



Girl Scouts x Wish of a Lifetime from AARP

National Service Project: Cupid Crew Valentine's Day Cards

Instructions for Troop Leaders

Valentine's Day is the perfect opportunity for you and your troop to reach out and show others that you care—especially those who may be alone on a day that's all about connection!

For our second year, Girl Scouts of the USA is teaming up with Wish of a Lifetime from AARP, an organization dedicated to celebrating older adults' stories and forging intergenerational connections, for Cupid Crew 2022, a volunteer-driven effort to safely create heartfelt cards for older adults who are socially isolated. Building on last year's momentum, Wish of a Lifetime hopes to send nearly a quarter million cards through the Cupid Crew campaign.

Even though we must all remain socially distant, your troop can still help spread joy to thousands of older adults across the country by writing Valentine's Day cards as part of the Cupid Crew Cards for Valentine's Day National Service Project.

Here's how your troop can help spread the love with Cupid Crew:

- 1. Together, decide with your troop to participate in Cupid Crew and have them set a goal for the number of cards they'd like to create.**

Talk with your troop about the importance of reaching out to older adults who may be feeling lonely and isolated during this time. Ask if anyone in your troop has older relatives they're not able to see in person or who have been feeling lonely. Discuss how many older adults your troop wants to reach out to and set a goal for how many cards you'll make and where you'd like to deliver them (see below for ideas on where to deliver).

- 2. Create your Valentine's Day cards.**

- Share this [Cupid Crew Valentine's Day Card Template](#) with each girl and/or their parents. (Tip: Do this before the meeting so that your girls are ready to get started.)
- Once your troop is ready to write, get creative! Write a Valentine's Day message, a note to let someone know you're thinking of them, or even a poem. In the spirit of Valentine's Day, think about drawing a heart or a rose, creating a collage, or even sending a paper flower along with your card! Our goal is for every card to be unique, uplifting, fun, and bright.
- Share our [Cupid Crew Card Tips](#) with your girls to help them get started.

3. Decide where to send your troop's cards.

Reach out to a local senior living community and ask how they'd like to receive your troop's cards—by mail or via safe drop-off. Choose a community that you have a connection to or check out [our list of senior living communities](#) to find one in your area.

Get in touch with your troop's senior living community of choice by **Monday, February 7**, to let them know to expect your package or delivery. We suggest calling and speaking to the activities director to find out how to best coordinate your drop-off given the community's COVID-safety practices. Consider including one of your girls on the call to share in the experience.

4. Make a plan to send or deliver your Cupid Crew Cards.

Decide how to collect and deliver your troop's cards. For example, you could collect the cards and mail them together or drop them off as a packet. Do whatever is easiest and safest for you and your troop.

Send or deliver your cards to the local senior living community you identified in Step 3.

If you choose to deliver your cards, please do so by **Monday, February 14**. For a COVID-safe drop-off, we ask you to focus on the following:

- All cards be delivered either with a troop leader, parent, or volunteer;
- You place your cards in an envelope or box and drop it off in front of the senior community, after notifying the recipients you are on your way;
- Everyone wears masks and maintains at least six feet of distance when your contact comes outside to pick up the box.

If you choose to mail your cards, please send them by **Thursday, February 3**, to ensure that they arrive in time.

If your troop decides that each girl will mail their card(s), provide the council office as the return address and make sure they also include a note to let staff know that these are Valentine's Day cards sent from Girl Scouts and Cupid Crew. To ensure your cards arrive in time, send them by **Thursday, February 3, and be sure to let the community know to expect the package.**

5. **Include a note** to the facility staff to let them know you're sending cards as part of your Girl Scout troop's participation in the Cupid Crew Cards for Valentine's Day National Service Project. On the next page is a sample letter/template to accompany your troop's cards.

Once your troop has completed this service project, remember to:

- Inspire others to give back! Post a photo to your social media accounts of your troop, your cards, or your delivery, using the hashtags #GirlScoutsGiveBack and #CupidCrew. Be sure to comply with all social distance/mask-wearing protocols when taking pictures and to tag @girlscouts and @wishofalifetime too!
- After your troop has completed your cards, **share your story with us** to help us track Girl Scouts' nationwide impact through service.
- If you wish to recognize your troop's participation with a patch, we recommend this **Girl Scouts Give Back patch**.

For all national service project activities taking place during COVID-19, please make sure that your troop complies with health and safety guidelines given by the CDC, your local government, and your local Girl Scout council.

*Curious to learn more about **Wish of a Lifetime from AARP**?*

Wish of a Lifetime from AARP grants wishes to people 65 and older in recognition of their special accomplishments, contributions, and sacrifices. As one of AARP's charitable affiliates, Wish of a Lifetime helps people achieve long-held goals while also combating the negative effects of isolation and strengthening social ties and intergenerational connections. Connecting wish recipients with the people and passions that are important to them is central to the organization's work. To learn more, visit www.wishofalifetime.org or follow @wishofalifetime on social media.

Girl Scouts thanks **Sodexo Seniors** for their continued support of our national service projects.



Dear _____:

Thank you for all that you're doing to support your residents and fellow staff members during the COVID-19 crisis. To show your residents that we're thinking of them, we've enclosed handmade Valentine's Day cards from local girls in Girl Scout Troop _____ who wanted to send a long-distance hug and a heartfelt message.

These cards are being sent as part of Girl Scouts' collaboration with Wish of a Lifetime from AARP to spread joy and love to older adults across the country through Cupid Crew.

Wish of a Lifetime is a national nonprofit with a mission to address the social isolation of older adults and create intergenerational connections. In previous years, Wish of a Lifetime's Cupid Crew campaign has hand-delivered tens of thousands of roses to isolated older adults on Valentine's Day. This year—even though we have to keep a safe distance—Girl Scouts and Cupid Crew are sending heartfelt cards to spread love and joy to thousands of older adults across the country—including your residents!

We hope that you will share these cards from our troop and that they bring some joy and comfort to your community.

If you choose to share this occasion on social media, please tag @girlscouts and @wishofalifetime, and use our hashtags: #CupidCrew and #GirlScoutsGiveBack. We would love to share this joy with our communities. Thank you for allowing us to open our hearts to your residents during this time. Please contact me with any questions.

Best wishes,

Girl Scouts Troop Leader: _____

Email or phone number: _____