Citizen’s Guide for
Readiness for Climate Extremes in the Desert Southwest

Building resilience: prepare to prevent and manage impacts of extreme climate events.

Published in 2015
Quick Guide of Emergency and Crisis Resources:

Pima County Health Department  
3950 S. Country Club, Ste 100  
520-243-7770

Pima County Office of Emergency Management and Homeland Security  
3434 E. 22nd Street  
520-794-9300

In case of emergency, please dial 911

**Police:**  
Tucson Police Dept.(Main)  
520-791-5032

**Non-Emergency Number:**  
520-791-4444

Marana Police Dept.  
520-382-2000

Oro Valley Police Dept.  
520-229-4900

Sahuarita Police Dept.  
520-351-4900

South Tucson Police Dept.  
520-917-1589

**Fire:**  
Tucson Fire Department  
520-791-4512

Marana-Avra Valley Fire District  
520-682-3255

Green Valley Fire District  
520-629-9200

Vail-Rincon Valley Fire District  
520-647-3760

Arivaca Fire District  
520-398-2003

**Ambulance:**  
Southwest Ambulance  
520-407-4300

**Other Emergencies:**  
Travel Alerts:  
www.az511.gov  
Dial: 511

**Weather Alerts:**  
Radio: 162.4 AM

A full list of emergency and crisis resources can be found on pages 44-47.
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About Us
While climate change is likely to cause extreme weather events in the future, prevention and preparation can help lessen the danger, and could even save your life and the lives of those around you. This guide provides citizens of Southern Arizona with a comprehensive list of resources to help prepare for and build resilience in the face of extreme climate emergencies. It also provides information on how to help reduce and help stop further climate change.

Arizona is particularly vulnerable to the effects of extreme weather caused by climate change. The Intergovernmental Panel on Climate Change projects with 80% confidence that extreme heat events will intensify in magnitude and duration over portions of the U.S. where they already occur. They are “virtually certain” there will be a decrease in the magnitude and frequency of cold days/nights and increase in frequency and magnitude of unusually warm days/nights in the desert Southwest region.
Using this Guide:

The guide uses symbols to help you easily identify each section. Look for them in the upper left-hand corner and lower right-hand corner of each page.

Building Awareness

- Mitigation
- Adaptation

Planning and Preparedness

- Assess and Assure Your Readiness
- Building a Resilient Home and Neighborhood
- Making Connections
  *(Section includes Emergency Numbers)*

Together, mitigation and adaptation reduce the impacts of climate change.
Mitigation

We humans are fast learners, at least most of the time. We have no trouble plugging leaks, putting out fires, or moving away from danger. We are quite remarkable in how quickly we can change behaviors or take actions to reduce threats when we must.

But we may not always be able to act in time to avoid some negative impacts in life. Accidents happen, things break, negative effects occur, before we understand completely why.

However, we don’t add more fuel to a raging fire if our goal is to put out the fire. We don’t turn on more faucets if a building is already flooded. This is common sense.

Science tells us that the greenhouse effect (a warming of the planet’s atmosphere by the combustion of fossil fuels) is triggering a range of physical changes in the climate that threaten our social and economic stability.

These changes and threats will differ depending on location and season, and those in our region will include:
- dramatic overall warming, with increased average temperatures day and night
- an increase in heat extremes, bringing new risks to human health
- more and longer drought episodes
- less precipitation, but more unpredictable and intense rainfall patterns
- increased and more sudden flooding events
- larger and more frequent wildfires

So, if the greenhouse emissions from burning fuels like coal, gasoline and natural gas are heating up the planet to unacceptable levels, our goal should be to stop putting those emissions into the atmosphere.

This is actually a universal goal, for the atmosphere does not care where the reduced emissions come from, only that they take place.
We are mitigating the effects of climate change whenever we take steps to reduce current and future greenhouse gas emissions. We achieve these reductions when we use energy and water more efficiently and smarter. Also when we switch to renewable energy, use less gas, buy local food and products or plant trees — anything that takes greenhouse gas emissions out of the atmosphere, now and in the future.

Even if we are successful in stabilizing or stopping the increase in greenhouse gas emissions, the climate will continue to change for quite some time.

We will also need to begin adapting to those changes even while we work to mitigate the extent of the threats that the changes bring to our communities and economies.

Mitigation remains crucial. By stopping and eventually reversing the increase in greenhouse gas emissions we can help delay and reduce the severity of effects that are associated with high levels of these concentrations in the atmosphere.

In other words, we buy ourselves time when we mitigate greenhouse gas emissions. The steps we take in adapting to climate change will be less costly and less burdensome the more our mitigation efforts succeed.

The intent of this guide is to help families, neighborhoods, and communities better prepare for the impacts of a warming southwestern climate. And additionally, each individual action taken to lower greenhouse gas emissions will make our preparations easier and less costly.
Common sense tells us to dress lightly and plan our activities earlier in the day on a hot July morning; it tells us also to take shelter during a violent summer storm. Anyone who has lived in the desert southwest even a little while knows what to expect, how to react, and how to adapt to extreme weather that can be dangerous. When weather events begin to change from what we know to the unfamiliar, we need to be just as prepared and cautious.

There is no serious dispute that the region is experiencing a drought that has now lasted into its 15th year. This has not been an overnight event, where we can go back to business as usual after a minor inconvenience of one kind or another.

The drought has forced most all of us, from individuals to businesses to government agencies, to begin changing our behaviors and practices on how water is used and how we can avoid the worst case effects should drought continue indefinitely.

When we recognize such challenges and begin changing our activities to minimize risks and threats to our well-being, we are simply and importantly adapting to a changing climate around us.

We are doing in our own communities what societies have done over the centuries, work together to understand a changing environment and adapt as best as we can to these new circumstances. Again, common sense guides us to recognize these challenges and to adapt to them as best we can.

As we grapple in our homes, neighborhoods, and communities with the emergent threats of a changing and warmer climate that were
addressed on the mitigation page, we can expect the big picture to continue to change. Any one of these changes is unwanted, and the combination of them all could be overwhelming if we do nothing. But again, we have the common sense and an array of resources and best practices, such as those in this guide, to help us as we go forward.

Adaptation and mitigation of a changing Southwest climate will take many forms, all of which can reduce the impact of climate stresses on human and natural systems. They include adopting:

- behavior changes, such as using energy more efficiently at home in various ways
- new technologies, such as clean, safe renewable energy sources
- changes in government policies or resources, such as limiting emissions from power plants and getting off fossil fuels
- new community support measures, such as providing resources to plant trees, grow food, conserve water, and place solar energy on more homes and businesses

The desirability of adapting to a changing climate is often just one argument in favor of finding new, smarter ways to live our lives and to strengthen our community. Our efforts will have positive benefits in the near term, not just sometime in the future. Adaptation steps can be economically efficient, support our social and community goals, and be environmentally sustainable.

However, adaptation is not sufficient to keep the climate from becoming dangerously overheated. Now is the time to stop adding greenhouse gases to our atmosphere, start using strong climate mitigation measures like driving gas fueled cars less and planting trees along walkways to create more walk-able neighborhoods, building community sustainability, and reducing the urban heat island.

