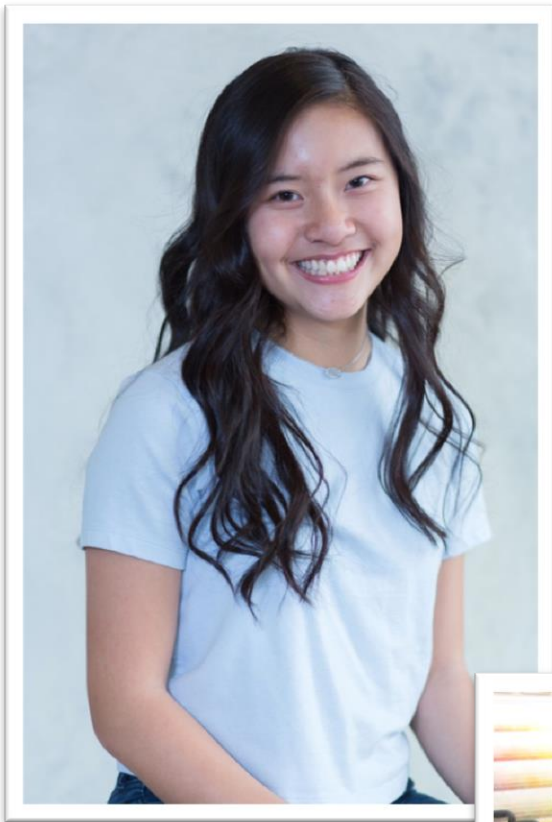


Fidget Back Memories

Nhukim Nguyen has been a Girl Scout for 12 years and in Troop 1695 and current member of Troop 994 in Service Unit 648. She is a junior at Lee's Summit North High School.



Nhukim Nguyen

Lee's Summit, Missouri



Nhukim's Gold Award project addressed the issue of dementia & Alzheimer's patients needing activities to stimulate their brains during the day. Even in facilities with amazing care, many patients find themselves with hours of free time and nothing to do. This can end up causing their memories to deteriorate at an even faster rate, so Nhukim decided to combat this issue by creating fidget blankets. These blankets feature a range of small activities, such as buttons, clasps, beads and photo holders, to help patients keep their minds active, even if they're just sitting in a common room.

Nhukim worked with SummitView Terrace and members of her Girl Scout troop to create blankets for the patients. She found that by getting patients to engage in these activities, it helped their quality of life and memory retention. By making her video tutorial available on YouTube, she's able to spread the instructions to a global audience, hopefully inspiring family members of those with dementia to make the blankets to help loved ones. In addition to the tutorial, Nhukim donated blankets to SummitView for the patients to enjoy for years to come.

Because of Girl Scouts... I got to learn more about myself and others. Being a Girl Scout truly let me have something to differentiate myself from others in my community. I am so glad I stayed with it and took advantage on the chance to use my voice and make a difference.