

*Girl Scouts continues to support girls in a virtual space.*



Our lives have changed in the past several months due to the global pandemic of COVID-19. With kids suddenly having virtual school and extracurricular activities being canceled, many studies reveal that kids are struggling with feelings of anxiety and isolation. A study done in U.K. showed 83% of the youth said the pandemic has made their mental health much worse or a bit worse. Centers for Disease Control and Prevention emphasizes the importance of connecting with others, having learning activities, relaxing or doing fun activities.

With that in mind, Girl Scouts of Ohio's Heartland has worked to find unique ways to ensure that girls' social, emotional, academic and mental needs do not go unaddressed. One way GSOH has pivoted to support girls is through virtual programs. Those virtual programs have included car maintenance, cooking programs, how to build a living room fort, how to support your local food pantry, and many more. These virtual programs have been very successful, with an average of more 1,000 girls viewing the videos from across our thirty counties and across the country. On the Junior Detective program, we had troops from Kentucky, Virginia, North Carolina and Puerto Rico participate.

Throughout this issue of From the Heart, you will read more about ways GSOH is serving girls during this challenging time; ways individuals, foundations and corporate partners have stepped in to help us serve our girls; and ways our girls are taking the lead.

At GSOH, we know that serving girls is critical right now, as the mental health of our youth has declined greatly. We invite you to invest in girls whether that be by volunteering, making a donation, or becoming a program partner. With you, we can continue to support girls and inspire them to take action and learn the skills they need to be our leaders of tomorrow.



**Follow and tag us @GirlScoutsOH**

**Have a Girl Scout story to share?**

**We want to hear about it! Submit your story online and it could be featured on social media:**

[\*\*gsoh.org/gsstory\*\*](https://gsoh.org/gsstory)



**MEET**  
*Margaret Lee*

After witnessing students impacted by food insecurity at school, Margaret earned her Gold Award by creating the Hilliard Darby Food Pantry. On average, it serves 80 students per week and Margaret also expanded the pantry to 14 other schools across the Hilliard district. Margaret secured grants and donations for the pantry in addition to educating her community about its importance and needs. Her advocacy throughout her community for continued support of the food pantry will make sure the pantry is sustainable for years to come.

## **SOCIAL MEDIA** *sound bites*

*Troop 1597 and 4259*



Girls from Troops 1597 and 4259 took leftover bandanas and washcloths from their cookie program rewards and made masks. The girls completed more than 20 double-sided masks and donated them to the employees of the Marion Area Counseling Center. Great job, girls! We are so proud of all the Girl Scouts who are making the world a better place during this crisis.



## MEET RUTH COOK



Even though Ruth Cook was never a Girl Scout as a child, she believes in the importance it can have in your life. When Ruth moved to southern Ohio as an adult, she joined Girl Scouts to volunteer in her community. At 23, she had her own troop, had begun volunteering at day camps, and was even a summer camp nurse. Her passion for Girl Scouts grew as she became more involved. She joined the council staff, was on the Board of Directors, and most importantly, she continued her passionate pursuit of volunteering. For 58 years, Girl Scouts has been an integral part of her life, so when it came time to make her estate plans with her husband, Wayne, Ruth included Girl Scouts as a beneficiary so that her passion for our Movement will live on.

Ruth's generosity today is providing a promising future for Girl Scouts here in Ohio's Heartland. Those who, like Ruth, choose to make a legacy gift play a key role in securing the future of Girl Scouts and are recognized as part of the Juliette Gordon Low Legacy Society.

Join the Juliette Gordon Low Legacy Society today with a bequest, life insurance gift or charitable gift annuity. For more information on planned giving, please contact Philanthropy at 614-487-8101.

## GIRL SCOUTS FINDING UNIQUE WAYS TO SERVE GIRLS DURING THESE CHALLENGING TIMES

Life has changed in the last several months and girls and families are finding ways to adapt. With many extracurricular activities canceled, our youth have been left with feelings of isolation, confusion and unrest. At GSOH, we have pivoted to ensure our girls have dynamic, robust programming focused on social, emotional, academic and mental health. Here are just a few ways we continue to serve girls.