We must certainly work to lessen the scale and magnitude of future climate change. Meanwhile, it is in our best interest as a community to prepare for the multiple risks that these negative big picture changes will bring. Adapting to our changing climate will be a common sense and necessary endeavor for all of us.
Planning & Preparation

Many of the materials in the following pages are materials from a neighborhood Workbook and Conversation Guide that have been created by the “Building Resilient Neighborhoods” Working Group affiliated with the Climate Smart Southwest Conference in Tucson in 2013 and the ongoing Climate Southwest Project. You can learn more about this project in the section in this guide called “About Us”.

The Conversation Guide and Workbook for Building Resilient Neighborhoods is designed to help facilitate conversations and planning within neighborhood groups and organizations. You will find the conversations to be stimulating and empowering. We encourage you to copy the workbook materials and organize neighborhood meetings to learn from each other and plan ahead for a safe and resilient neighborhood in case of extreme climate events.

You can find the Workbook (called the Resilient Neighborhoods Packet) and Guiding Group Conversation tool (in English or Spanish) at www.psr.org/azclimate and by opening the section/link called “Working Groups” and selecting the “Vulnerable Neighborhoods Work Group”
Building a Resilient Home and Neighborhood

1. Assess and Assure Your Readiness

2. Making Connections

Planning & Prep 11
Most cohesive
Residents in Rating 5 Neighborhoods

- Talk to each other in several ways (in person, by phone or email, and in meetings)
- Have an organized association with officers and have several smaller social groups in the neighborhood who do things together
- Visit each other’s homes and do things together outside the neighborhood because they are friends
- Ask for each other’s advice or help and look out for each other out of respect and trust.
- Feel that the neighborhood doesn’t change much and is nice to live in
- Organize group activities for the good of the neighborhood
- Think of the neighborhood as a community they are loyal to

Residents in Rating 4 Neighborhoods

- Think other residents are mostly honest and trustworthy
- Think they share some personal background and interests with others in the neighborhood
- Assume their neighbors are friendly and cooperative.
- Have one or two neighbors they think of as friends
- Will often band together to solve a common problem, such as crime, vandalism, rundown properties, disturbances, etc.
- Chose the neighborhood because of their lifestyle (job, free-time activities, families with children)
- Show pride in their homes and property
<table>
<thead>
<tr>
<th>Rating</th>
<th>Residents in Rating 3 Neighborhoods</th>
<th>Residents in Rating 2 Neighborhoods</th>
<th>Least cohesive Residents in Rating 1 Neighborhoods</th>
</tr>
</thead>
<tbody>
<tr>
<td>3</td>
<td>Don’t usually think about their neighborhood and neither fear nor like their neighbors</td>
<td>Keep to themselves</td>
<td>Rarely see their neighbors</td>
</tr>
<tr>
<td></td>
<td>Recognize most people on their block, but don’t always greet them</td>
<td>Pay almost no attention to neighbors unless the neighbors are disturbing or annoying them</td>
<td>Don’t usually recognize neighbors outside the neighborhood</td>
</tr>
<tr>
<td></td>
<td>Usually trust the neighbors until they think they are dishonest or mean</td>
<td>Spend as little time as possible in their neighborhood, and their properties aren’t taken care of</td>
<td>Know the names of three or fewer neighbors close to them and don’t visit them [would not invite others in]</td>
</tr>
<tr>
<td></td>
<td>Think of a few neighbors as acquaintances, but probably not as friends</td>
<td>Don’t think they have much in common with other residents and think most of them are unfriendly, unattractive or possibly dishonest</td>
<td>Would move somewhere else if they could</td>
</tr>
</tbody>
</table>

**How does your neighborhood rate?**
Assess and Assure Your Readiness

2. Identify Who is the Most Vulnerable

Who is the Most Vulnerable to bad outcomes in climate disasters?

Experiences and research around the big climate disasters we have been experiencing in our country recently indicates that the most vulnerable to bad outcomes are:

- Those who live in neighborhoods that are not cohesive
- Individuals who are homebound and or seriously disabled
- Special situations with individuals listed below

Some of the characteristics of vulnerable people and contributing conditions include:

- People with no nearby friends or family
- Age: Elderly and Children (especially those under 4 yrs old)
- Poor health and inability to move or disabled
- Prisoners, homelessness, or drug dependency
- Poorly insulated housing, no air conditioning, no shade trees
- Night time low temperatures above 85 degrees and high humidity
- “Shelter in Place” is ordered, but there are no safe places nearby to get cool
- An emergency where phone, lights, and water are not available

Photo courtesy of bohocommunity.org
3. Prepare for Weather Related Emergencies

As our Tucson climate gets hotter and drier, we may lose electricity for longer periods from overloaded or fire-damaged lines. This can cause us to lose water, gas, phone, and even food services and communications which can lead to serious health problems, injuries, and deaths.

The home worksheet on the next 4 pages will help you find out how prepared your household is for these new climate conditions and whether you have vulnerable people in your home who will need special help in long power outages.

Vulnerable people you identified on the previous page may need assistance getting enough water, getting to a cool and/or shaded place and getting a ride to emergency or cooling centers, finding refrigerators for their medicines, and having someone to look after them.

Extreme heat exposure can lead to dehydration, heat exhaustion, and heat stroke. Please see pages 22-25 for the complete Heat Emergency Plan.

Understanding the Home Worksheet on the Next Page:
- The first part of the worksheet (pg. 16-17) describes the people in your home and helps you find out what resources you have.
- The second part (pg. 18-19) is to help you know which people in your house will have a health risk in a heat emergency and will need help.
- This information can be shared with neighbors to plan for a resilient neighborhood with sharing of resources.
Home Worksheet Part 1

How many people in your home are in each age group?

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Count</th>
</tr>
</thead>
<tbody>
<tr>
<td>0-10</td>
<td>_____</td>
</tr>
<tr>
<td>11-20</td>
<td>_____</td>
</tr>
<tr>
<td>21-30</td>
<td>_____</td>
</tr>
<tr>
<td>31-40</td>
<td>_____</td>
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<tr>
<td>41-50</td>
<td>_____</td>
</tr>
<tr>
<td>51-60</td>
<td>_____</td>
</tr>
<tr>
<td>61-70</td>
<td>_____</td>
</tr>
<tr>
<td>71-80</td>
<td>_____</td>
</tr>
<tr>
<td>Over 80</td>
<td>_____</td>
</tr>
</tbody>
</table>

How many pets do you have? _____________

What kinds are they? _______________________________________________

How old is each? __________________________________________________

Do You Have Any Emergency Resource People in Your Home?

