen Senior Center	626-580-2210	626-444-5056	3120 North Tyler Ave	El Monte	91731	M-Th F	7am to 5:30pm 8am to 3pm
Joslyn Adult Recreation Center	626-570-5056	626-284-0762	210 North Chapel Avenue	Alhambra	91801	M-F	8am to 5pm
Joslyn Senior Center, City of Claremont	909-399-5488	909-621-7320	660 N. Mountain Ave	Claremont	91711	M-F	8am to 5pm
La Mirada Activity Center	562-902-3160	562-943-9618	13810 La Mirada Blvd	La Mirada	90638	M-F Sat	7:30am to 9pm 9am to 3pm
Lennox Senior Center	310-412-5439	310-412-8721	10828 Condon Ave	Lennox	90304	M-F	9am to 2pm
Norwalk Senior Center	562-929-5580	562-929-5532	14040 San Antonio Dr	Norwalk	90650	M-F Sat	8am to 9am 8am to 5pm
O.N.E. [Organization for the Needs of the Elderly]	818-705-2345	818-705-2592	18255 Victory Blvd	Reseda	91335	M-F	8:30am to 5pm
Pasadena Senior Center	626-795-4331	626-577-4235	85 East Holly Street	Pasadena	91103	M-F Sat	8:30am to 4:30pm 8:30am to 3pm
Pico Rivera Senior Center	562-948-4844	562-801-4306	9200 Mines Avenue	Pico Rivera	90660	M-Th F	8am to 5pm 8am to 3pm
Pomona Senior Program	909-620-2301	909-620-2055	499 East Arrow Hwy	Pomona	91767	M-F	8am to 5pm
San Pedro Service Center	310-519-6091	310-548-4880	769 West Third St	San Pedro	90731	M-F	8am to 5pm
South El Monte Senior Center	626-448-0131	N/A	1556 Central Avenue	South El Monte	91733	M-F	7am to 5:30pm
Willowbrook Senior Center	310-603-3358	310-366-7309	12915 Jarvis Street	Los Angeles	90061	M-F	8am to 5pm
YWCA Intervale Senior Services	626-858-8382	626-858-8485	915 North Grand Avenue	Covina	91724	M-F	8am to 4:30pm



PRECAUTIONS DURING EXTREME HEAT

- Wear light, loose-fitting clothing.
- Drink water often; don't wait until you are thirsty. If urine output decreases, increase your water intake.
- If you become overheated, improve your ventilation. Open a window, or use a fan or air conditioner. This promotes evaporation of sweat, which cools the skin.
- During peak heat hours, stay in an air conditioned area. If you don't have access to air conditioning in your home, visit public facilities such as shopping malls, parks, beaches and libraries to stay cool.
- Avoid unnecessary exertion if you are outside or in a non-air conditioned building.
- Avoid unnecessary sun exposure.
- When you are in the sun, try to avoid direct sunlight. Wear a hat, preferably with a wide brim.
- Never leave infants, children, seniors or pets unattended in closed cars or other vehicles.
- If you know seniors or people whose immune and respiratory systems are not working properly or who live alone, check on them regularly to make sure they are staying cool.