

Loneliness and Social Isolation Toolkit

There are many ways for you to become more connected with your community and explore different areas of interest.

EngAGED: The National Resource Center for Engaging Older Adults

[engAGED \(engagingolderadults.org\)](http://engaged.org)

- Primarily targeted to professionals and organizations working with older adults to support social engagement programming.

Eldercare Locator

[Eldercare Locator \(acl.gov\)](http://acli.org)

- This is a nationwide services that connects older adults and their caregivers with trustworthy local support resources.
- Call at 1-800-677-1116

Social Bridging Project

[Social Bridging Project - Healthy Aging NC - Healthy Aging NC](http://socialbridging.org)

- Aims to alleviate difficulties that accompany social isolation and loneliness for North Carolina residents. This projects serves as a bridge between the individual and resources needed to be happier and more comfortable at home.
- Call at 828-250-2399

One Hope

[About - One Hope \(onehopencbam.org\)](http://onehopencbam.org)

- One Hope is a phone line that assists North Carolina residents 65+ who are experiencing isolation or loneliness. Trained staff and volunteers encourage callers with a friendly voice, prayer, and to remind individuals that God sees and loves them.
- Call at 866-578-4673

SilverSneakers

[Home | SilverSneakers](http://silversneakers.com)

- This fitness and wellness program is offered at no additional cost to seniors 65+ on eligible Medicare plans that help individuals get active, fit, and connected with others. It provides access to online and in-person classes and more. Those wishing to begin participating will require to be enrolled in an eligible Medicare Plan. You can confirm eligibility by checking online or calling 866-584-7389.

Regional Resources

Online Programs

GetSetUp – Provides free virtual classes for older adults taught by peers

Congregate Meal Sites

- Provides older adults a nutritious meal Monday through Friday in a group setting. Congregate Meal Sites also provide special learning and social programming.

Anson: 704-994-3490

Stanly: 704-986-3769

Mecklenburg: 704-432-1111

Lincoln: 704-732-9053

Union: 704-283-3712

Iredell: 704-873-5171

Rowan: 704-216-7702

Cabarrus: 704-920-1400

Senior Centers

- Provides older adults access to physical and social activities. These activities include special guest speakers for educational opportunities, engaging in the arts, participating in a variety of exercise programs, and more!

Anson: 704-694-6217

Stanly: 704-986-3769

Mecklenburg: Multiple locations through Mecklenburg County's Park and Recreation Department. Call 980-314-1000.

Levine Senior Center – 704-846-4654

Jewish Community Center (Oasis program open to all) - 704-944-6792

Lincoln: 704-732-9053

Union: 704-282-4657

Iredell: 704-873-5171

Rowan: 704-216-7714

Cabarrus: 704-920-3484

Gaston: 704-922-2170

Libraries

- Local libraries offer a variety of educational programming for adults and families. Find out more information by reaching out to them today!

Anson: 704-964-5177

Stanly: 704-986-3755

Mecklenburg: 22 Libraries located in Mecklenburg – Find yours today by searching the link!

[Branches and Locations | Charlotte Mecklenburg Library \(cmlibrary.org\)](https://www.cmlibrary.org/branches-and-locations)

Lincoln: 704-735-8044

Union: 704-283-8184

Iredell: 704-878-3090

Rowan: 980-432-8670

Cabarrus: 704-920-2050

Gaston: 704-868-2164

Centralina Area Agency on Aging Evidence-Based Health and Wellness Programming

- CAAA offers a variety of Health and Wellness evidence-based workshops throughout the region. Workshops include:
 - Matter of Balance
 - Living Healthy with Chronic Conditions
 - Living Healthy with Chronic Pain
 - Living Healthy with Diabetes
 - Building Better Caregivers
- Contact either Kristen Scarano at kscarano@centralina.org or 704-348-2729 or Amanda Dawson at adawson@centralina.org or 704-348-4789 to learn more about participating in these workshops or volunteering to become a certified trained leader.

YMCA's and Local Gyms

- Many YMCA's offer Active Older Adult programming for those to participate in. Other local gyms may offer specific senior exercise programs as well, reach out to one near you to request more information.

Cooperative Extension

- Local Cooperative Extensions extend research-based knowledge to the community by helping them transform science into everyday solutions that improve their lives and grow the state of North Carolina. A variety of focus areas are provided and include agriculture and food as well as health and nutrition.

Churches

- It is likely that churches in your area provide some sort of ministry that you can participate in. Activities can range from group Bible studies, volunteering, and special trips/retreats.

Volunteer Opportunities

- Participate in other volunteer opportunities such as crisis assistance ministries, animal rescue locations, food shelters, homeless shelters, community gardens, and any other area that might spark your interests.