

# Social Isolation and Loneliness Resources Guide

## Easy Ways to Build Connections



Image courtesy of The Clowder Group

## Why a “Happy to Chat” bench in YOUR community?

*“The chat bench removes that invisible social barrier that prevents people from saying ‘hello.’ ”*

— Founder of the Chat Bench program in London

With the help of simple signage, an existing bench is transformed into a low-cost “chat bench” and a community can publicly demonstrate its dedication to ending loneliness by designating public spaces as a place to meet and connect.

Scan here with your phone to answer 3 questions about your experience with isolation and loneliness.



## How to Designate a “Happy to Chat” Bench in Your Community

**Consider** existing benches and how they may be rebranded as “Happy to Chat” benches or if new benches are required.

**Reach out** to appropriate officials in your community with a plan for where the benches would be most effective due to pedestrian traffic.

**Engage** community residents in the process and aim for maximum publicity to get the word out about this concept.



**Cover Photo:**  
Bridgewater, MA

**Inspiration:** *Bridgewater is a college town with a lot of pedestrian traffic. The Council on Aging (COA) director was motivated to consider ways of building connections between older residents of the community and younger students.*

Whether you’re looking for connections or to volunteer, here are some resources to get you started.

### Alcohol, Drug Addiction and Mental Health Services of Montgomery County (ADAMHS of Montgomery County)

Provides supportive services for those needing assistance finding employment, housing, treatment and more.

937-443-0416

[www.mcadamhs.org/](http://www.mcadamhs.org/)

### Catholic Social Services

Brings People of all ages and backgrounds together to discover new things within our branches and beyond our walls.

922 W Riverview Ave, Dayton, OH 45402

937-463-2665

[www.cssmv.org](http://www.cssmv.org)

### City of Kettering Senior Services

Provides programs and services including guardianship services, social services.

3600 Shroyer Rd, Kettering, Ohio 45429

Vickie Carraher

[vickie.carraher@ketteringoh.org](mailto:vickie.carraher@ketteringoh.org)

937-223-7217

<https://www.ketteringoh.org/departments/senior-services>

### Dakota Center

Provides youth, family and neighborhood development programs to families.

33 Barnett St, Dayton, OH 45402

Mike Miller

[mmiller@dakotacenter.org](mailto:mmiller@dakotacenter.org)

937-259-1898

[www.dakotacenter.org](http://www.dakotacenter.org)

### Daybreak

An emergency shelter for homeless and vulnerable youth with a 24-hour crisis hotline in addition to programming and drop-in center for LGBTQ+ youth.

937-395-4600

[www.daybreakdayton.org/about-us/](http://www.daybreakdayton.org/about-us/)

### **Dayton Children's Hospital**

Offers Programs, medical services and volunteer opportunities.

[www.childrensdayton.org/](http://www.childrensdayton.org/)

### **Dayton Montgomery Metro Library**

Educates, empowers and embraces families, friends and individuals struggling with addiction to rebuild families and transform lives.

[www.daytonmetrolibrary.org](http://www.daytonmetrolibrary.org)

### **East End Community Services**

Provides event spaces, activities and resources that encourage advocacy, education and entertainment to gender and sexual minorities.

624 Xenia Ave, Dayton, OH 45410

Jan Lepore-Jentleson

[jlepore-jentleson@east-end.org](mailto:jlepore-jentleson@east-end.org)

937-274-1776

[www.east-end.org/home](http://www.east-end.org/home)

### **Families of Addicts**

Offers customized treatments for individuals struggling with mental health and substance abuse issues.

Anita K

937-500-0611

<https://www.foafamilies.org/>

### **Goodwill/Easter Seals Miami Valley**

Serves the needs of those living with disability with outcomes-based services for all disabilities throughout the lifespan.

<https://www.easterseals.com/connect-locally/service-center-locations/goodwill-miami-valley-dayton-main-office.html>

### **Greater Dayton LGBT Center**

Provides hot meals 365 days/year for nutrition and social engagement.

Randy

[4randyphillips@gmail.com](mailto:4randyphillips@gmail.com)

937-226-1520

[www.daytonlgbtcenter.org](http://www.daytonlgbtcenter.org)

### **Haven Behavioral Hospital**

Dedicated to mental health for those experiencing mental health crisis, particularly for older adults.

Bill Hoying

[bhoying@havenllc.com](mailto:bhoying@havenllc.com)

[www.havenofdayton.com/](http://www.havenofdayton.com/)

### **Helplink 211**

United Way 24 hour hotline to a free, confidential and compassionate professional to review and connect you with resources to meet your needs.

