

STAY COOL AND STAY CONNECTED

The summer, as we all know, has already brought historic heat to New York City. Since it's not over yet, we can expect to see similar weather in the coming weeks. Days of extreme temperatures, nights with no relief and high humidity can make even simple errands feel overwhelming. For many older New Yorkers, this kind of heat is not just uncomfortable, it is dangerous.

At NYC Aging, we see the effects of extreme heat on the population we serve. For example, economic insecurity can cause older adults to turn off their air conditioners because they are worried about the cost of electricity. Or chronic conditions made worse by temperatures that climb higher each day. However, older adults do not have to face the heat alone. NYC Aging and New York City leadership including Mayor Mamdani and Deputy Mayor Dr. Arteaga have provided several supports such as cooling centers to combat heat during the hottest periods of the day without additional expense to older adults.

During the Fourth of July weekend, when the oppressive heat reached temperatures over 100 degrees, NYC Aging made older New Yorkers our priority — as we always do. Across the five boroughs, cooling centers were operational at hundreds of NYC Aging's older adult centers. These centers offer more than cool air. They offer connection, safety, and a



place to rest during the hottest days of the season.

In addition, in partnership with the NYC Health + Hospitals COOL Vans initiative, we reached NYC Aging clients who were homebound, have mobility issues, or living in overheated apartments. These mobile units provided cooling resources, wellness checks, and reassurance as well as prompt responses to symptoms of heat stress such as excessive sweating, fatigue, headache, nausea or dizziness. These supports can be accessed through the Link-NYC Kiosks or by dialing 311.

At the onset of the heat wave, Mayor Mamdani and I visited the Leonard Covello Older Adult Center in East Harlem, to make refreshing fruit infused water for older

adults seeking relief. It was a simple gesture that showed older New Yorkers that our Mayor and City leadership in conjunction with our provider network and NYC Aging staff will always show up for them.

This month also underscored other simple yet necessary supports, like checking in on your neighbors. A phone call or a knock on the door can make all the difference for someone struggling with the heat. NYC Aging's guidance is to stay hydrated throughout the day, keep your home cool with air conditioning or fans when possible, visit a cooling center if your home becomes too warm, and check in on someone who may be struggling. Call Aging Connect at 212-AGING-NYC (212-244-6469). We will connect you, or someone you are worried about, to help in your language and in your borough.

This July called us to action, reminding us that protecting older New Yorkers requires vigilance and compassion, and NYC Aging will continue to meet that responsibility in every season, in every borough, and in every moment when older adults need us most.



**NYC Department for the Aging
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