



# 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—Contact a local nursing home to see how you can help.
3. Take Action—Make a senior pen pal or help a senior neighbor with yard work.

## 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 an assisted living home?

### Step 2

## Contact a local nursing home.

Find out what you can drop off or send to cheer up residents and do at least one of the following:

- Drop off Girl Scout Cookies or homemade treats to share with the residents.
- Set up a virtual or in-person meeting and sing Girl Scout songs for the residents or work on crafts together.
- Make homemade cards you can hand out to residents to spread some Girls Scout cheer.
- Make art for residents to hang on windows or walls.

### Step 3

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

- Find a senior pen pal to exchange handwritten letters with throughout the year.
- If you live near a senior, shovel their walkway or help with another outdoor chore for them.
- Adopt a grandfriend and correspond with them on a regular basis via Zoom, letters, or phone calls 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.