

COOL DOWN NICETOWN

Serves older adults 65+ years who are looking to stay cool, connect with neighbors, and help the environment during the hottest months of the summer - all at home.

PHILADELPHIA IS GETTING HOTTER...



The city has warmed nearly 3 degrees since 1970. Nicetown, where the heat is trapped due to pavement, buildings, and limited green space, can get even hotter. This can give rise to dangerous heat conditions and put older adults at risk.



OUR MISSION

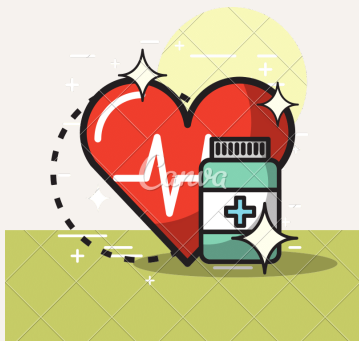


We hope to keep seniors' homes safe and cool during hot summer days by arranging friendly visitors, sending hydrating care packages, and finding environmentally-friendly solutions for managing the heat indoors. All at no cost to seniors!

ARE YOU AT HIGH RISK?

RISK FACTORS FOR HEAT-RELATED ILLNESS INCLUDE:

PRE-EXISTING CONDITIONS:



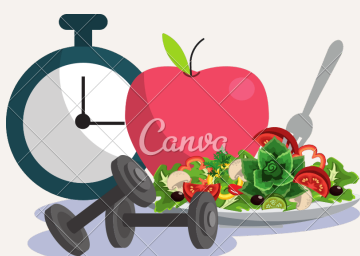
- Pre-existing cardiovascular diseases.
- Age-related skin changes and poorly functioning sweat glands.
- Lung or kidney-related illnesses leading to fever.

MEDICATIONS:



- Conditions treated by drugs such as water pills, sedatives, tranquilizers, heart and high blood pressure medicines; may make it harder for your body to cool itself.

DIET AND PHYSIQUE:



- Being overweight or underweight.
- Drinking alcoholic beverages.

WHICH PROGRAMS MAY I TAKE PART IN?

1. FRIENDLY VISITS:

Stay Connected and Stay Cool: After you register, our staff will pair you with a certified volunteer who will check in with you 1-2 times each week. This allows you and your volunteer to develop a friendship and form connections within your community.

Our volunteers have been trained by medical specialists to assist you if you are ill or in need of assistance on a hot day.



Cooling Care Packages: Our volunteers will deliver specially designed care packages created with the assistance of your neighbors. Care packages include personal hygiene supplies, electrolyte drinks, cooling gel pads, letters, and donated books.

Remote Option: You can also request that your volunteer leave the package at the door if you are unable to get to the door or are concerned about COVID-19. You can then communicate with your volunteer through phone or online.



2. KEEP COOL WITH BAMBOO BLINDS:

During the summer, you don't want to have the sun beating down on you from within your house. Bamboo blinds can keep out the sun, purify the air, and absorb humidity, making them the perfect addition to your home. If you apply, a friendly volunteer will install bamboo blinds to your windows without you having to pay a cent.

