

Buddy Check-In Still Going Strong

Orcas Senior Center's Buddy Check-In program launched just over a year ago as an urgent response to COVID-19. Its consistent weekly check-in calls from "Volunteer Buddies" have helped keep "Senior Buddies" safe at home and yet connected to community and resources during COVID.

To date, 75 volunteers have contributed over 615 hours placing 4,511 calls to Orcas seniors. Referrals have been made for a variety of needs, including home delivery of meals and essential home goods, mental health issues, mobility equipment, vaccine appointment assistance, and yard care.

Buddy Check-In is now a permanent Orcas Senior Center offering to support aging well on Orcas. If you are a senior who would like a regular call from a Volunteer Buddy, or if you would like to become Volunteer Buddy, register online at orcasseniors.org or contact program coordinator, John Slater, at john@orcasseniors.org or (360) 919-9318.