

GENERATIONS

Are you interested in making someone's day? Exploring different generations & understanding the aging process by exploring our ancestors. This program is designed for Girl Scouts to DISCOVER opportunities in giving back to the community, it allows for girls to CONNECT in ways that will make lasting memories while putting a smile on a new friend, specifically the elderly. Learn of ways to TAKE ACTION that will make a difference and to make the world a happier place. COMPLETE 5 or MORE OF THE FOLLOWING STEPS



- "Adopt a Grandparent" as an individual or as a troop group. Remember them on their birthday and holidays, visit them (or write to them) regularly, help care for their pets, exchange photos, or think of other ways you can help.
- Make a scrapbook of the times you spent together or the things you did with your "adopted grandparent". Include pictures, ticket stubs, drawings, placemats, stories, etc. that will remind you of your special times together. Present it to your "grandparent" so that they will have a keepsake.
- Tape an "oral biography" with an adult (it can be your "grandparent", a neighbor, a relative, etc.). Record them as they talk about growing up, their favorite stories, school experiences, etc. Don't be afraid to ask questions, but remember that you want them to be the ones talking on the tape. Share the tape with your troop group or give it to the person you interviewed (or their family). Perhaps they will also share old report cards, pictures, yearbooks, letters, wedding gowns, toys, etc.
- Go on an outing with the person of a different generation. If they cannot get out, plan a special presentation to take to them to.
- Plan what your life will be like in 20 years. Think about education, marriage, children, pets, where you will live, what you will be doing, what kind of transportation you will use, etc.
- Create a Family Tree for your ancestors as far back as you can by talking with your parents, aunts and uncles, grandparents, etc. If possible, find pictures of these people and share them with your troop group.
- Help care for an elderly person's pet by donating pet food or pet toys, going together for walks, helping to groom their pet, or in some other way assist in the care of their pet.
- Make tray favors/liners for a special holiday at nursing homes, meal delivery services or hospitals that serve the elderly. Remember that special days like the Fourth of July, St. Patrick's Day, the first day of each season, Labor Day, Veterans Day, Memorial Day are often forgotten or maybe you'd like to do this for no special reason at all.
- Plan and carry out a play, skit, or songfest for a senior citizens group.
- Do a special favor for an older person like writing a letter, running errands, helping clean their house or yard, going for a walk together, making a surprise for them, or just sitting and talking

together.

- Invite a person of a different generation to attend your troop group meeting and share their special skill, hobby, or story with you.
- Find out why people make wills and what is included in them. Plan how you would write a will, keeping in mind your special books or toys, your bicycle, tape player, etc.
- Talk to a person of a different generation about retirement options. When did they start to think about retirement? How did they save for their retirement? A financial planner may be able to answer some technical questions for you about retirement.
- Put together a "rainy day" activity box for someone of a different generation. Include supplies for at least six different types of activities. Are some of their activities new to you?
- Prepare a meal with a person of another generation. Has meal preparation changed since they were your age?
- Create a time capsule with a generation gap of 10-20 years or more. What would be included? Ask different generations to contribute to your time capsule.
- Take pictures or create a video and upload to social media sharing quotes and experiences with others on the FUN Girl Scouts experience. Be sure to hashtag #nmgirlscouts and tag us in your photos or video.

RESOURCES

Farmington & Gallup Areas

New Mexico Area Agency on Aging
505.827.7313

NM State Agency on Aging
800.432.2060

NW New Mexico Seniors Inc

Areas – Dept of Senior Affairs

San Juan Basin Agency of Aging
970.259.1967

Clovis Area

Friendship Senior Center
575.769.7913

American Association of Retired Persons (AARP)
505.830.3096 www.aarp.org

Taos Area

Ancianos Inc
505.784.4091

Greater Abq/Surrounding 505.326.7462

505.764.6420

Meals on Wheels

505.291.2063 www.projectmeal.org

Los Vecinos Community Center
Senior Program 505.281.1814

Senior Corps 202.616.5000
www.seniorcorps.gov