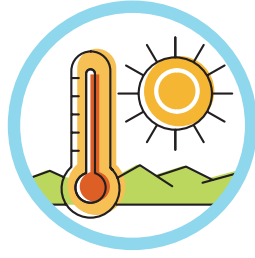


Extreme Heat Forum



How Seniors Can Prepare for Extreme Heat and Play a More Direct Role in Building a Resilient Community

Tuesday, August 15, 2023, 5:00 - 7:00 p.m.

PRESENTED BY



Community Environmental Council
Bold Climate Action
Acción Climática Audaz



Special thanks to our promotional partner KSBY.

AGENDA

- 5:00 p.m. **Reception & Networking**
with Nibbles from The Daisy
- 5:30 p.m. **Welcome & Introductions**
Rich Appelbaum
Gray Panthers Santa Barbara Network
- 5:35 p.m. **Extreme Heat & Health**
Dr. David Lebell
Gray Panthers Santa Barbara Network
- 5:45 p.m. **State of California, Public Policy Actions**
Yumi Sera
Governor's Office of Community Partnerships and Strategic Communications
- 5:55 p.m. **Regional Solutions: the Community Environmental Council's (CEC) Resilience Initiatives**
Em Johnson
Community Environmental Council
- 6:05 p.m. **Mobilizing Advocacy**
Pam Bury and Maureen Ellenberger,
Society of Fearless Grandmothers Santa Barbara
- 6:15 p.m. **Panel Discussion & Audience Q&A**
Moderated by: **Rich Appelbaum**
Gray Panthers Santa Barbara Network
- 6:50 p.m. **Closing Reflections**

About Extreme Heat

Extreme heat events have been felt throughout the United States and the rest of the world during the month of July. In fact, July 2023 is set to be Earth's hottest month ever recorded.¹ Furthermore, the UN secretary general, António Guterres, shared his deep concern over increasingly intense and frequent heat waves by warning the public that "The era of global warming has ended, the era of global boiling has arrived."² It is crucial now more than ever to stay informed about extreme heat and learn how to stay cool during these extreme events.

WHAT IS EXTREME HEAT?

While there is no agreed upon definition of extreme heat, the Centers for Disease Control and Prevention (CDC) defines extreme heat as temperatures in your region that are significantly hotter than average or what is considered normal.

Heat Monitoring & Tracking

Many cities in the Central Coast rely on the National Weather Service (NWS) for alerts and advisories regarding extreme heat. Visit [weather.gov/lox](https://www.weather.gov/lox) for a detailed weather forecast of your city.

IMPACT OF EXTREME HEAT

The threat of extreme heat is often overlooked, but extreme heat kills more people than any other climate change hazard. Furthermore, the impacts of extreme heat are not experienced equally across California. Rural/disadvantaged communities and California Native American Tribes experience disproportionate impacts.³

HOW TO PREVENT HEAT-RELATED ILLNESS?

The California Department of Public Health (CDPH) provides these tips on staying cool such as drinking sufficient water, avoiding strenuous activity, and

staying indoors: [cdph.ca.gov/Programs/EP0/Pages/BI_Natural-Disasters_Extreme-Heat_Tips-for-Preventing-Heat-Related-Illness.aspx](https://www.cdph.ca.gov/Programs/EP0/Pages/BI_Natural-Disasters_Extreme-Heat_Tips-for-Preventing-Heat-Related-Illness.aspx)

In addition, the CDPH has tips for preventing heat illness in seniors: [cdph.ca.gov/Programs/EP0/Pages/Extreme%20Heat%20Pages/BI_Natural-Disasters_Extreme-Heat_Seniors-and-Heat-Illness.aspx](https://www.cdph.ca.gov/Programs/EP0/Pages/Extreme%20Heat%20Pages/BI_Natural-Disasters_Extreme-Heat_Seniors-and-Heat-Illness.aspx)

WHAT TO DO IF SOMEONE SHOWS SIGNS OF HEAT-RELATED ILLNESS?

Refer to the CDC's guidance on how to treat these heat-related signs and symptoms: [cdc.gov/disasters/extremeheat/warning.html](https://www.cdc.gov/disasters/extremeheat/warning.html)

WHAT RESOURCES ARE AVAILABLE IN MY CITY OR COUNTY?

Heat Trackers & Alerts:

- Sign up for heat and emergency alerts in Santa Barbara County: [countyofsb.org/3940/Heat-Event-July-2023](https://www.countyofsb.org/3940/Heat-Event-July-2023)
- Keep track of heat and emergency incidents in Ventura County: [vcemergency.com](https://www.vcemergency.com)
- Keep track of emergency alerts in San Luis Obispo County: [emergencyslo.org](https://www.emergencyslo.org)

Active Cooling Centers in Your Region:

- Cities throughout San Luis Obispo, Santa Barbara, and Ventura counties have different official policies regarding how they define extreme heat and when they open cooling centers. For instance, the City of Moorpark's official cooling center protocol is when temperatures reach "105° F for two consecutive days." The City of Simi Valley has a more general policy when opening cooling centers. They open those centers when there are "two or more consecutive days of excessive heat."

¹Thompson, A. (2023, July 27). July 2023 is Hottest Month ever Recorded on Earth. Scientific American. <https://www.scientificamerican.com/article/july-2023-is-hottest-month-ever-recorded-on-earth/#>

²Reed, B. (2023, July 27). "Era of global boiling has arrived," says UN chief as July set to be hottest month on record. The Guardian. <https://www.theguardian.com/science/2023/jul/27/scientists-july-world-hottest-month-record-climate-temperatures>

³Governor's Office of Planning and Research. (n.d.). California extreme heat symposium synopsis. Governor's Office of Planning and Research. https://opr.ca.gov/docs/20221212-Extreme_Heat_Symposium_Synopsis.pdf

However, many cooling centers are existing public facilities and are open year round during normal business hours.

