



**Monroe County**  
*Office for the Aging*

## Resources to Stay Connected:

AARP Foundation's [Connect2Affect website](#) offers self-assessments of social connection, information, and resources to get connected.

### [Institute on Aging Friendship Line](#)

24-hour toll-free Friendship Line for people ages 60 and older, and adults living with disabilities. Toll-free 1-888-670-1360

### [Alzheimer's Association – Rochester Chapter](#)

Free resources, helpline, caregiver support, and information for those with dementia and their caregivers. Includes local events and activities in Monroe County and Finger Lakes region. 24/7 Helpline 1-800-272-3900

### [Well Connected by Cova](#)

Connects individuals to virtual classes, conversations, and activities by phone (no internet required). Programs available in English and Spanish:

(877) 797-7299 (English)

(877) 400-5867 (Spanish)

### [Lifetime Connections Without Walls by Family Eldercare](#)

Free telephone activities program providing opportunities for older adults to connect with others in their community and across the country using a telephone conference call system.

(888) 500-6472 or [lcww@familyeldercare.org](mailto:lcww@familyeldercare.org)



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### SAGEYou

SAGEYou links LGBT elders with their broader community, reducing isolation and promoting well-being.

[engAGED: The National Resource Center for Engaging Older Adults](#) provides a searchable list of promising behavioral programs to promote social connection in later life.

[The Coalition to End Social Isolation & Loneliness](#) provides a [monthly newsletter](#) to stay up-to-date on resources and research.

The National Academies of Sciences, Engineering, and Medicine's report, [Social Isolation and Loneliness in Older Adults](#), provides an overview of the role of healthcare in addressing social connection for older patients, including assessment in healthcare settings.

The National Institute on Aging provides a free toolkit: [Social Isolation and Loneliness Outreach Toolkit](#)

Free handouts: <https://www.eenet.ca/resource/social-connection-isolated-older-adults>

[Virtual Senior Center \(VSC\)](#) is an online community for connecting with others and sharing common interests. Members enjoy live classes, two-way chat, games, and engaging entertainment in topic areas such as exercise, arts & culture, technology and training, music and games, history, news, travel and more. Call MCOFA to register for free (585) 753-6280.