

FOR IMMEDIATE RELEASE

Martha's Village and Kitchen
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Martha's Village and Kitchen Cooling Center to Help Those In Need

Indio, California---With the summer heat already hitting triple digits, Martha's Village and Kitchen reminds the community that their Cooling Center is open 7 days a week from 9:00 AM to 4:30 PM at 83791 Date Avenue, Indio CA.

The Center is open to the general public and provides a cool environment, water, and snacks. Free public lunch is also provided Monday through Friday from 11:00 AM to noon. Computer access is also available during the week to help the community in their search for employment opportunities or other resources.

In the Coachella Valley, extreme heat can cause "heat exhaustion," characterized by heavy sweating, intense thirst, weakness, dizziness, visual disturbances, nausea, headache, breathlessness, and palpitations. Most of these symptoms can be relieved by seeking cooler temperatures, drinking clear fluids and resting. But if not treated, they can also lead to "heat stroke" and death. Martha's is doing all that they can to support our neighbors in need.

Linda Barrack, President and CEO of Martha's Village and Kitchen said, "We are proud to partner with Community Action Partnership of Riverside County as one of the listed Cooling Center locations in our community. Martha's Cooling Center is so important because many people do not have air conditioning, or cannot afford to run their air conditioner at home all day. For those without homes, the situation can quickly become dire. This time of year, the homeless population should not be outdoors. Extreme heat exposure can lead to health issues and complications. Many end up in the hospital. Opening up our Cooling Center is just another way that we try to serve those in need."

The summer heat increases the demand for services at Martha's, but it is also the time of year when support often wanes. Too many people in the Coachella Valley have nowhere to go; especially during these hot, dry months.

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About Martha's Village and Kitchen

Martha's Village and Kitchen is one of the largest providers of homeless services in the Coachella Valley and Riverside County. The founders began serving meals to their homeless neighbors in 1990. Martha's Village and Kitchen offers programs based on the nationally recognized "continuum of care model". Their programs include Residential Transitional Housing, Food Services, Children's Services, Career and Education, Case Management and Emergency Assistance. The organization prides itself on serving their neighbors by responding to their needs with food, clothing, shelter and an opportunity to become self-sufficient by affirming their dignity with respect, support and compassion.

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