



Sunrise PenPal Program

Sunrise Senior Living is introducing the PenPal Program to build meaningful relationships, connect with the outside community while practicing social distancing and provide opportunities to share positive messages, pictures and stories between Sunrise residents and local community Girl Scouts.



PenPal relationships offer a number of significant interdisciplinary benefits for your troop members and Sunrise’s residents, including:

BENEFITS FOR GIRL SCOUTS:

- Improve communication, comprehension and creative thinking skills
- Valuable practice at writing letters in the proper format (Language Arts standard)
- Increased awareness of different societies and cultures (can be tied into Social Studies, Geography)
- Opportunity to receive wisdom and trinkets of knowledge from another generation
- Understanding the value of community service & engaging with your local community

BENEFITS FOR SENIORS:

- Support activities to engage and encourage residents as part of the Sunrise Live With Purpose Signature Programs
- Engage in learning and reflection to enrich mind, body and spirit
- Improve the mental agility of senior participants
- Optimize social engagement opportunities with local community members
- Practice intergenerational mentoring

Get Started.

To participate, email a community below and someone will be in touch to setup the partnership.

Maryland:

- [BG of Friends hip Heights](#)
Friendship.Sunshine@sunriseseniorliving.com
- [Sunrise of Bethesda](#)
Bethesda.Sunshine@sunriseseniorliving.com
- [Sunrise of Montgomery Village](#)
MontVillage.Sunshine@sunriseseniorliving.com
- [Sunrise at Fox Hill](#)
FoxHill.Sunshine@sunriseseniorliving.com
- [Sunrise of Chevy Chase](#)
ChevyChase.Sunshine@sunriseseniorliving.com

Elementary Student & Sunrise Resident’s PenPal Story

One Sunrise resident had become very down due to the COVID-19 crisis, and found himself reluctant to get out of bed each day. After we introduced the PenPal program at their community and the resident received their first PenPal letter, they literally jumped out of bed to draft a response to their new elementary school friend! They’ve been sending letters to each other for months, and the resident’s change of spirit has inspired many other residents to participate as well.

To get started, email a participating community.
SunriseSeniorLiving.com