_______ Do any have police or other law enforcement training?
_______ Do any have fire department training?
_______ Do any have medical training? What types?
_______ Do any have military emergency training?
_______ Can any give emergency rides?
_______ Can any cook and deliver emergency meals?
_______ Do you know where pet shelters are?
Does Your Home Have Any of These Emergency Supplies? [Check all that you have]:

_______ An emergency battery-operated radio? Circle which kind: battery/electrical/solar
_______ Enough trees and shrubs around your home to shade and cool it and you?
_______ A battery operated cooling fan?
_______ Any kind of shade cloths? What kind and how big? _________
_______ Filled water containers? How many and what size? _________
_______ Hiking/camping water purifier kit?
_______ Battery-operated Television
_______ Home telephone? _________ Cell phone?
_______ Email?
_______ Solar oven or camping stove?
_______ Outdoor grill and fuel?
_______ Camping stove and fuel?
_______ Flashlights, candles, large area battery or propane lights?
_______ Emergency, non-perishable foods?
_______ Portable carport, camp shelter or canopy for shade?
_______ Swimming pool for cooling and drinking?
_______ Independent solar system for home electricity?
_______ Cisterns or other water storage system?
_______ Home food garden?
_______ Egg-laying chickens?
_______ Emergency home generator (gas powered)?
_______ Gas for the generator (48 hours worth)?
_______ A First Aid Kit and Flashlights?
## Home Worksheet Part 2

Which People in Your Home Have Health Risks?  [Give the number of people who have each condition and give their ages]

<table>
<thead>
<tr>
<th>Condition</th>
<th>Number</th>
<th>Age</th>
</tr>
</thead>
<tbody>
<tr>
<td>High blood pressure?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Heart disease?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Breathing problems or smokers?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Liver failure or kidney failure?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dependence on drugs or alcohol?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Diabetes?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Other Chronic illnesses?</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

What types: _____________________________________________

________________________________________________________________________

________________________________________________________________________
Do Any People in Your Home have disabilities?
[Give the number of people and their ages for each limitation, including infants and children]

_______ People who can’t drive? How old?_____________
_______ People who can’t walk by themselves? How old?_____________
_______ People who can’t see or can’t see well? How old?_____________
_______ People who can’t hear or can’t hear well? How old?_____________
_______ People who can’t breathe easily? How old?_____________
_______ People who can’t talk well or do not speak English? How old?_____________
_______ People who can’t take care of themselves? How old?_____________
_______ People with mental health problems? How old?_____________
_______ People with missing or disabled arms or legs? How old?_____________
_______ People on breathing support machines? How old?_____________
_______ Other? How old?_____________

Do you have someone in the neighborhood you can contact when you need help in emergencies? Yes ______  No ______

Name: ____________________________ Phone: ___________________
Email: ____________________________
1. Gather Information

Health:

A summer day with temperatures hovering just under 100 degrees may not seem especially extreme to the average Arizonan until power is interrupted due to severe weather and local utilities are insufficient to meet demand. Without access to air conditioning, or water that relies on electric pumps for distribution, the average Arizona day could become a life-threatening day.

Prevention is always the most important strategy!

Protect Yourself from Heat Illness!
There are many other kinds of illnesses and injuries that can occur as a result of climate disasters, e.g. spread of infectious diseases, severe injuries or death from flooding, severe burn injuries or smoke inhalation from fires, serious accidents from windstorms, and many more. However, extreme heat is the greatest risk in our region, and for this reason, the focus in this guide is on that risk, with the accompanying potential of a power outage. Indeed, extreme heat events or heat waves are the leading cause of extreme weather-related deaths in the United States.

Seek medical attention immediately if suffering symptoms of heat exhaustion or heat stroke.
Take Precautions
- Stay inside air-conditioned homes during extreme heat days, or seek out shaded neighborhood locations or community shelters.
- Avoid excessive physical exertion outdoors on hot days,
- Stay hydrated; you need 4-8 quarts of water a day on extremely hot days.
(People with heart failure or kidney disease should consult their health care providers about how much water is safe.)

The immediate health risks from heat are innumerable and range in severity from rash and cramps to heat stroke, heart attack, and death.

The health risks from a power outage during a heat wave are compounded and they potentially include dehydration with lack of access to water, nutritional problems with lack of access to food, worsening of chronic health problems, stress, and mental health issues, and more.

Know the Symptoms of Heat Illness:

*Heat Exhaustion*
- Headache
- Dizziness
- Dark-colored urine
- Rapid heartbeat
- Profuse sweating
- Confusion
- Muscle cramps
- Nausea
- Fainting

*Heat Stroke Includes most of the symptoms of heat exhaustion in addition to:*
- Lack of sweat
- Red, hot, dry skin
- Fainting and unconsciousness

Good planning ahead of time can help prevent these outcomes. Turn the page for the full Heat Emergency Plan.
Heat Emergency Plan

Taken from the Arizona Department of Health Services Heat Emergency Response Plan (May 2013), which can be found at:

Your body keeps itself cool by letting heat escape through the skin, and by evaporating sweat (perspiration). If your body does not cool properly or does not cool enough, you might suffer from a heat-related illness. Anyone can be susceptible to heat-related illness. Those at greatest risk are children under 4, adults over 65, homeless people, outdoor workers, people who are overweight, and people who are ill or on certain medications. Heat-related illness may be serious or even deadly if unattended. **Staying healthy during the summer is easier if you take the time to protect yourself by making sure you are drinking enough water and limiting your exposure to the heat.**

Follow these simple rules:

- Drink water. Even people that stay mostly indoors all day should drink at least 2 liters of water per day. People that spend time outdoors should drink 1 to 2 liters per hour that they are outdoors.
- People that do strenuous activity outdoors should be very careful, being your body can lose up to 4 liters of water per hour during strenuous activity. You should carry water with you and drink even if you do not feel thirsty.
- Be heat safe and avoid alcohol and caffeine, which dehydrate the body.
- Avoid using salt tablets unless directed to do so by a physician.
- Dress for the heat. Wear lightweight, light-colored clothing. Light colors will reflect away some of the sun’s energy. It is also a good idea to wear hats or to use an umbrella. Always apply sunscreen to exposed skin.
- Eat small meals and eat more often. Avoid foods that are high in protein which increase metabolic heat.
- Slow down. Avoid strenuous activity. If you must do strenuous activity, do it during the coolest part of the day, which is usually in the morning between 4:00 a.m. and 7:00 a.m.
- Stay indoors when possible.
- Take regular breaks when engaged in physical activity on warm days. Take time out to find a cool place. If you recognize that you, or someone else, are showing symptoms of a heat-related illness, stop activity and find a cool place.
The signals of the next, more serious stage of a heat related illness (often called heat exhaustion) include:

- Cool, moist, pale skin (the skin may be red right after physical activity).
- Headache.
- Dizziness and weakness or exhaustion.
- Nausea.
- The skin may or may not feel hot.

The warning signs of the most serious stage of a heat related illness (often called heat stroke or sun stroke) vary but may include:

- Vomiting, confusion, throbbing headache.
- Decreased alertness level or complete loss of consciousness.
- High body temperature (sometimes as high as 105° F).
- Skin may still be moist or the victim may stop sweating and the skin may be red, hot and dry.
- Rapid, weak pulse.
- Rapid, shallow breathing.
- Seizures.
Signs & Symptoms of Heat-Related Illness
When temperatures are on the rise, watch for the following symptoms:
- Thirst: By the time your body tells you that you are thirsty, you are already mildly dehydrated.
- Heat cramps: Heat cramps are muscular pains and spasms due to heavy exertion. They usually involve the abdominal muscles or the legs. The loss of water and salt from heavy sweating causes heat cramps.

Types of Heat-Related Illnesses

Heat Exhaustion: Heat exhaustion is less dangerous than heat stroke. It typically occurs when people exercise heavily or work in a warm, humid place where body fluids are lost through heavy sweating. Fluid loss causes blood flow to decrease in the vital organs, resulting in a form of shock. With heat exhaustion, sweat does not evaporate as it should, possibly because of high humidity or too many layers of clothing. As a result, the body is not cooled properly. Body temperature will be near normal.

Heat Stroke: Also known as sunstroke, heat stroke is life-threatening. The victim's temperature control system, which produces sweating to cool the body, stops working. The body temperature can rise so high that brain damage and death may result if the body is not cooled quickly. Body temperature can be very high—sometimes as high as 105° F.

