



**Samaritan
Daytop
Village**
WHERE GOOD LIVES™

WOODSIDE OLDER ADULT CENTER

BE A BUDDY

Stay safe at home during extremely hot and cold weather. **BE A BUDDY** volunteers from the Woodside Older Adult Center will check in on you with a phone call to make sure you are safe and well.

If needed, we can help connect you to important services and support.



How It Works

During heat waves or extreme cold alerts, a volunteer will call you to conduct a wellness check, offer support and resources, or help arrange assistance, if needed. If we cannot reach you, we may arrange an in-person visit to ensure you are okay.

We Can Help With

- Transportation to cooling or warming centers
- Connecting you with food resources
- Arranging food deliveries
- Calling 9-1-1 or your doctor, if needed
- Contacting your landlord about heating or cooling issues

The **Be A Buddy** initiative is funded by the NYC Department of Health & Mental Hygiene.

Cost

This program is FREE for Woodside Older Adult Center members.

Register Today

Visit the front desk or call: (718) 932-6916