

Staying Cool This Week

High heat is coming. By this time tomorrow, Tuesday, June 18, the temperature is forecast to be well into the 90s with Wednesday and Thursday getting progressively hotter and Friday still being quite warm. With just a light breeze and humidity hovering around 40% (which is on the low side thankfully), the heat index will make temperatures in the high 90s feel like the low 100s.

The exceptionally hot weather is forecast to break during the mid-afternoon on Friday as scattered showers and thunderstorms come through Newton.

Options for places to cool off in Newton include:

- Newton Free Library, 330 Homer Street. The library hours this week are Tuesday and Thursday 9:00 a.m. – 11:00 p.m. and Friday, 9:00 a.m. – 6:00 p.m. Please note that the Library will be closed this Wednesday, June 19, in observance of Juneteenth.
- Newton Senior Center at 20 Hartford Street, Newton Highlands, will be open for anyone of any age who needs a place to be in air conditioning from 9:00 a.m. to 4:00 p.m., Tuesday, Thursday and Friday. Please note that the Senior Center will be closed this Wednesday, June 19, in observance of Juneteenth. Questions? Call 617-796-1660.
- Movie Theaters: Showcase SuperLux, 55 Boylston St. and West Newton Cinema, 1296 Washington St.
- Shopping Mall: The Shops at Chestnut Hill, Tuesday – Friday, 11:00 a.m. – 8:00 p.m.

Social Services

Any Newton resident who needs assistance with a cooling plan should call the Newton Health and Human Services staff at 617-796-1420, Monday through Friday 8:30 a.m. – 5:00 p.m. (but we are closed for the State holiday of Juneteenth on Wednesday so please call us tomorrow).

Tips to Stay Cool and Healthy

Newton Health and Human Services staff suggest drinking plenty of cool fluids (nonalcoholic, non-caffeinated) even if you don't feel thirsty. Slow down. Refrain from doing strenuous activity outdoors. Stay indoors or out of the sun (seek shade...) during the heat of the day. Wear lightweight, loose-fitting clothing. Take a cool shower, bath, or sponge bath if you feel overheated; this works even better than being in front of a fan. Never leave children or pets unattended in a car, even with the windows open (and don't leave pets outside for extended periods). Remember that pavement can get really hot and burn hands, feet – and paws.

Heat exhaustion can develop either suddenly or over time for people of all ages. Signs include heavy sweating, cold/pale/clammy skin, fast/weak pulse, nausea or vomiting, muscle cramps, dizziness, headache, and fainting. If you are experiencing any of these symptoms, move to a cool place, drink some water, and loosen your clothes. If possible, take a cool shower, bath, or sponge bath. Seek medical attention immediately if your symptoms get worse or last longer than one hour.

Check on family, friends and neighbors, especially older adults, those who live alone, or those who may not have air conditioning.

Schools

All Newton Public School students will be dismissed early on a staggered schedule on Thursday and Friday. (There is no school on Wednesday, June 19, which is Juneteenth, a state holiday.)

There will be no after school activities on Thursday or Friday.

The [West Suburban YMCA in Newton](#) will provide free drop in times as well as cooling options, while the [John M. Barry Boys & Girls Club](#) of Newton will open its doors early to its members. Check their websites in the coming days for more information.

Swimming

The beach at Newton's [Crystal Lake](#), on Lake Avenue in Newton Highlands, is opened for short hours this week from 4:00 p.m. until dusk. Next week when more lifeguards are available, we are open for longer hours. Click [here](#) for a schedule and more information.

The two new Gath Pools, 256 Albemarle Road, don't open until next Monday, June 24, as we are finishing up the construction. Join us at 4:00 p.m. on Monday for the opening.

Power Outages and Conserving Energy

If your power goes out, please report the outage to Eversource at 800-592-2000.

Hot weather means high electricity use. During peak demand periods, which is expected this week in the afternoon, older, less efficient and more polluting generation plants are brought online.

Eversource does not expect any disruption in electricity supply, but we can help New England reduce electricity demand as well as greenhouse gas emissions and other pollutants by taking the following measures:

- "Pre-cool" in the morning with AC, then use fans in the afternoon (which use much less electricity).

- If you need to use AC, try turning up the temperature a few degrees, to 74-76 degrees F.
- If you have a zoned air conditioning system, or room air conditioners, limit their use in rooms that are infrequently used.
- Make sure windows and doors in air-conditioned spaces are closed when air conditioners are operating.
- Close shades or drapes where the sun is shining in.
- Turn off lights that are not essential.
- Avoid running dishwashers, washers, and dryers during peak hours.
- Unplug electric vehicles or set their charging timers to start after 8:00 p.m.

Please know we take care that our City employees also stay safe. We have protocols in place for those who work outside.