Over 1,500 deaths from exposure to excessive natural heat have occurred in Arizona from 2000 to 2012 (Arizona Health Department).
General Care for Heat Emergencies:

General care for heat emergencies include cooling the body, giving fluids, and minimizing shock. For specific heat-related emergencies, follow these steps:

For heat cramps or heat exhaustion:

♦ Get the person to a cooler place and have the person rest in a comfortable position. If the person is fully awake and alert, give a half glass of cool water every 15 minutes. Do not let him or her drink too quickly. Do not give liquids with alcohol or caffeine in them, as they can make conditions worse.

♦ Remove or loosen tight clothing and apply cool, wet cloths such as towels or wet sheets or mist with water. Get the person into an air conditioned space if possible.

Call 9-1-1 or the local emergency number if the person refuses water, vomits or loses consciousness.

For heat stroke: Heat stroke is a life-threatening situation! Help is needed fast. Call 9-1-1 or your local EMS number.

Move the person to a cooler place. Quickly cool the body using any means available, including cool water and ice. If you have ice packs or cold packs, wrap them in a cloth and place them on each of the victim's wrists and ankles, in the armpits and on the neck to cool the large blood vessels. (Do not use rubbing alcohol because it closes the skin's pores and prevents heat loss.) Wrap wet sheets around the body and place the person in front of a fan or air conditioner.

Watch for signals of breathing problems and make sure the airway is clear. Keep the person lying down.

Heat stroke is life threatening. Call 9-1-1 or the local emergency number if you are suffering from any of the above symptoms.
2. Supplies and Resources Among Your Neighbors

What do you do when the power goes out?
Planning in Advance for a Heat Emergency: Power outage for 72 Hours or longer during high temperature days.

The focus of this guide is on four areas of neighborhood resilience: water security, coolness without a power source, food security and communications: This resource sheet addresses (1) planning in advance and (2) what to have ready for a heat emergency.

<table>
<thead>
<tr>
<th>Planning Water Security:</th>
<th>Planning Food Security:</th>
</tr>
</thead>
<tbody>
<tr>
<td>- Install or identify a neighborhood water cistern. (Need cisterns to be kept full)</td>
<td>- Acquire solar oven(s) &amp; locate in central spot for everyone in neighborhood to use.</td>
</tr>
<tr>
<td>- Keep large bottles of water in your freezer.</td>
<td>- Rethink kinds of food purchased – buy more dried or canned; less frozen or needing refrigeration.</td>
</tr>
<tr>
<td>- Need filter to make water potable.</td>
<td>- Grow your own fresh vegetables and fruits; plant a citrus tree (grapefruit hardiest, lemon).</td>
</tr>
<tr>
<td>- Need two gallons of water per person per day in summer.</td>
<td>- For cooking, use solar ovens, BBQ, wood and fire pit.</td>
</tr>
<tr>
<td>- Consider compostable toilets and other options to minimize water need.</td>
<td>- Cook outdoors. (Avoid adding heat to interiors.)</td>
</tr>
<tr>
<td>- Reduce use of water for plants and trees where possible.</td>
<td>- Identify available generator in your neighborhood to re-cool pre-selected refrigerators.</td>
</tr>
<tr>
<td>- Identify any other resources you may need.</td>
<td></td>
</tr>
</tbody>
</table>
Cool Places In Your Neighborhood:
- Safe parks or community facilities
- Homes with basements, if neighbors willing to share
- Locations with lots of trees

Keep Cool Supply List:
- Hat, spray bottles, water bottles, shade cloth
- Identify places to hang wet sheets for power free swamp cooling
- Have freeze dried camp foods in stock

Keeping cool with batteries and generators or other power sources:
- Battery-operated desk fans are available at local hardware store.
- A generator could be used at central location during the heat of the day (with installation of appropriate electrical panel). Options are a gas-powered generator or one powered by solar panels and connected to a portable inverter.
- Electric car batteries can be used as a limited power source.

Communication Resources:
- Need radio powered by batteries or hand crank or solar power in the neighborhood.
- Need source of news and resources when radio, TV, cell phone, computer not powered.
- Decide on site for posting notices of news or needs. Publicize date/time and source of posting.
3. Make Help Available: Review these questions with families and neighbors

Record your thoughts in response to the questions below, then hear the thinking of each person in your group, listening rather than judging other’s responses. Keep a personal record of the commitments to action you are making.

A heat emergency with many, if not all, the conditions listed in the scenario can occur. The negative impacts are preventable. What can you do to help yourself, your family, neighbors and more distant people you care about to handle such an emergency?

Who are you committed to helping?

What human resources and supplies need to be available? How can they be accessed and safely stored?

How can you and your neighbors coordinate assistance for people in your neighborhood who are unable to care for themselves in a heat or other emergency?
4. Prepare for a Challenging Future

Tools for Conversation

You can improve the safety of your home and neighborhoods. Adapting to extreme weather will be a long-term project. It will take many people and groups working together. We suggest you keep conversation groups small – three to seven. A larger group can be divided into small groups, each with a facilitator. Establish a ground rule: listen to understand, and don’t give advice unless it is asked for. Ask participants for their agreement to this before moving into conversations. This is a conversation and commitment process. The process starts in the first part with initiating a round of participant introductions. At this time identify yourself or another member who will serve as a facilitator to keep time and help move the group through the steps outlined in this guide. Commitment comes from a deeper understanding of risk, and that may not happen immediately. Don’t insist that people make a commitment, simply encourage the possibility. The following questions will help your group prepare for a challenging future.

What are some of the activities you can imagine to help your community become more resilient in the face of extreme conditions? List a few ideas below:

In small groups share your response to these questions. Take notes in the space provided beneath each question. What can you and your neighbors do to create resilience to withstand heat and other forms of neighborhood stress?

What are the longer term projects you will make a commitment to complete? Consider who will do what within what timeframe. How will costs be shared?

See the Neighborhood Association Map on the next page to identify your community.
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Connections are important during any time of need. Knowing what resources are available and who to call in an emergency can make the difference between a minor problem and catastrophe. The following pages list the community resources and emergency numbers for Pima County.

For ease of use, it is divided by city/towns and categories. Categories include: Disaster Resources, Food Assistance, Shelter and Housing Resources, Animal Resources, Emergency Mental Health Resources, Domestic Abuse Resources, Agriculture and Environmental Resources, Neighborhood Centers, Government, and Government Departments, Police, Fire, Hospitals, and Urgent Care Clinics.
Community Information and Resources

Emergency and Crisis Resources
Community Information and Resources

**Tucson:**

**Disaster Resources:**

Tucson Fire Department  
300 S. Fire Central Pl.  
520-791-4512

Patrick K. Hardesty Center  
1100 S. Alvernon Way  
520-837-4475

Bretheren Disaster Ministries  
2200 N. Dodge Blvd  
520-327-5106

St. Vincent de Paul  
829 S. 6th Avenue  
520-628-7837

Interfaith Community Services  
2820 W. Ina Road  
520-297-6049

Salvation Army  
1001 N. Richey Blvd  
520-795-9671

American Red Cross  
2916 E. Broadway Blvd  
520-318-6740  
*Disaster Services*  
520-318-6868

WorldCare  
100 N. Stone Ave, #1005  
520-514-1588

Southern Arizona Rescue Association (volunteer rescue)  
5990 N. Sabino Canyon  
520-295-4555

