

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/

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

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

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

937-259-1898

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/

Dayton Children's Hospital

Offers Programs, medical services and volunteer opportunities.

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

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

937-274-1776

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

937-226-1520

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

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/

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

<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

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/
www.hospiceofdayton.org/

One Fifteen 115

Offer a continuum of compassionate care for those in recovery.

Karen Kelly Brown

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/

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

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

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

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

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

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

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/