



Senior Pals

Have you ever visited a nursing home? Do you have a relative in a nursing home? Sometimes people living in nursing homes are far away from friends and family and can get lonely. You can make the world a better place and brighten the day of a senior by earning the Senior Pals patch!

How to earn the Senior Pals patch the Girl Scout way:

Steps:

1. **Discover**—What is the difference between a nursing home and assisted living?
2. **Connect**—Take a tour of a local nursing home.
3. **Take Action**—Make a senior pen pal or arrange to have troop meetings at a local nursing home.

Materials Needed:

In order to complete this patch, you'll need:

- Resources—You can go online to collect research (with the help of an adult) or talk to an expert.
- Other materials (based on activity chosen in Step 2: Connect.)

STEP

1 Discover the role of a nursing home.

- What are nursing homes for?
- Who works at nursing homes?
- What is the difference between a nursing home and assisted living home?

STEP

2 Tour a local nursing home.

Set up a visit at a local nursing home and do at least one of the following:

- Bring Girl Scout Cookies to share with the residents.
- Find residents that were Girl Scouts or Girl Scout leaders.
- Make homemade cards to hand out to residents to spread Girl Scout cheer.
- Host a skit or show, ice cream social, or other activity for the nursing home residents.

STEP

3 Help a senior and encourage your friends and family to do the same.

- Find senior pen pal to exchange handwritten letters with throughout the year.
- Set up troop meetings at a nursing home and invite residents to join you.
- Adopt a “grandfriend” and visit them on a regular basis to share stories, play games, make a craft, etc.

All done?

CONGRATULATIONS! You've completed all the necessary steps to earn the Senior Pals patch.

After completing the activities from each step, visit or call a Girl Scouts Western Pennsylvania retail shop at **800-248-3355** to purchase your patch.* A patch may be worn on the back of a vest, sash, or tunic.

**Patch shown may be substituted with similar patch, based on availability.*


girl scouts
western
pennsylvania
800-248-3355
gswpa.org