

As Girl Scouts, we promise to “help people at all times” and “make the world a better place.” Our Movement has a rich history of empowering girls to serve and improve their communities. Since 1912, Girl Scouts have led the way on issues like hunger, homelessness, animal welfare, environmental protection, and more. Today, our community needs our help, and that’s why we’re staying home, washing our hands, and practicing “social distancing”. However, that doesn’t have to stop Girl Scouts from doing what we do best—making the world a better place! We invite you to do this service project at home, so as a sisterhood we can lift up and appreciate medical professionals who are working extra hard, and older folks who may be struggling extra hard with social distancing.

1. **Medical staff** like doctors, nurses, and medical technicians continue to go to work everyday to keep our community healthy and safe. Let’s let them know how much we appreciate them by sharing a message of appreciation. Here are some ideas on how to show your appreciation:
 - Draw a picture.
 - Paint a picture.
 - Write a letter.
 - Write a poem.
 - Make a collage.
 - Make a flat card (everything is on the front one paper).
 - Create a video greeting.

2. **Seniors** living in nursing homes or assisted living have very limited or no visitors allowed at this time, and may be feeling sad or lonely. Let’s cheer them up, and let them know we’re thinking of them! Here are some ideas on what you can do from home to spread kindness and cheer up seniors in the community:
 - Draw a picture of something happy!
 - Paint a picture.
 - Write a letter.
 - Write a poem.
 - Write a short story.
 - Make a flat card (everything is on the front one paper).
 - Create a video greeting.

You can create your greeting on paper and scan/email it (or take a clear photo), or you can create your greeting on the computer and send us an electronic copy.

E-mail greetings to mmyers@girlscoutssouz.org, and council will distribute electronically to local hospitals and senior centers.

Do you know a hospital or senior center in Southern Arizona that can use some Girl Scout love? Email Maggie at mmyers@girlscoutssouz.org to let us know!