Medical Reserve Corps of SOAZ  
850 N. Kolb Road  
520-445-7035

**Food Assistance:**

Community Food Bank  
3003 S. Country Club Road  
520-622-0525

Iskashitaa Refugee Network  
1406 E. Grant Road  
520-440-0100

Casa San Juan Migrant and Family Center  
602 W. Ajo Way  
520-798-0834

Casa Maria  
401 E. 26th Street  
520-624-0312

Impact of Southern Arizona  
3535 E. Hawser Street  
520-825-0009

Gospel Rescue Mission  
Community Ministries Distribution  
338 W 28th St  
520-740-1501

Lutheran Social Services  
6303 E. Tanque Verde, #101  
520-748-2300

Tucson Village Farm  
4210 N. Campbell Avenue  
520-626-5161

Community Gardens of Tucson  
520-795-8823
Shelter and Housing Resources:

TMM Family Services
1550 N. Country Club Road
520-322-9557

Habitat for Humanity
3501 N. Mountain Ave
520-326-1217

Community Home Repair
Projects of Arizona
520-745-2055

Rebuild Together Tucson
520-325-0160

Chicanos Por La Casa
2550 E. Fort Lowell Road
520-882-0018

Primavera Men’s Shelter
200 E. Benson Hwy
520-623-4300

Gospel Rescue Mission
Men’s Shelter
520-740-1501

Women and Children
520-690-1295

The Salvation Army
Hospitality House
1021 N. 11th Ave
520-622-5411

Our Family Services
3830 E. Bellevue
520-323-1708

Animal Resources:

Humane Society of Southern Arizona
3450 N. Kelvin Blvd
520-327-6088

Friends of Alley Cats
520-850-0001

Hermitage Cat Shelter
5278 E. 21st Street
520-571-7839

Hope Animal Shelter
2011 E. 12th Street
520-792-9200

Pima Animal Care Center
4000 N. Silverbell Road
520-724-5900

Emergency Mental Health Resources:

CODAC Behavioral Health
1650 E. Fort Lowell
520-327-4505
Emergency: 520-622-6000

Pima County Behavioral Health
3950 N. Country Club Road
520-724-7923
Emergency: 520-622-6000

Domestic Abuse Resources:

Domestic Abuse Hotline
1-800-799-7233

HOPE Helpline
1200 N. Country Club
520-770-1197

EMERGE! Center Against Domestic Violence
2545 E. Adams St.
520-795-8001

COPE Services Administration
82 S. Stone Ave
520-792-3293

620 N. Craycroft
520-519-8540

732 N. Stone Ave
520-884-9505

1447 W. Commerce Ct.
520-881-0337

1501 W. Commerce Court
520-741-3180

8050 E. Lakeside Parkway
520-584-5820

2345 N. Castro Ave
520-622-8030

101 N. Stone
520-879-6680

Community Info and Resources 35
Tucson:

Agriculture and Environmental Resources:

Tucson Clean and Beautiful & Trees for Tucson
4004 S. Park Avenue
520-791-3109

Tucson Organic Gardens
520-670-9158

Southwest Victory Gardens
2906 E. Lisbon Place
520-576-7085

Sonoran Permaculture Guild
221 E. Linden

Baja Arizona Sustainable Agriculture
520-331-9821

Tucson Botanical Gardens
2150 N. Alvernon Way
520-326-9686

Watershed Management Group
1137 N. Dodge Blvd
520-396-3266

Native Seeds Search/Bank
3061 N. Campbell Ave.
520-622-5561

Desert Survivors
1020 W. Starr Pass Blvd
520-791-9309

Compost Cats
P.O. Box 210017

Northwest YMCA Pima County Community Center
7770 N. Shannon Road
520-229-9001

El Pueblo Activity Center/Senior Center
101 W. Irvington Road
520-791-4629

Morris K. Udall Center
7200 E. Tanque Verde
520-791-4931

William M. Clements Center
8155 E. Poinciana
520-791-5787

Armory Park Center
220 S. 5th Avenue
520-791-4865

El Rio Neighborhood Center
1390 W. Speedway Blvd
520-791-4683

Fred Archer Neighborhood Center
1665 S. La Cholla
520-791-4353

Tucson Botanical Gardens
2150 N. Alvernon Way
520-326-9686

Impact of Southern Arizona
3535 E. Hawser Street
520-825-0009

Continental Community Center
9150 N. Coachline Blvd
520-297-7600

Ellie Towne Flowing Wells Community Center
1660 W. Ruthrauff Road
520-887-9786

Quincie Douglas Neighborhood Center
1575 E. 36th Street
520-791-2507

Santa Rosa Neighborhood Center
1080 S. 10th Avenue
520-791-4589

Cherry Avenue Recreation Center
5085 S. Cherry Ave
520-791-4497

Donna R. Liggins Recreation Center
2160 N. 6th Ave
520-791-3247

Edith Ball Adaptive Recreation Center
3455 E. Zoo Court
520-791-5643

Freedom Recreation Center
5000 E. 29th Street
520-791-4969

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<td>2536 N. Castro</td>
<td>520-791-5950</td>
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<td>Oury Recreation Center</td>
<td>600 W. St. Mary's Road</td>
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<td>Randolf Recreation Center</td>
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<td>5605 E. River Rd.</td>
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<td>520-594-5420</td>
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<td>Nanini</td>
<td>7300 N. Shannon Rd.</td>
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<td>520-594-5335</td>
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<td>Santa Rosa</td>
<td>1075 S. 10th Ave</td>
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<td>Southwest</td>
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<td>520-594-5200</td>
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**Tucson:**

**Government Departments:**

- Tucson Office of Emergency Management and Homeland Security
  520-837-8800

- City of Tucson Resource Directory
  520-792-2489

- ADA Disability Transportation and Services
  520-791-5409

- Environmental Services
  4004 S. Park Ave, Bldg. #1
  520-791-3171

- Household Hazardous Waste Program
  4004 S. Park Ave, Bldg. #1
  520-888-6947

- Housing and Community Development
  310 N. Commerce Park Loop
  520-791-4171

**Utilities:**

- **Tucson Water**
  310 W. Alameda
  520-791-4331
  *Emergency*: 520-791-4133

- **Southwest Gas**
  3401 E. Gas Road
  877-860-6020
  *Emergency*: 520-746-1076

- **Tucson Electric Power Company**
  88 E. Broadway Blvd
  520-623-7711
  *Emergency*: 520-623-7711

**Transportation:**

- Regional Transit Customer Service Center
  4220 S Park Ave
  520-792-9222

- SunTran
  3920 N. Sun Tran Blvd.
  520-623-4301

- Street Maintenance
  201 N. Stone
  520-791-3154

**South Tucson:**

**Shelter and Housing Resources:**

- **Primavera**
  151 W. 40th Street
  520-882-5383

**Library:**

- **Sam Lena**
  1607 S. 6th Ave
  520-594-5265

**Neighborhood Centers:**

- House of Neighborly Services
  243 W. 33rd Street
  520-623-0100

- John Valenzuela Youth Center
  1550 S. 6th Avenue
  520-792-9251

**Government:**

- Mayor and Council
  1601 S. 6th Avenue
  520-792-2424

**Transportation:**

- South Tucson Transportation and Flooding
  1601 S. 6th Avenue
  520-792-2424

**Utilities:**

- South Tucson Public Works
  1601 S. 6th Avenue
  520-792-2424
**Pima County:**

**Disaster Resources:**

Pima County Health Department  
3950 S. Country Club, Ste 100  
520-243-7770

Pima County Office of Emergency Management and Homeland Security  
3434 E. 22nd Street  
520-794-9300

