



*A Girl Scout Patch Program
developed in partnership
by Girl Scouts – NC Coastal Pines and
North Carolina Health
Care Facilities Association*

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Dear Girl Scout,

“Commitment to Caring” is a Girl Scout Patch Program developed in partnership with the N.C. Health Care Facilities Association. The purpose of this patch program is to provide resident(s) of a nursing home in their community. Through this relationship, the young Girl Scout and the matured adult resident will have an opportunity to build upon their quality and appreciation of life through the experiences they share.

The patch program is open to all girls in Girl Scout grade levels – Girl Scout Daisies through Ambassadors. The program is designed so that an individual or entire troop may participate. The patch program is designed so that a participant must complete the required steps and then complete three of the requirements of their choice from the option list over a one-year period. After completing the requirements for the initial patch, we hope that the girls and residents will continue their relationships.

Through this patch program, girls of all ages are able to learn and appreciate the aging process. Due to the transient nature of our world today, older grandparents and relatives often times live some distance from their families. We challenge you the leader or parent to think of what a difference an experience in adopting a resident could make as together we work to build girls of courage, confidence, and character who make the world a better place.

Enjoy and always remember, we are “Committed to Caring”.

Patch Requirements:

PART I

This requirement must be completed by everyone.

Girl Scout Daisies, Brownies, and Juniors must do ONE of the following.

Girl Scout Cadettes, Seniors, and Ambassadors must complete TWO of the following. Election to do more than the required number of any grade level can count as one of the optional requirements.

Arrange for a tour of a nursing home facility in your community. Select one or two of the following to complete depending on your grade level.

- a) Have a staff member discuss the different types of staff jobs available in a nursing home. Find out how many employees work in the facility. Learn about the different educational requirements for jobs. Find out about shift work.
- b) Visit with the dietitian or nutrition consultant. Learn about the many different patient meal requirements. Do they have a cafeteria? How do patients that are bed-ridden get their meals?
- c) Find out about special programs (i.e.: recreational, entertainment, etc.) offered to residents. How often do they have these programs?
- d) Assist in the beautification of the garden or grounds. Plan and secure the necessary equipment to plant a tree, bulbs, flowers, etc. which the facility needs. Try to have a few of the residents join you when the actual work is being done. (Though: a resident that is still mobile may enjoy being asked to water and nurture the planting once completed.)

This is required of Senior level girls only:

Senior individual girls or troops must complete ONE of the following as one of their activities for PART I. (Girl Scout Juniors and Cadettes may select one to do as an optional activity.)

- Visit one on one with a resident for minimum of four visits over a one-year period.
- Help a resident decorate their room.
- Assist with mail delivery and reading of mail to residents needing assistance at least four times over a one-year period.
- Work with the welcoming committee to help new residents adjust and feel at home (at least once during a one-year period).
- Work with the facility staff in scheduling at least 2 times you can come and assist residents to and from activities over a one-year period.
- Deliver meal trays for a minimum of 4 meals over a one-year period.
- Give at least 4 hours (single individual or culmination of hours by troop members) to be a staff helper.

PART II – *Select 3 from the options open to your grade level*

D = Daisy, B = Brownie, J = Junior, C = Cadette, S = Senior, A = Ambassador

- DBJCSA** Find out the differences between a nursing home and a retirement home. Find out how many nursing homes are in your community and make a list of them.
- DBJCSA** Arrange with a nursing home to “adopt a resident”. After visiting with this person, write a brief biography about them or draw a picture of an activity they like to do. Share this with your troop or another group of Girl Scouts, and of course the resident. You might ask the resident if they’d like you to send it to one of their relatives as a special keepsake. Perhaps they’d like to keep it in their room to share.
- DBJ** Adopt a resident and draw a picture of yourself to give to your adopted resident.
- DBJCSA** Adopt a resident and bring a gift to the resident, such as a flower from your yard, handmade card, hand lotion, picture or some treats. (Maybe they’d like a box of Girl Scout cookies to share with their visitors.)
- DBJCSA** Adopt a resident(s) and find out when his/her(s) birthday is. Make a card to help her/him celebrate.
- JCSA** Ask the staff to help you identify a resident who is willing and easily able to talk about some of their talents and some of the disabilities they have been faced with as they grow older. What have they done to help overcome disabilities and what have they done to enhance their abilities?
- DBJ** Find out how many people live in the nursing home you will visit. How many are men and how many are women? What is the age of the oldest resident?
- DBJCSA** Find out if any of the female residents in the nursing home were Girl Scouts as young girls or if they were troop leaders, etc. Ask them to share some of their experiences in Girl Scouting with you. Talk about what Girl Scouting is like for you today.
- BJCSA** Plan some games which you could play with a resident or group of residents. Organize the games and set up a time to go and play with the residents. (Thought: Wheelchair bowling is a big hit!)
- DBJC** Make tray favors for the residents with your troop. These are wonderful at holidays or at any time of the year. Identify yourself as a Girl Scout or Girl Scout troop on each favor. (Be sure to find out how many are needed.)
- DBJCSA** Visit a nursing home and do a short entertainment presentation. Sing some songs, perform a skit, put on a puppet show, etc. for the residents.
- DBJCSA** Select a holiday to help the nursing home residents celebrate. Make decorations, holiday tree ornaments, door decorations, tray favors, homemade gifts, etc. to help them celebrate. Visit the nursing home to take your gifts and celebrate with the residents.
- JCSA** With the assistance of the nursing home staff, determine a resident whose hometown is different from where they now live. Determine one of the residents whose hometown is farthest from your own and talk to that resident about his/her hometown. Find out what growing up was like in their hometown.
- JCSA** Plan a craft for the residents of the nursing home to do. Consult with the appropriate staff member in selecting something that would be suitable for the majority of residents and fits into the given time frame. Get the needed materials and recruit the help of your troop, troop parents, and others to assist during the craft activity.
- CSA** Find out about the care that is available to residents with long-term care needs. Find out what different levels of care are available in your nursing home.
- DB** Draw a picture of the nursing home. Share this with a resident or present it to the administrator for display in a suitable area.
- JCSA** Find out how the patients get care from the doctor when needed. Is there a doctor employed at the facility, on call, and how do patients get transported to a doctor?
- JCSA** Write an article for the nursing home’s newsletter about yourself, your troop, and your work as a volunteer in the facility. Also, submit this article to your local Girl Scout Council for inclusion in their newsletter/blog.
- BJCSA** Find out if there is an Adopt-A-Grandparent program in the nursing home you are working with. Talk to your troop members about joining, and discuss the requirements to join. You may wish to join as a troop or some individual girls may join.
- BJCSA** Design and decorate a bulletin board, or resident’s door, at the nursing home.