



## Building Bridges

People born before 1960 go by many names ... senior citizens, elders, older adults. No matter how they are characterized, they've been around awhile and have seen many changes in our world! The Building Bridges patch program, generously supported by the Linden Root Dickinson Foundation, offers you and our senior citizens the opportunity to connect and learn from one another. Can you imagine a world without television, computers, microwaves or smart phones? How would you like to show your new senior friend how to work FaceTime on a phone so they can chat face-to-face with family and friends? There is so much to learn from people from generations other than our own. By completing these 6 requirements, you will not only earn the Building Bridges patch but you will make a difference in the life of another person and hopefully develop an exciting relationship with your new friends.

**STEP 1: VISIT.** Many seniors love to have company! Stop by a place where they live. Senior citizens live in many different kinds of homes. Some live in their own houses, and some live in retirement homes or rehabilitation and assisted living facilities. Find a location near you or check out our [list of community partners](#) and plan a visit. Go to where they are and get to know them — you'll be so glad you did!

**STEP 2: LEARN.** People older than you have had more life experiences and love to share them. During your visit, be sure to ask your new friend questions about themselves and what they like to do. Perhaps you will learn how to cook a traditional meal or maybe how to knit or embroider. Some seniors may be very good gardeners and might share with you some of their green-thumb techniques. Others have lived through some very fascinating times in our history. Talk to them about an event you learned about in school and hear about it from their perspective. Cadettes, Seniors and Ambassadors: [StoryCorps](#) is a great way to capture these stories.

**STEP 3: EXPLORE.** As time moves forward, many things change. Technology, for example, is always evolving. Find out about your new friend's experience with technology. Do they remember when microwaves were invented? What do they remember about the evolution of computers or telephones? Explore with an elder how technology has changed.

**STEP 4: TEACH.** You have skills that many seniors may not possess. When you meet your new senior friends, find out what you can teach them. Perhaps you can show them how to use FaceTime on a smart phone so they can see their family members in another town. Or, introduce them to your favorite app. Perhaps the skill you can teach has nothing to do with technology — what skills do you have that you can teach?

**STEP 5: PLAY.** Have fun! What is your favorite game to play? Does it involve technology? Does it involve your imagination? Do you have a favorite board or card game? Some games have changed from one generation to another and other traditional games haven't changed much at all. Together with your Girl Scout sisters and your senior friends, choose a game from each of your generations to play together.

**STEP 6: SHARE.** After your visit, apply what you have learned and share it with your troop, friends, and family. Did you find a new hobby, skill, or game you would like? Did you discover that you are really good at teaching something and want to share it with more people? Do you want to come back and share even more with your new elder friends? The fun doesn't have to stop here — plan to come back again and continue your adventure!