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Biography



News

June 24, 2010

Stay Safe this Summer

Monday, June 21, 2010 marked the first day of summer, and I know there are many in Southeast Missouri who are eager for the season. With summer, though, comes some very hot weather, which is why the National Weather Service, the Missouri Department of Health and Senior Services, and the State Emergency Management Agency are promoting Missouri Summer Safety Week.

Between 1995 and 2008 there were 392 heat-related deaths in Missouri. In 2009, there were 763 emergency room visits related to heat. As the temperature rises, many people do not realize how deadly the heat can be, and high humidity, common here in Missouri, can make the effects of heat even more harmful. Seniors, infants, young children, and people with chronic health problems or disabilities need to be especially careful in the heat because they are an even greater risk.



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To combat the effects of heat, the [Centers for Disease Control and Prevention](#) offers

several tips. Make sure to drink plenty of water and natural fruit juices, even if you're not thirsty, and to avoid alcoholic beverages and drinks with caffeine. You will be cooler wearing loose-fitting, lightweight, light-colored clothing and make sure that, if you must go out, you use sunscreen and wear a wide-brimmed hat. It is best to avoid going out during the hottest times



of the day and to take frequent breaks if working during the heat of the day. While inside, keep shades drawn and blinds closed, and use air conditioning whenever available. Even just two hours per day in air conditioning can significantly reduce the risk of heat-related illness. Fans should only be used in a ventilated room. Blow hot air out a window with a fan during the day, and blow in cooler air at night.

Cooling centers offer the general public air-conditioned relief. Those in our community include:

Marble Hill Senior Center, 505 3rd St. in Marble Hill, 573-238-2809, open Monday through Friday from 7 a.m.-3 p.m.

Cape Girardeau Senior Center, 921 N. Clark in Cape Girardeau, 573-335-1352, open Monday through Friday from 7 a.m-4 p.m.

Jackson Senior Center, 2690 Traveler's Way in Jackson, 573-243-4241, open Monday through Friday from 7 a.m-4 p.m.

Fredericktown Senior Center, 107 Spruce St. in Fredericktown, 573-783-5357, open Monday through Friday from 7 a.m-4 p.m.

Charleston Senior Center, 205 W Commercial in Charleston, 573-683-6115, open Monday through Friday from 7 a.m-4 p.m.

East Prairie Senior Center, 304 E. Main in East Prairie, 573-649-5805, open Monday through Friday from 7 a.m-4 p.m.

Perryville Senior Center, 4 North Spring Street in Perryville, 573-547-2188, open Monday through Friday from 7 a.m.-3 p.m.

Scott City Senior Center, 104 W Hickory in Scott City, 573-264-3402, open Monday through Friday from 8 a.m.-2p.m.

Sikeston Senior Center, 305 Cresap in Sikeston, 573-471-6047, open Monday through Friday from 7 a.m-4 p.m.

Please be careful and take steps to keep you and your family safe this summer.

Contact Me

As always, I appreciate hearing your comments, opinions, and concerns. Please feel free to contact me in Jefferson City at (573) 751-2459. You may write to me at Jason Crowell; Missouri Senate; State Capitol; Jefferson City, MO 65101, or email me at: jcrowell@senate.mo.gov or visit me on the web at <http://www.senate.mo.gov/crowell>.

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