# Cooling Centers When Needed the Most

Air conditioning has been found to be the single most important factor in reducing heat-related risks. Even a few hours a day out of the heat can make a big difference. ADS maintains a list of air conditioned spaces when temperatures are on the rise.

When extreme hot weather hits Portland, ADS and community partners will open cooling centers as a place to help seniors stay out of the heat. Cooling centers are air-conditioned spaces staffed by volunteers where seniors can drink water, eat light snacks and participate in activities.

This year neighborhood cooling centers will open in Downtown Portland, Northwest Portland, Northeast Portland and Gresham. We are fortunate to have so many community partners coming together to help seniors have a safe and comfortable place to get out of the heat.

Loaves and Fishes, Hollywood Senior Center, East County YWCA and Friendly House will each be offering a cool space, activities and staffing to keep the centers open. Ride Connection will provide transportation so that consumers can get to and from the centers. 211 and Office of Emergency Management will help provide information to the community and support for the efforts. Local businesses routinely donate snacks.

ADS Community Services will send out updates to staff, partners and community when the senior cooling centers are activated. Many thanks to our local community partners for supporting these cooling centers:

**Loaves & Fishes Centers, Elm Court**
**1032 SW Main St.**
**Downtown Portland**

**Hollywood Senior Center**
**1820 NE 40th Ave.**
**Northeast Portland**

**YWCA Senior Services**
**Multnomah County East Building**
**600 NE 8th Street**
**Gresham**

**Friendly House**
**1737 NW 26th Ave**
**Northwest Portland**