Pima Council on Aging  
8467 E. Broadway  
520-790-0504

**Food Assistance:**

Greater Little Town Area Human Resources Group  
6465 S. Craycroft Road  
520-574-2263

Impact of Southern Arizona  
3535 E Hawser St  
520-825-0009

**Shelter and Housing Resources:**

Arivaca Coordinating Council  
54 S. 4th Avenue  
520-398-2771

Picture Rocks Community Center  
5615 N. Sanders Road  
520-682-7166

**Neighborhood Centers:**

Ajo Community Center  
410 N. Malacate Street  
520-387-5651

Littletown Community Center  
6465 S. Craycroft Road  
520-574-1404

Robles Ranch Community Center  
16150 W. Ajo Highway  
520-578-3063

Arivaca Community Center  
16012 W. Universal Ranch Road  
520-398-3010

**Library:**

Pima County Public Library-Caviglia-Arivaca  
17050 W. Arivaca Rd  
520-594-5235

Dewhirt-Catalina  
15631 N. Oracle Rd.  
520-594-5240

Salazar- Ajo  
15 W. Plaza St. #179  
520-387-6075

**Animal Resources:**

Pima Animal Care Center  
4000 N. Silverbell Road  
520-724-5900

Pima Animal Care Center Ajo Office  
1259 Well Road  
520-387-7502
Pima County:

Government:

Pima County Administrator
130 W. Congress, 10th Floor
520-724-8661

District Offices
130 W. Congress, 11th Floor

District 1:
520-724-2738

District 2:
520-724-8126

District 3:
520-724-8051

District 4:
520-724-8094

District 5:
520-724-8126

Government Departments:

Pima County Health Department
3950 S. Country Club, Ste 100
520-243-7770

Pima County Office of Emergency Management and Homeland Security
3434 E. 22nd Street
520-794-9300

Pima County Behavioral Health
3950 N. Country Club Road
520-724-7923
Emergency: 520-622-6000

Pima County Regional Flood Control District
97 E. Congress, 3rd Floor
520-724-4600

Pima County Community Development and Neighborhood Conservation
2797 E. Ajo Way
520-734-3777

Transportation:

Pima County Department of Transportation
201 N. Stone
520-740-2639

40 Community Info and Resources
### Marana:

**Food Assistance:**
- Community Food Bank
  11734 W. Grier Road
  520-682-3001

**Library:**
- PCPL Geasa-Marana
  13370 N. Lon Adams Rd.
  520-594-5255

**Government:**
- Mayor and Council
  11555 W. Civic Center Drive
  520-382-1900

**Government Departments:**
- DES Pima County
  13644 N. Sandrio Road
  520-682-6386

### Utilities:
- Metro Water District
  6265 N. La Canada
  520-575-8100
- Marana Utilities
  5100 W. Ina Road
  520-382-2750
- TRICO Electric Cooperative
  8600 W. Tangerine Road
  520-744-2944

### Oro Valley:

**Library:**
- Pima County Public Library-Oro Valley
  1305 W. Naranja Dr.
  520-594-5580

**Government:**
- Mayor’s Office
  11000 N. La Canada Drive
  520-229-4991
- Vice Mayor’s Office
  520-229-4995
- Council Members at Large
  520-229-4994
  520-229-4996
  520-229-4992
  520-229-4997
  520-229-4993

**Utilities:**
- Oro Valley Water Utility
  11000 N. La Canada Drive
  520-229-5000
## Sahuarita and Green Valley:

### Food Assistance:
- Community Food Bank Green Valley/Sahuarita
  - 250 E. Continental
  - 520-625-5252

### Animal Resources:
- PAWS Patrol
  - 520-207-4024

### Library:
- Pima County Public Library-Joyner-Green
  - 601 N. La Canada Dr.
  - 520-594-5295
- Sahuarita Library
  - 725 W. Rancho Sahuarita
  - 520-594-5490

### Government:
- Mayor’s Office
  - 375 W. Sahuarita Center Way
  - Sahuarita, AZ, 85629
  - 520-344-7146
- Vice Mayor’s Office
  - 375 W. Sahuarita Center Way
  - 520-344-7141
- Council Members’ Office
  - 375 W. Sahuarita Center Way
  - 520-344-7140
  - 520-344-7145
  - 520-529-3442
  - 520-344-7143
  - 520-344-7144

### Utilities:
- TRICO Electric Cooperative
  - 8600 W. Tangerine Road
  - Marana, AZ 85658
  - 520-744-2944
- Community Water Company of Green Valley
  - 1501 S. La Canada Drive
  - 520-625-8409
- Farmers Water Company
  - P.O Box 7
  - 520-879-7474
- La Cadera Water Company
  - 520-825-3423
- Quail Creek Water Company
  - 520-825-3423
- Sahuarita Water Company
  - 725 W. Rancho Sahuarita Blvd
  - 520-399-1105

## Vail:

### Government:
- IMPACT of Arizona
  - 13190 E. Colossal Cave Rd.
  - Ste 130
  - 520-222-4966

### Utilities:
- TRICO Electric Cooperative
  - 8600 W. Tangerine Road
  - Marana, AZ 85658
  - 520-744-2944
- Community Water Company of Green Valley
  - 1501 S. La Canada Drive
  - 520-625-8409
- Farmers Water Company
  - P.O Box 7
  - 520-879-7474
- La Cadera Water Company
  - 520-825-3423
- Quail Creek Water Company
  - 520-825-3423
- Sahuarita Water Company
  - 725 W. Rancho Sahuarita Blvd
  - 520-399-1105

### Food Assistance:
- IMPACT of Arizona
  - 13190 E. Colossal Cave Rd.
  - Ste 130
  - 520-222-4966
State of Arizona:
Arizona Department of Transportation
Tucson District Office
1221 S. 2nd Ave
520-388-4200

Arizona Department of Environmental Quality
33 N. Stone Ave, Suite 700
520-724-7400

Arizona Department of Health Services
150 N. 185th Ave
Phoenix, AZ 85007
602-542-1025

Online Resources:
Information and Referral Guide:
www.az211.org

Arizona Department of Health Services Heat
Emergency Response Plan
http://www.azdhs.gov/phs/emergency-preparedness/
documents/response-plans/heat-emergency-response-
plan.pdf

Trees for Tucson-Home Shade Trees
https://tucsoncleanandbeautiful.org/trees-for-tucson/

Be Prepared Tucson
www.bepreparedtucson.com

Pima County Health Department
www.pimahealth.org/heat

Pima Center for Emergency Preparedness
www.fema.gov/community-emergency-response-teams

Weather Warnings
http://www.wrh.noaa.gov/psr/

FEMA-Are you ready? A guide to citizen preparedness
http://www.fema.gov/media-library/assets/
documents/7877
## Tucson: Emergency and Crisis Resources

### Police Departments:
- Tucson Police Department: Operations Division Downtown (Main)
  - 270 S. Stone Ave
  - 520-791-5032
- Operations Division East
  - 9670 E. Golflinks
  - 520-791-5700
- Operations Division Midtown
  - 1100 S. Alvernon
  - 520-791-4253
- Operations Division South
  - 4410 S. Park Avenue
  - 520-791-4949
- Operations Division West
  - 1310 W. Miracle Mile
  - 520-791-4467

