

# NEWS:



Edward A. Diana  
Orange County Executive

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Contact: Orysia Dmytrenko  
(845) 291-2700  
[odmytrenko@orangecountygov.com](mailto:odmytrenko@orangecountygov.com)

## **COUNTY EXECUTIVE, AGING DIRECTOR URGE SENIORS TO TAKE EXTRA PRECAUTIONS DURING HEAT WAVE**

*Seniors at greater risk for heat illnesses, check on elderly neighbors*

**GOSHEN** – County Executive Edward A. Diana and Office for the Aging Director Ann Marie Maglione urge Orange County’s senior population, their families and friends who care for them to ensure that the elderly are taking special precautions as the County continues to endure another day of extreme heat and humidity.

“The heat index, temperature combined with humidity, for tomorrow is expected to be 106,” said County Executive Diana. “I urge County residents to please visit senior relatives and neighbors at least twice a day during this heat wave, as they are at greater risk for heat related illnesses.”

Orange County’s Office for the Aging is committed to meeting the special service needs of the County’s senior population. Besides checking on seniors when delivering meals, case managers will be visiting cooling centers established by municipalities to review the needs of seniors – especially those requiring special assistance, as well as reaching out to those most fragile who have serious health issues, need oxygen, are alone or are disabled.

Director Maglione said that seniors should, “Treat this heat wave like you would a snow storm, and stay inside until it subsides.”

In addition to visiting older adults at risk twice a day, Director Maglione suggests that to help protect elderly relatives and neighbors, residents should encourage seniors to increase their fluid intake, with their doctor’s approval as they may be on water pills, take them to air conditioned locations if they have transportation problems, encourage them to wear light-colored, loose-fitting clothing, advise them against outdoor activities when temperatures are extreme, and if air conditioning is not available, suggest that they take a cool bath or shower to lower their body temperature.

Heat illness may be recognized by the following symptoms: headache, dizziness or fainting, nausea or vomiting, weakness, muscle cramps, confusion, irritability, disorientation, or hallucinations, trouble breathing, hot, dry skin or cold, clammy skin, and should take to a cool place, rest and drink water if experiencing them. If conditions persist, call 911 or go to the emergency room.

For more information and assistance, please call NYConnects, Orange County Office for the Aging at (845) 615-3700 or visit [www.orangecountygov.com](http://www.orangecountygov.com).

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