Dial 211 or call 937-225-3000

[www.dayton-unitedway.org/](http://www.dayton-unitedway.org/)

[helplink-2-1-1/](https://helplink-2-1-1/)

### **House of Bread**

Offers programs and support for those living with or caring for someone with Alzheimer's or other dementias.

9 Orth Ave, Dayton, OH 45402

Melodie Bennett

[melodie@houseofbread.org](mailto:melodie@houseofbread.org)

<https://houseofbread.org/>

### **Jewish Family Services of Greater Dayton**

Offers primary services, information, referral and case management to anyone in the Miami Valley.

Tara Feiner

[Tfeiner@jfgd.net](mailto:Tfeiner@jfgd.net)

[www.jewishdayton.org/jewish-family-services](http://www.jewishdayton.org/jewish-family-services)

### **Miami Valley Alzheimer's Association**

Jenni Buckwalter

833-632-2428

<https://www.alz.org/dayton>

### **Montgomery County Public Health**

Public Health seeks to keep Montgomery County a healthy, safe and thriving community, by protecting the environment, preventing the spread of disease and promoting healthy living.

937-225-5700

<https://www.phdmc.org/>

### **Ohio Department of Aging: Staying Connected Check-in Service**

Golden Agers program - nutrition, social services in addition to after school programs for youth.

**937-228-8961**

<https://aging.ohio.gov/care-and-living/get-help/staying-connected>

### **Ohio's Hospice/Hospice of Dayton**

Lori Igel-Poelking

[www.ohioshospice.org/about/](http://www.ohioshospice.org/about/)

[www.hospiceofdayton.org/](http://www.hospiceofdayton.org/)

### **One Fifteen 115**

Offer a continuum of compassionate care for those in recovery.

Karen Kelly Brown

[kkellybrown@onefifteen.org](mailto:kkellybrown@onefifteen.org)

<https://onefifteen.org>

### **PFLAG of Dayton**

Offers support, education and advocacy for allies and LGBTQ individuals.

**937-640-3333**

[www.pflagdayton.org/](http://www.pflagdayton.org/)

### **Rainbow Elder Care**

Provides advocacy, educational resources, support and referral services to the elder LGBT community and straight allies.

**937-657-8103**

<https://rainboweldercare.wordpress.com/>

### **Rebuilding Together Dayton**

Provides in-home assessments and Home repair for low-income homeowners.

15 W 4th St, Suite 450, Dayton, OH 45402

Amy Radachi

[info@rtdayton.org](mailto:info@rtdayton.org)

**937-223-4893**

<https://www.rtdayton.org/>

### **Senior Resource Connection**

Home care, including meals and personal care for individuals to live independently as long and as safe as possible.

222 Salem Ave, Dayton, OH 45406

Chuck Komp

**937-223-8246**

[www.seniorresourceconnection.com](http://www.seniorresourceconnection.com)

### **Trinity Communities of Greater Dayton/UCH**

Offering living and healthcare options for older adults in the Miami Valley, these communities include independent and assisted living, memory support, short-term rehabilitation and long-term nursing care.

**740-382-4885**

[www.UnitedChurchHomes.org/trinity](http://www.UnitedChurchHomes.org/trinity)

### **United Church Homes NaviGuide service**

A subscription-based service that works with older adults and/or their adult children to create personalized solutions to help seniors live well and maintain independence.

**937-863-9647 (Dayton OH)**

or **614-820-8842 (Central OH)**

[www.UCHnaviguide.org](http://www.UCHnaviguide.org)

### **Wesley Community Center**

Older Adults: case management, personal/medical assistance transportation, activities, and intergenerational exchange.

3730 Delphos Ave, Dayton, OH 45417

Shawn Kerley

[shawn.kerley@wcciday.org](mailto:shawn.kerley@wcciday.org)

**937-263-3556**

<https://wesleydayton.org/>

### **YMCA**

Provides an inclusive environment driven to enrich the quality of family, spiritual, social, mental and physical well being for all. Programs and Volunteer opportunities available.

**937-228-9622**

[www.daytonymca.org/locations/downtown-ymca](http://www.daytonymca.org/locations/downtown-ymca)

### **YWCA**

Dedicated to eliminating racism, empowering women and promoting peace, justice, freedom and dignity for all including operating the only domestic violence shelter in Montgomery and Preble Counties.

**937-222-0610**

[www.ywcadayton.org/](http://www.ywcadayton.org/)