

## Life

# Banish loneliness by reaching out to another



**Daryn Kagan**  
What's Possible

Lonely is one tough opponent.

It seems it wasn't that long ago that Lonely showed me with thoughts like confetti at a pity party. Thoughts of romances that hadn't worked out, babies not born, friends caught up in their own busy lives.

Staying upbeat was the battlefield, and Lonely was winning.

"I think you'd like this," my friend Cyndi had been saying quietly in the background.

"This" was Big Brothers Big Sisters, the national organization that makes meaningful, monitored matches between adult volunteers ("Bigs") and children ("Littles"), ages 6 through 18, in communities across the country.

Cyndi knows me well, since we've been best friends since the first day of kindergarten, and she happens to work for the Big Brothers Big Sisters organization.

"I think you'd like this," she mentioned again.

"I'm too busy building a business..." "I don't want to get sucked into the drama of some other family's life," I told myself.

One Sunday night about two years ago, Lonely was winning. This time, though, I'd finally had enough. I went to BBBS.org and applied to

## Are you a Big Brother or Big Sister?

Share how the experience in the program has impacted you. Send your stories to Daryn at [Life@DaytonDailyNews.com](mailto:Life@DaytonDailyNews.com). Please include your name, hometown and a phone number where you can be reached. Please include "What's Possible" in the subject line.

become a Big Sister. Without a doubt, it's the best click my computer mouse has ever made.

I was matched with then 8-year-old Rodneisha. It's freaky how our backgrounds couldn't be more different, yet we couldn't be more alike. I looked at this driven, goal-oriented fourth-grader who loves books and saw me at the same age.

In the last two years, we have done small things like bake cookies and big things like take two airplane trips. We've shared joys like straight-A report cards and sorrows like pets passing

away and family members making choices that bring pain.

People say, "She is one lucky girl to have you in her life." To me, it's like they are watching a different movie, as clearly I am the lucky one in this relationship. This now 11-year-old brings me such joy. She is one of my favorite people to be around.

It appears I've gone from lonely to lucky. I truly believe taking the step to welcome Rodneisha into my life is what opened my heart for my beau, Mr. SummerFest, and his daughter to walk in.

This weekend will be packed with visits from two sets of grandparents, family activities, and, of course, a Sunday afternoon with Rodneisha.

The other day when I was driving Ro home from spending the weekend with us, I mentioned that we had now fulfilled the two-year commitment Big Brothers Big Sisters had asked us to make to each other.

"You're free to stop doing the program," I told her. "Or you could toss me back and apply for a new match."

She looked at me as if I had lost my mind.

"Well, we've done our two years," I explained. "How long were you plan-

ning on our being together?" I wanted to know.

"Uh, like forever!" she declared, as if stating the obvious.

Forever? I didn't have to think about it twice.

"You've got yourself a deal." As I dropped her off, I couldn't help but smile. Lonely doesn't dare come knocking around here anymore.

With my life so full, I now wonder: Did Lonely happen to me or was it a choice all along?

Daryn Kagan is the creator of [DarynKagan.com](http://DarynKagan.com). She is the author of "What's Possible! 50 True Stories of People Who Dared To Dream They Could Make a Difference."