

Simpson Center

305 E. Devonshire
Hemet, CA 92543
(951) 929-5607
GoRecreation.org

Monday-Thursday

8:00 a.m.-7:00 p.m.

Fridays

8:00 a.m.-1:00 p.m.

Saturday, Sunday & Holidays

AS NEEDED

*Hours of Operation are subject to change when heat warnings are in effect.

RESOURCES

Riverside County
Office on Aging
(800) 510-2020
www.rcaging.org

Fair Housing Council
(951) 682-6581
TTY (800) 735-2929
www.fairhousing.net

Senior Legal Hotline
(800) 222-1753
www.slh.lsnec.net

US Dept. of Veterans
Affairs
(800) 827-1000
www.va.gov

Elder Care Locator
Service
(800) 677-1116
www.eldercare.gov

CA Dept. of
Consumer Affairs
(800) 952-5210
www.dca.ca.gov

CA Dept. of Social
Services
www.cdss.ca.gov

CA Dept. of Public
Health
(800) 236-9747



AWARD WINNING CALIFORNIA PARKS



Simpson Center offers Cool Center for Residents

With heat expected to rise, Valley-Wide Recreation and Park District and the City of Hemet, have partnered with Community Action Partnership of Riverside County to offer a cool center at the Valley-Wide Simpson Center.

Cooling Centers are drop-in sites designed for vulnerable individuals, seniors, the disabled, and others in need of temporary relief from the heat.

Cool Centers will be open to the public, in affected areas, when the Riverside County Department of Public Health issues a "Heat Warning".



For additional Cool Center locations, hours and tips on how to protect yourself from heat related illness, please call the Summer Crisis Hotline at (888) 636-8676 TTY (951) 955-5123 or visit their website www.capriverside.org.

For general information Dial 211

PROTECT YOUR HEALTH WHEN IT'S HOT!

- **Drink plenty of water. Avoid alcohol and caffeine.**
- **Wear a wide-brimmed hat, or use an umbrella for shade.**
- **Wear lightweight, light-colored, loose clothing.**
- **Slow down-rest in the shade or a cool place when possible.**
- **Never leave a child, elderly, disable person, or animal alone in a vehicle**
- **Check on your friends and neighbors who are elderly or have medical conditions.**
- **If you do not have AC, use a fan, make sure your windows are open and visit a cool center.**
- **Take a cool shower or bath.**
- **Turn on your air conditioner.**