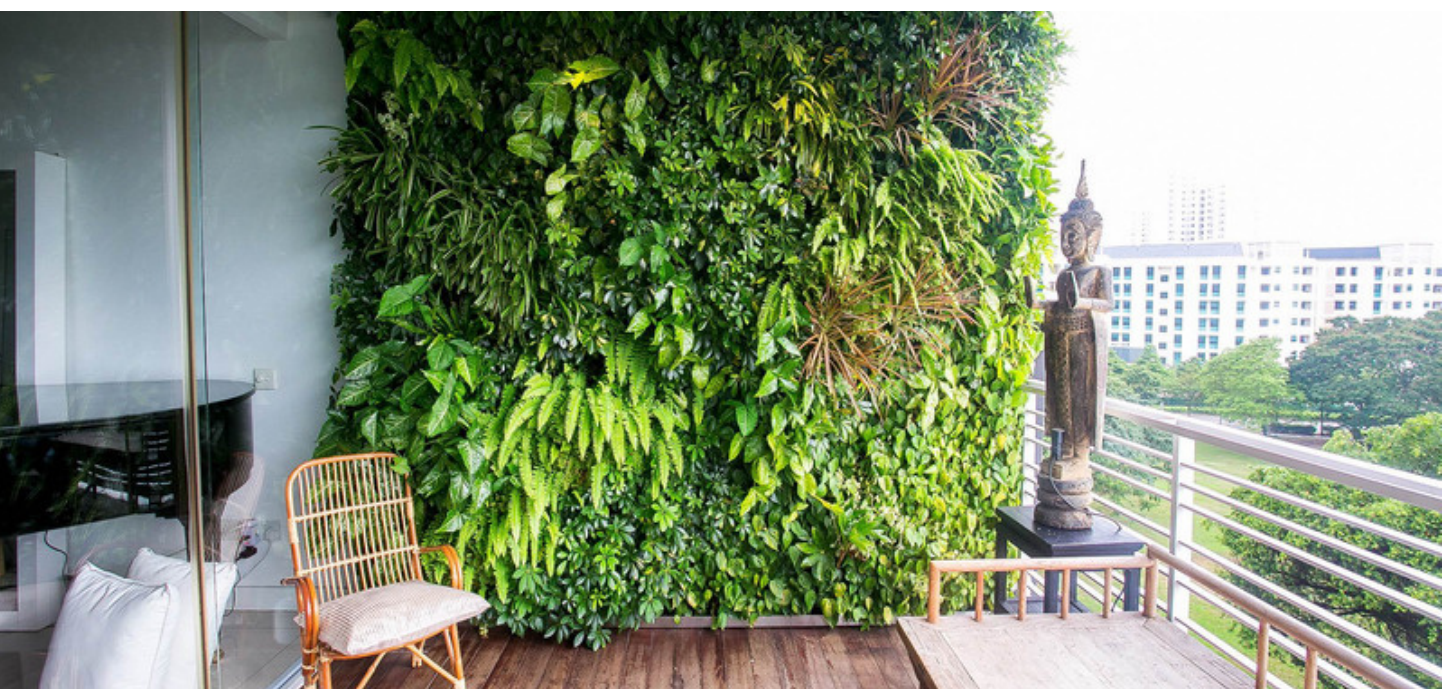


FUTURE OPPORTUNITY... ADOPT A GREEN WALL!

Are you looking for a new home project which saves the planet while reducing your electricity bill?

Cool Down Nicetown will be working to introduce green walls into homes.

- Green walls are surfaces covered in plants and greenery which can be as large as you want.
- They simultaneously **lower indoor temperatures, provide insulation, reduce noise**, provide herbs and vegetables, and beautify your home.
- This is a collaborative project. If you choose to adopt a Green Wall, you will be matched with a helpful volunteer who will offer you materials and assist you in maintaining your green wall.



WHO ARE THESE PROGRAMS FOR?

For seniors aged 65 and above who want to stay safe and cool throughout the summer months while also engaging with their neighbors and protecting the environment.

HOW DO I SIGN UP FOR COOL DOWN NICETOWN SERVICES?

Step 1:

Call 110-234-5600 or visit www.cooldownnicetown.com.

Step 2:

Answer a few simple questions or fill in your details.

Step 3:

Confirm registration.

DO I HAVE TO PAY ANYTHING?

No. Cool Down Nicetown is funded through multiple sources, including the Philadelphia Corporation for Aging. This project is also working in association with other local initiatives, including Heatline and Beat the Heat.

HOW DO I SIGN UP TO VOLUNTEER?

1. Call the program coordinator at **(110) 234-5600**
2. Visit our website at <http://cooldownnicetown.com>
3. Email the organization at cooldownnicetown@gmail.com.
4. We offer a 2-session training program for all volunteers.



WHAT IF I HAVE MORE QUESTIONS OR WANT TO STOP RECEIVING SERVICES ?



Please call the program coordinator at **(110) 234-5600** or email the organization at cooldownnicetown@gmail.com.

You can ask questions about the program or find solutions to heat-related events.