

July 14, 2023



Town of Berwyn Heights

Maryland

"ALL ARE WELCOME"

UPCOMING EVENTS

July 17: Worksession 7PM
Council Chambers

July 22: Greenbelt
Electronics Recycling
9AM to 12PM

August 1: National Night
Out

August 3: Concert at
Sports Park 6-8PM

August 23: BHHC 7:30PM
G. Love Room

Your input is needed! Through a PAMC grant, the 2020 Walkable Bikeable Berwyn Heights report is being turned into an action plan. Join us at the July 17th Worksession to have an opportunity to see the report and give your input to the Planning Commission.



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The Berwyn Heights Historical Committee has revised their summer meeting schedule. They will be meeting on August 23 at 7:30PM. Elections for officers will be September 27th.

Visitors are ALWAYS welcome!

NATIONAL NIGHT OUT

Join the Berwyn Heights Police Department as we celebrate 40 years of National Night Out from 6-8PM at Town Hall



Calling all community groups and non-profit organizations!
If you are interested in reserving a table to distribute informational materials, please contact Det/Sgt. Scott Krouse at skrouse@berwynheightsmd.gov

July 14, 2023



SCHOOL OF
PUBLIC HEALTH



OFFICE OF PUBLIC HEALTH PRACTICE
AND COMMUNITY ENGAGEMENT

July 2023

OPHPCE

COMMUNITY RECRUITMENT

BERWYN HEIGHTS

Be a Voice for Berwyn Heights:

Join the Community Advisory Team!

Are you passionate about making a positive impact in your community? We have an exciting opportunity for you! The Berwyn Heights Town Council has partnered with the University of Maryland's (UMD) School of Public Health (SPH) Office of Public Health Practice & Community Engagement (OPHPCE) to look for dedicated individuals like you to join our team and help shape the future of our beloved neighborhood.

On the Advisory Team, you will:

- Provide valuable insight into the Berwyn Heights resident perspective.
- Co-create, review, and approve a plan for gathering input from community members about the future of our Town.
- Identify what to assess and the best approaches for gathering information.
- Co-create, review, and approve a timeline for the assessment.
- Co-create, review, and approve all assessment tools.



**2-3 hr/month time
commitment
Stipend available**

APPLY BY JULY 31



STAY CONNECTED



sph-phpce@umd.edu



sph.umd.edu/phpce

THERE IS HOT, AND THEN THERE IS HOT!

EXTREME HEAT IS A PERIOD OF HIGH HEAT AND HUMIDITY WITH TEMPERATURES ABOVE 90 DEGREES FOR AT LEAST TWO TO THREE DAYS. IN EXTREME HEAT YOUR BODY WORKS EXTRA HARD TO MAINTAIN A NORMAL TEMPERATURE, WHICH CAN LEAD TO DEATH. EXTREME HEAT IS RESPONSIBLE FOR THE HIGHEST NUMBER OF ANNUAL DEATHS AMONG ALL WEATHER-RELATED HAZARDS.



Older adults, children and sick or overweight individuals are at greater risk from extreme heat.

Humidity increases the feeling of heat.



Prepare for Extreme Heat

- Learn to recognize the signs of heat illness.
- Do not rely on a fan as your primary cooling device. Fans create air flow and a false sense of comfort, but do not reduce body temperature or prevent heat-related illnesses.
- Identify places in your community where you can go to get cool such as libraries and shopping malls or contact your local health department to find a cooling center in your area.
- Cover windows with drapes or shades.
- Weather-strip doors and windows.
- Use window reflectors specifically designed to reflect heat back outside.
- Add insulation to keep the heat out.
- Use a powered attic ventilator, or attic fan, to regulate the heat level of a building's attic by clearing out hot air.
- Install window air conditioners and insulate around them.
- If you are unable to afford your cooling costs, weatherization or energy-related home repairs, contact the [Low Income Home Energy Assistance Program \(LIHEAP\)](#) for help.

[click for more information](#)