- Visit CEC's list of verified cooling centers on the Central Coast: cecsb.org/cooling-centers

Heat and Health Information Websites:

- "Heat Ready California" Will Help Californians Prepare for Extreme Heat
The Office of Community Partnerships and Strategic Communications (OCPSC) has begun a 'Heat Ready California' campaign. As part of the campaign, OCPSC is working with trusted messengers including multi-ethnic community-based organizations, ethnic media, meteorologists, and other partners statewide to keep communities safe during extreme heat events. The new campaign website includes tips and resources for people most extreme heat poses impacts most. Websites are currently available in English at HeatReadyCA.com, in Spanish at CuidateDelCalorCA.com, and soon in additional languages. Additional materials will continue to be shared out.
- National heat information: HEAT.gov

RESOURCES TO COOL YOUR HOME

When temperatures rise, home electricity use skyrockets. The average U.S. homeowner spends \$121 per month on electricity, and in California that amount is even higher—particularly during extreme heat events when air conditioning and refrigeration use ramp up. By transitioning to highly efficient all-electric homes/apartments you can reduce costs, while positively impacting climate change. To make the transition easier, the Community Environmental Council (CEC) recently launched "Electrify Your Life," a service to help you navigate tax credits and incentive programs that can be "stacked" together.

From electric vehicle chargers, heat pump air conditioners, water heaters, and more, the Community Environmental Council's Electrify Your Life service provides one-on-one assistance to help make the switch easy and cost-effective. Incentives and tax credits vary based on location, income, and other factors. For more information visit: cecsb.org/eyl.

HOW YOU CAN HELP

Contact your elected officials and urge them to take action against the threat of extreme heat. Find out who your elected officials are by visiting: usa.gov/elected-officials

Sign **Climate Petition to American Association of Retired Persons (AARP)** to urge AARP leadership to act urgently on climate policy and climate mobilization: supportaarpclimateaction.org

When temperatures rise, check on your neighbors, family members, and friends. Share the resources in this handout with them.

Advice from the Fearless Grandmothers

1 STOP DESTRUCTION

A coalition of environmental groups is mobilizing yet again to urge the Santa Barbara County Supervisors to deny ExxonMobil's proposal to restart the pipeline which ruptured in 2015 and spilled crude oil on our beaches. Please write or email your County Supervisor before the August 22 hearing and urge them to protect our air, land and ocean.

2 JOIN A CLIMATE GROUP

Sign up with CEC, Sierra Club, 350 SB, Third Act, Gray Panthers, or Fearless Grandmothers to receive updates on local/regional climate actions.

3 HELP BUILD COMMUNITY

Get to know your neighbors. Join or help create a neighborhood group. Bring the topic of planning for resilience to groups you already belong to.

ABOUT THE SPEAKERS AND PANELISTS

Richard P. Appelbaum, Ph.D., is currently Professor at Fielding Graduate University, where he chairs the doctoral concentration in Sustainability Leadership. He is the Santa Barbara lead for UCSB's Campus-based Committee of the University of California Disaster Resilience Network (UC-DRN), where he represents UCSB on the UC-DRN system-wide University Council. He serves on the Boards of Directors for a number of non-profit social justice organizations, including Santa Barbara Clergy and Laity United for Economic Justice (CLUE), where he heads the Housing Justice and Labor Trafficking Workgroups; the Santa Gray Panther Network; the Fund for Refugee Initiatives (formerly the Chad Relief Foundation); the Nuclear Age Peace Foundation; and Global Service Corps.

David Lebell, MD has been an Emergency Medicine specialist for over 30 years. Having retired about three years ago, he is engaged with issues around medicine as it relates to social, political and environmental concerns as well as recent research around brain function, and optimizing health and happiness.

Pam Bury was born and raised in Santa Barbara, and worked as a librarian for the Santa Barbara Public Library System. A Fearless Grandmother, she also serves on the steering committee of 350 Santa Barbara. She is happiest as a climate activist when she has a paintbrush in hand, using arts and crafts skills for "artivism."

Maureen Ellenberger lives on the Mesa here in Santa Barbara. She is a Fearless Grandmother, a Community Environmental Council certified Climate Steward, and a board member for the Santa Barbara-Ventura chapter of the Sierra Club. She is a passionate activist for climate action and voters rights hoping to make the world a resilient place for her grandchildren and future generations.

Yumi Sera is the inaugural Executive Director of the Office of Community Partnerships and Strategic Communications within the Governor's Office of Planning and Research. Appointed by Governor Gavin Newsom, she is responsible for leading a dedicated state team that manages California's highest priority public awareness and community outreach efforts, such as extreme heat, water conservation, and Covid vaccinations. Yumi has over thirty years of experience in developing grant programs, cross-sectoral partnerships, and strategic frameworks.

Em Johnson joined the Community Environmental Council in 2022 and directs the Climate Resilience program. She plays a lead role in enacting CEC's programs that help our Central Coast communities better respond, recover, adapt, and thrive in the face of climate change-related disruptions. Em has worked alongside frontline communities to design, plan, and implement community projects aimed to enhance local socio-economic resilience. During her five years as Executive Director of the Blue Sky Center, she helped energize creativity, innovation, and investment into the Cuyama Valley in Central California, worked to depoliticize climate change, and bridged the divide between urban and rural communities.