

## TARHEEL TRIAD GIRL SCOUT COUNCIL

### HAND IN HAND PATCH

#### PURPOSE:

To promote activities with and for Senior Citizens and to enlighten attitudes towards older

#### adults. FOR:

Brownies, Juniors, Cadettes, Seniors, Ambassadors

#### REQUIREMENTS:

Complete at least two activities with and for older adults. Here are some ideas, or create your own.

1. Invite some older adults or "adopted grandparents" to a troop meeting, sing and teach them some Girl Scout Songs. Have an invcsture/rededication ceremony and perform the flag ceremony. Learn how Girl Scouting began in the United States and then share this knowledge with them. This could be a play, puppet show, story telling, etc.
2. As a troop, write and design a book for older adults that is about the history of Girl Scouting in the USA and the propose of WAGGGS. (The book should be in large print and colorful.) Read the book to them.
3. Find out what (if any) dietary restriction the older adults you are working with may have. Bake or cook something nuitritious for them.
4. Ask the older adults what they do for recreation, what their hobbies are. Have the members of the troop share their recreation activities and hobbies. Teach each other!
5. Teach a craft: drawing, painting, clay sculpture, pottery, graphics, macrame. Consider the physical and mental limitations of the older adults you are working with.
6. Learn several songs from the period between 1900 and 1940's. Sing them and/or play them on an instrument and encourage the older adults to join in singing.
7. Plan and carry out a talent show for a group of older adults. If possible, have some of them take part in the show.
8. Make up a game and play it with them. Be sure to consider their mental and physical limitations.
9. Take some older adults on an outdoor adventure, such as a picnic or for a walk, or bring the picnic indoors with, an outdoor centerpiece and spread blankets for the troop to sit on.
10. Find out what countries or states in the USA the group of older adults you are working with originated from. How many girls in the troop share the same heritage?
11. Have the girls in the Troop discuss their family names and share interesting findings with them. If possible, ask them to we the story of his/her family name.
12. Have a fashion show depicting three periods of history in the USA for them.
13. Choose one topic concerning the elderly and have the troop members read newspaper articles and/or magazine articles on this topic, Discuss this topic with older adults (if possible) or Social Worker, Nursing Home Administrator, or someone who works with the elderly.
14. With older adults, make a time capsule to be opened in a year.
15. Put on a skit concerning energy consumption. If possible, involve some older adults in the slut. Ask them how they feel about energy consumption and if there was concern about that when they were young.
16. Choose two careers that are related to caring for the elderly. Discuss these careers with the troop. If possible, have a guest speaker talk about one of the careers. At a troop meeting, discuss the career opportunities available in a nursing home and arrange a tour of a nursing home.

17. If you are able to, spend several volunteer hours at a nursing home, retirement home, or adult home. If the older adult you are working with lives in his/her own home or apartment, spend some volunteer hours helping them with repairs, yard work, painting, shopping, house work, etc.

18. Provide service for older adults through community projects - working with the Department of Human Resources, Services for Older Adults, GATE Transportation Services, etc., where health fairs, food stamp programs, discounts for older adults, food and clothing collections, are being organized.

19. With your elderly friends discuss:

- What inventions of their earlier days meant the most to them?
- What grocery items are now available that were not long ago?
- How about the cost of groceries?
- What was school like?
- What did you do for fun?

20. Design your own activity.

