



HAND IN HAND PROGRAM PACK

Girl Scouts of Silver Sage Council
1410 Etheridge Lane
Boise, ID 83704
(208) 377-2011 or (800) 846-0079
www.girlscouts-ssc.org

Program Age Levels: BR, JR, Cadette and Above

Purpose: To teach the girls how they can help senior citizens in their community.

Requirements:

Brownie: must complete 4 activities

Junior: must complete 5 activities

Cadette and Above: must complete 7 activities

Discussion-

Here are a few things for the troop to discuss before starting this patch program.

!What do you think it's like to grow old?

!Who is the oldest person you know? How old is he or she?

!Do any senior citizens live with you?

!When do you use the terms "elderly", "senior citizen," or "old"?

!Do all senior citizens use wheelchairs, canes or walkers?

!Do you know anyone living in a nursing home or hospital? Are they happy there?

If not, how could you make them happy?

!How would you show courtesy and respect for an older person?

Suggested Activities:

1. Host a tea party and invite members of senior citizens' organizations or bring the party to them.
2. Collect books and magazines for libraries at nursing homes.
3. Take books or magazines to seniors that are homebound.
4. Organize a "Volunteer Chore Service" (snow removal, lawn care, gardening and general cleaning services for seniors).
5. Provide shopping assistance for seniors.
6. Create a slide show presentation about troop activities to share.
7. Take a group of seniors out to one of the Girl Scout camps for the day for a nature walk.
8. Visit a senior center once a month for a year.
9. Become pen pals with a group of senior citizens.

10. Have a poster making contest and decorate a local senior center or residence.
11. Visit a nursing home the week after a major holiday.
12. Take a group of seniors on a mystery trip.
13. Host a hobby show at a nursing home with both girls and seniors participating.
14. Plan a carnival. Include games, refreshments and decorations.
15. Build a terrarium together.
16. Have a pet show-Let residents be the judges.
17. Bind together a collection of written work by senior citizens in a specific center (poetry, articles, short stories, etc.)
18. Adopt a grandparent and communicate often.
19. Help serve or deliver meals.
20. Read to seniors.
21. Teach a Girl Scout skill to a group of seniors.
22. Invite a senior citizens group to help your troop with a service project (making tray favors for hospital patients, stuffing envelopes for other organizations, etc.)
23. Host a movie night. Bring snacks that everyone can enjoy!

PROGRAM PACK EVALUATION

Troop _____ Service Unit _____ Age Level _____

Leader's Name _____

Address _____

Street City Zip

Phone (h) _____ (w) _____

Our troop of _____ girls worked on and completed the _____
_____ Patch Program.

Please complete the following evaluation with responses from the girls.

1. Why did you choose this program? _____

2. How much time did you spend on it? _____

3. What outside resources did you use? (people, facilities, equipment, etc.) _____

4. What part did you like best? _____

5. What would you do differently another time? _____

6. What are some things you learned to do for the first time or better? _____

7. How did the adults feel about the program? _____

Patches can be purchased at the council office.