### Non-emergency number:
- 520-791-4444

### Fire Departments:
- Tucson Fire Department
  - 300 S Fire Central Pl
  - 520-791-4512
- Drexel Heights Fire District
  - 5030 Camino Verde
  - 520-883-4341
- Northwest Fire and Rescue District
  - 5225 W. Massingale Road
  - 520-887-1010
- Pasqua Yaqui Fire Department
  - 4631 W. Calle Torim
  - 520-879-5720
- Picture Rocks Fire District
  - 121121 W. Picture Rocks Rd
  - 520-682-7878
- Three Points Fire District
  - 14055 W. Hunt Rd
  - 520-822-1086

### Ambulance:
- Southwest Ambulance
  - 3759 N. Commerce Drive
  - 520-407-4300

### Hospitals:
- Cornerstone Hospital SE Arizona
  - 7220 E. Rosewood Street
  - 520-546-4595
- Kindred Hospital Tucson
  - 355 N. Wilmet Road
  - 520-584-4500
- The University of Arizona Medical Center
  - 1501 N. Campbell Avenue
  - 520-694-0111
- Carondelet St. Mary's Hospital
  - 1601 W. Saint Mary's Road
  - 520-872-3000
- Southern Arizona VA Healthcare
  - 3601 S. 6th Avenue
  - 520-792-1450

**In case of emergency, please dial 911.**
Carondelet St. Joseph's Hospital
350 N. Wilmot Road
520-873-3000

Tucson Medical Center
5301 E. Grant Road
520-327-5461

Kino Community Hospital
2800 E. Ajo Way
520-297-4471

Urgent Care Clinics:

**FastMed Urgent Care**
5594 E. 22nd Street
520-232-2047

2510 E. Broadway Blvd
520-232-2072

9175 E. Tanque Verde
520-407-5699

2460 N. Swan Road
520-441-5405

1400 N. Wilmot Road
520-884-4999

1895 W. Valencia, #101
520-576-5104

**St. Elizabeth’s Health Center**
140 W. Speedway, Ste 100
520-628-7871

**NextCare Urgent Care**
6238 E. Pima Street
520-290-0022

4280 N. Oracle Road
520-887-0095

9525 E. Old Spanish Trail
520-731-3666

5369 S. Calle Santa Cruz
520-573-7500

501 N. Park Avenue
520-284-9200

**Minute Clinic**
7066 E. Golflinks Road
520-514-0344

4365 N. Oracle Road
520-407-2127 ext. 5

8920 E. Tanque Verde
520-760-9188 ext. 5

2601 S. Houghton
520-751-8523 ext. 5

1900 W. Valencia Road
520-807-2288 ext. 5

3832 E. Speedway
520-323-3923 ext. 5

**El Rio Community Health Clinic**
Main Number:
520-670-3909

1101 E. Broadway Blvd
520-209-7000

3870 W. River Road #126
520-219-6616

13101 N. Oracle Road
520-818-2000

8333 N. Silverbell Road
520-202-7700

1370 N. Silverbell Rd. #170
520-205-8950

1500 W. Commerce Court
Bldg. 1

7940 S. Camino del Oeste
520-879-6225

**Concentra Urgent Care**
4600 S. Park Ave. Ste. 5
520-889-9574

2005 W. Ruthrauff Rd. # 111
520-293-7250

**Northwest Medical Care**
4001 E. Sunrise Drive
520-209-7000

839 W. Congress
520-202-7700

1370 N. Silverbell Rd. #170
520-205-8950
**Tucson:**

- **Marana Health Center**
  - 3690 S. Park Ave #805
  - 520-616-6760

- 8181 E. Irvington Rd.
  - 520-574-1551

- 1670 W. Ruthrauff Rd.
  - 520-616-6797

- 1323 W. Prince Rd.
  - 520-887-0800

- 5000 E. 29th Street
  - 520-790-8500

- 435 E. Glenn
  - 520-616-1560

- 2202 W. Anklam Rd
  - 520-616-6790

- 899 N. Wilmot Bldg. B
  - 520-290-1100

- 16701 N. Oracle Rd. #135
  - 520-825-6723

**South Tucson:**

- **Police Department:**
  - South Tucson Police Department
  - 1601 S. 6th Avenue
  - 520-917-1589

- **Fire Department:**
  - South Tucson Fire Department
  - 1601 S 6th Ave
  - 520-622-3309

**Pima County:**

- **Sheriff Department:**
  - Pima County Sheriffs Office
  - 1750 E. Benson Hwy
  - 520-351-4900

- **Fire Departments:**
  - Ajo-Gibson Volunteer Fire Department
  - 400 E. Taladro Avenue
  - 520-387-6822

- **Urgent Care Clinics:**
  - *United Community Health Clinic*
    - Three Points Clinic
      - 15921 W. Ajo Hwy
      - 520-407-5700
    - Arivaca Clinic
      - 17388 W. 3rd Street
      - 520-407-5500

**46 Emergency and Crisis Resources**
Marana:
Police Department:
Marana Police Department
11555 W. Civic Center Drive
Building B
520-382-2000

Fire Department:
Rural Metro Fire Department
(ambulance service)
490 W. Magee Road
520-297-3600

Avra Valley Fire District
15790 W. Silverbell Road
520-682-3255

Urgent Care Clinics:
Marana Health Center Main
13395 N. Marana Main
520-682-4111

Continental Reserve
Urgent Care
8333 N. Silverbell Road
520-202-7700

Oro Valley:
Police Department:
Oro Valley Police Department
11000 N. La Canada Drive
520-229-4900

Fire Department:
Golder Ranch Fire District
3885 E. Golder Ranch Drive
520-825-9001

Hospitals:
Oro Valley Hospital
1551 E. Tangerine Road
520-901-3500

Urgent Care Clinics:
Southern Arizona Urgent Care
7725 N. Oracle Road #131
520-544-2273

Sahuarita and Green Valley:
Police Departments:
Sahuarita Police Department
315 W. Sahuarita Center Way
520-351-4900

Fire Departments:
Helmet Peak Volunteer Fire Department
15490 S. Mission Road
520-940-3101

Rincon Valley Fire District
550 E. Sands Ranch Road
520-647-3760

Northwest Medical Care
1295 W. Duval Mine Road
520-399-2027

United Community Health Clinic
Green Valley
1260 S. Campbell Road
520-407-5600

Sahuarita Heights Clinic
2875 E. Sahuarita Road
520-576-5770

Vail:
Fire Department:
Coronado de Tucson Fire
99 E. Tallahassee Drive
520-762-5007

Rincon Valley Fire District
550 E. Sands Ranch Road
520-647-3760
About Us

**PSR, Arizona** was founded in 1982 and is an affiliate of the National organization of Physicians for Social Responsibility, whose mission is to address and work on solutions to the greatest threats to the survival of humankind on the planet, by specifically focusing on the health impacts of these threats. PSR works in coalition with many environmental and social justice organizations with similar goals.

**Climate Smart Southwest– (CSSW)**

The Project has been organized and supported by the Arizona Chapter of Physicians for Social Responsibility. For details, go to psr.org/azclimate.