### BACKPACK OUTREACH PROGRAM



Thanks to a grant from The Columbus Foundation, GSOH distributed 500 backpacks with Girl Scout programming to girls in underserved communities. Each backpack had a variety of activities including resources needed to complete programs along with snacks. With a generous gift from the Shakila and Glen Ahern Foundation, each backpack also included a box of Girl Scout Cookies. GSOH worked with local food pantries and centers that were serving meals to families for distribution, including Canal Winchester Community Food Pantry, Inprem Holistic Community Resource Center, Columbus Relief, Ethiopian Tewahedo Social Services, and Ohio Hispanic Coalition. Because this program has been such a success, we are looking for additional funding to provide more backpack programming to girls. If you would like to support this initiative, complete the enclosed giving envelope and write designation: Backpack Outreach program.

## What the Girl Scout Experience Means to Her





# GSOH Cookie Relief Fund

Because of stay-at-home orders beginning in mid-March, the annual Girl Scout Cookie Program was cut short, leaving many girls, troops and the council with boxes of leftover cookies. GSOH ensured that troops would not incur the cost of those cookies and suggested troops donate leftover packages to local food pantries and military organization. The council could do this, thanks to many generous donations made by individuals in support of the Cookie Relief Fund. With donor support, girls learned ways they could support their community amidst this pandemic and fulfill one of our Girl Scout promises to make the world a better place. Our partners at AEP and Nationwide also stepped up and each purchased 1,000 packages of cookies and donated them to the Mid-Ohio Food Collective, a great way to support Girl Scouts and the food bank. We are incredibly thankful to all those who supported the Cookie Relief Fund.

## Alum Postcard Brigade

Experiencing the outdoors has been a part of Girl Scouts since its founding in 1912. Through camping girls have developed an appreciation for nature, tried new things and built their confidence. And when you talk to many Girl Scout alum, they will tell you one of their favorite part of Girl Scouts was camping. Unfortunately, due to the pandemic GSOH's traditional day and resident camp experiences were canceled. At GSOH, we did not want the girls to miss outdoor experiences in 2020, so we developed Camp in a Box. Girl Scouts registered to receive a box, which included a tie dye kit, a camp crafts kit, a SWAP kit and a hiking kit. Many kits also included a postcard from a Girl Scout alum, sharing their favorite camp memory, to represent mail call. Thank you to all the alum who took time to send a postcard to be included in Camp in a Box.

Think about what happens when you have confidence and believe in yourself. The difference that having courage, confidence and character can make. At Girl Scouts that has always been our mission: Build girls of courage, confidence, and character, who make the world a better place. However, we know that there are many obstacles for girls to participate. Our goal is to break down those barriers, so every girl who wants to participate in Girl Scouts can. We know that one barrier is the membership cost, we ask that you consider making a gift to the Financial Assistance Fund. Every gift of \$30 provides a girl the gift of membership for an entire year. With your gift, you can build our next generation of strong, confident girls who can speak up, take the lead, get involved in their community, and change the world. This is such an important time to invest in our



youth and prepare girls to be our leaders of tomorrow. To make a gift of membership, complete the enclosed giving envelope, and write designation: Girl Membership.

Did you know that:

- **Seven of 10** girls believe they are not good enough.
- Between the ages of 8-14 **girls' confidence drops by 30%.**
- **Girls confidence peaks** at age 9.
- Youth are 130% more likely to hold leadership positions when they **have supportive mentors.**

**With your gift, girls will learn critical skills, build their confidence, dream big and change their world as they become the leaders of the future.**

# Urban Campout

A REMOTE EVENING UNDER THE STARS

Friday, September 25, 2020 | Live Online Event 6:30-7:30 PM

We hope you can join us virtually at Urban Campout 2020, Girl Scouts of Ohio's Heartland's signature fundraising event. Funds raised through Urban Campout are more critical than ever to support our girls during these challenging times. Your gift allows GSOH to focus on building girls' confidence in a world filled with uncertainty.

Visit [gsoh.org/urbancampout](https://gsoh.org/urbancampout) to learn more about the included interactives and purchase your box to participate!



[gsoh.org](https://gsoh.org)

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