In September of 2013, PSR Arizona offered the conference “Climate Smart Southwest” to bring members and leaders of our Southwest communities together to bring attention to the Health Impacts of Climate Change in the Southwest Region. As a result of this conference, CSSW is an ongoing project.

The project’s aim is to focus specifically on the education about and a call to community action to address the anticipated public health impacts of climate change in the Southwest. Arizona is identified as a significant “hot spot” for climate change, where the highest temperatures in the U.S. will continue to be seen. The potential for drought and food insecurity is significant, and cross cultural concerns are major. The Tucson community includes a majority of Hispanics, several large Native American tribes, many international refugees with language and cultural barriers to community action and pockets of poverty and cultural isolation.

CSSW aims to gather climate scientists, public health experts, educators, students, community based environmental and service organizations, and leading members of neighborhoods and cultural groups in our community and in Southern Arizona to prepare to offer prominent educational and planning, aiming to initiate the process of actively addressing public health consequences of climate change in the Southwest. Through the offering of stakeholders workshops, it is intended that we encourage and develop new leaders who will promote innovative community organizing strategies for widespread offerings in communities and schools throughout the Southwest region.
CSSW Current Offerings (Go to www.psr.org/azclimate):

- Conference Report
- Community preparedness strategies and Resource Guide
- Ongoing Workshop Strategy Building in the Community
- Tie in with Municipal Climate Adaptation Planning
- Public access radio and television presentations 
  (See psr.org/azclimate/media)

- Local speakers bureau to educate the community on the following subjects:
  - Climate Adaptation Planning and Strategies (a framework)
  - Clean, Safe Renewable Energies for Climate Mitigation
  - Energy Efficiency as a Climate Adaptive and Mitigation Measure
  - Extreme Heat (predictions, events, impacts and preparedness)
  - Emergency Preparedness – resources and planning specific to climate events
  - Environmental toxins as threats to health and climate change
  - Food security and Nutrition (threats from heat and drought)
  - Involving Municipalities (how do we engage all stakeholders)
  - Mental and Spiritual Health in the Face of Climate Change
  - Socio-economic and Ethnic Disparities with Climate Change
  - Vector borne diseases (emerging with climate change)
Bibliography

Books


A Buddhist Response to the Climate Emergency. edited by John Stanley, David R. Roy and Gyurme Dorje, Wisdom Publications, 2009


The Case for a Carbon Tax. Shi-Ling Hsu, Island Press, 2011

Deep Economy by Bill McKibbin

Green Jobs by Van Jones
CLIMATE CHANGE ADAPTATION


CLIMATE CHANGE EDUCATION FOR CHILDREN


Climate Change and Human Health. Project designed to provide educators with the resources to engage high school students in critical thinking about climate change and the potential impact on human health across the planet. NASA Innovations in Climate Education: Award Number NNX10AT46A. Summer 2012 and forward. http://climatechangehumanhealth.org

CLIMATE CHANGE MESSAGING


CLIMATE CHANGE MITIGATION

A Call to Arms: An Invitation to Demand Action on Climate Change. By Bill McKibben, Rolling Stone, August 2, 2012.

How the low carbon economy can improve health, Andy Haines and Carlos Dora. Spotlight Climate Change in British Medical Journal. BMJ 2012;344:e1018 doi:10.1136/bmj.e1018 (Published 19 March 2012)


CLIMATE CHANGE RESEARCH AND REPORTING


EDUCATIONAL MATERIALS RE. CLIMATE CHANGE AND SAFETY


“Personal Emissions Calculator” to estimate your own greenhouse gas emissions and identify how much your actions can change your impact on climate change. http://www.epa.gov/climatechange/wycd/calculator/ind_calculator.html

ECONOMIC ISSUES WITH CLIMATE CHANGE


HEALTH SYSTEMS PREPAREDNESS


52 Bibliography

FOOD SECURITY


HEALTH IMPACTS OF CLIMATE CHANGE


Health risks, present and future, from global climate change. by Tony McMichael , et al, Spotlight, British Journal of Medicine, BMJ 2012;344:e1359 doi: 10.1136/ bmj.e1359 (Published 19 March 2012)

IDENTIFYING VULNERABLE POPULATIONS


Climate change and health in cities: impacts of heat and air pollution and potential co-benefits from mitigation and adaptation. Sharon L Harlan, Current Opinion in Environmental Sustainability Volume 3, Issue 3, May 2011, Pages 126–134

INTERNATIONAL BORDERS AND CLIMATE CHANGE


MENTAL HEALTH & CLIMATE CHANGE
Mental Health Support for Drought Affected Communities. http://www.gpqld.com.au/page/Programs/Mental_Health/Mental_Health_Support_for_Drought_Affected_Communities/


METROPOLITAN AREA RESOURCES
Cities Lead Over Feds on Climate Change Adaptation. Sustainable Business.com, 01/28/2013

PUBLIC HEALTH GUIDELINES FOR CLIMATE CHANGE
Climate Change: Mastering the Public Health Role. A Practical Guidebook, April 2011, American Public Health Association, 800 I Street, N.W. | Washington, DC | 20001-3710 | www.apha.org,
Climate Action for Health: Integrating Public Health into Climate Action Planning. California Department of Public Health, February 2012


NATIVE AMERICANS AND CLIMATE CHANGE
Southwest Impacts and Adaptation, (See Native American Impacts and Health Impacts). EPA Website, Last updated 6/21/2013. http://www.epa.gov/climatechange/impacts-adaptation/southwest.html#impactshuman

54 Bibliography
SOCIAL JUSTICE AND CLIMATE CHANGE

Adding insult to injury: Climate change and the inequities of climate interven-

SPRITUAL HEALTH & CLIMATE CHANGE


WATER SECURITY


Brochures and Factsheets

Climate Change and Famine.

Set Your Clocks, Check Your Stocks. http://getreadyforflu.org/clocksstocks/clocksinfographic.htm


Local Governments, Extreme Weather, and Climate Change 2012. A fact sheet on what communities are experiencing & how U.S. local governments are responding to the increasing frequency and intensity of extreme weather fueled by climate change. I.C.L.E.I. Local Governments for Sustainability, USA. www.iciei.org


Climate Smart Southwest Co-Sponsors

Access Tucson
AIO Financial Services
Amity Foundation (of Tucson)
Association for Environmental Studies and Sciences
Cactus Mood Education, LLC
Carondolet Health Network
Casino del Sol
Center for Biological Diversity
Center for Integrative Medicine, University of Arizona
Centers for Disease Control
City of Tucson, Office of Conservation & Sustainable Development
Community Food Bank of Southern Arizona
Earthjustice
El Rio Community Health Center
Fairfax Companies
Habitat for Humanity Tucson
Institute of the Environment, University of Arizona
J Randall Harris Design
League of Women Voters of Tucson
Physicians for Social Responsibility
Pima Association of Governments
Pima County Administration
Pima County Board of Health
Pima County Department of Environmental Quality
Pima County Health Department
Pima County Supervisor Richard Elias
Pima County Supervisor Sharon Bronson
Primavera Foundation
Progressive Democrats of America, Tucson Chapter
Sierra Club – Grand Canyon Chapter
Southwest Gas
Technicians for Social Responsibility
The Local Trust
Tucson Clean and Beautiful
Tucson Electric Power
Tucson Medical Center
Union of Concerned Scientists
US Green Building Council, Arizona Chapter, Sonoran Branch
World Wildlife Fund