



FOR PETE'S SAKE, MAKE MEMORIES!

We respond to the mental health, emotional well-being and psycho-social needs of the under-served young adult cancer patient population, their caregivers and their children. For families in the FPS program, we offer two ways to support these needs separate from our respite travel program.

First, we offer a FPS Staycation Package to families nominated to our respite program, but are unable to travel because of an unexpected deterioration in health. This package offers resources for the family to **Take a Break at Home** and spend some time together creating special moments that become priceless, treasured memories. Second, we offer support once a family comes home that lasts well beyond the initial respite. This support includes monthly gatherings and personal outreach, mini take-a-breaks with other families, newsletters, nutrition and self-care information, and other dedicated resources to engage families in crisis! We help create memorable moments for these families in crisis.

We invite your family to be a part of ours, so For Pete's Sake, let's enjoy some memorable moments with our loved ones. Get ready to bake, play and have fun spending some time together, creating special moments that become priceless, treasured memories in our *For Pete's Sake, Make Memories!* Self-care package!

MAKE MEMORIES: SELF-CARE

Defn: Self-care

/self'ker/

noun

the practice of taking action to preserve or improve one's own health.

- the practice of taking an active role in protecting one's own well-being and happiness, in particular during periods of stress.

Use this weekend to unwind, relax, and take care of yourself. Don't forget to post your self-care fun and tag @takeabreakfromcancer. #forpetessakemakememories

1. TAKE A BATH

DIY BODY SCRUB

INGREDIENTS: 3/4 cup brown sugar
2 tablespoons olive oil
1/4 cup honey

DIRECTIONS:

Mix until well combined and store in an air tight container.

DIY BATH BOMB

INGREDIENTS: 1 cup baking soda
1/2 cup citric acid
1/2 cup cornstarch
1/4 cup epsom salt
1/4 cup melted coconut oil
15-20 drops essential oils
1 tsp vanilla (optional) or substitute with 1 tsp of water
Water
Spray bottle
Bath bomb molds

DIRECTIONS:

1. Mix all the dry ingredients together in a medium-size bowl. Stir until well incorporated.
2. Add in the coconut oil, essential oils, and vanilla. Whisk together until well combined.
3. With a spray bottle, spray the mixture with water until the ingredients hold together when squeezed in your hands. Only do one spray at a time to make sure you don't get it too wet.
4. Prepare your bath bomb molds by greasing them with coconut oil. (You can also use a plastic Easter egg.)
5. Press the mixture into both sides of the bath bomb molds and then press the two sides together. Rub the excess mixture off the sides and set aside.
6. Allow the molds to sit for 24-48 hours, or until completely dry and then pop out of the molds.



2. MEDITATE WITH KRISTIN PAGE

Kristin Page, a FPS supporter and well-known yoga, meditation, and wellness instructor, leads one-minute and five-minute meditation guides on her web page.
<http://www.kristinpageyoga.com/about>

3. GO OUTSIDE*

HEALTH BENEFITS:

1. Your vitamin D levels go up.
2. You'll get more exercise.
3. You'll be happier.
4. You'll concentration will improve.
5. You may heal faster.



To read more about the health benefits of being outside, visit:
https://www.health.harvard.edu/newsletter_article/a-prescription-for-better-health-go-alfresco

*Make sure to give yourself space and follow set regulations and curfews.

4. JOURNAL

PROMPTS:

1. What are you thankful for today?
2. What has made you laugh today?
3. What are your strengths?
4. What would you like to accomplish today?
5. What makes you lose track of time?



For more prompts, see the attached 75 Journal Prompts PDF.

5. HYDRATE

STRAWBERRY SPA WATER

PREP TIME: 6 hours 5 minutes

SERVINGS: 4-6 glasses

INGREDIENTS:

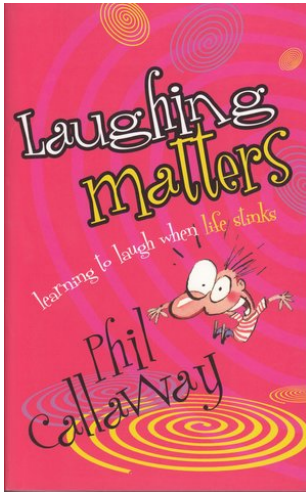
- 1 lb strawberries, hulled and sliced
- 1 pitcher filtered water
- Ice

INSTRUCTIONS:

1. Add strawberries and water to pitcher. Cover and refrigerate for at least 6 hours.
2. Add ice just before serving. Enjoy!

6. READ FROM THE FPS STAYCATION BOOK LIST

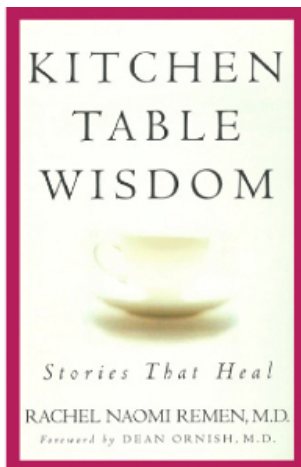
LAUGHING MATTERS BY PHIL CALLAWAY



If the incredible response to this best-selling book is any indication, people are hungry for laughter. But better yet, they're looking for hope and joy! When life stinks, when people disappoint, when bad things happen, Phil Callaway believes there are five secrets that will help bring joy back to life. Speaking candidly of his parents' Alzheimer's, his wife's seizures, and the uncertainty of life as a dad, Callaway will show you how these secrets have helped him learn to laugh when life stinks. Says Lee Strobel, "I love Phil Callaway because he manages to accomplish what few writers can - blending laughter with learning. Read this book and you'll experience both!"

<https://www.philcallaway.com/>

KITCHEN TABLE WISDOM BY RACHEL NAOMI REMEN

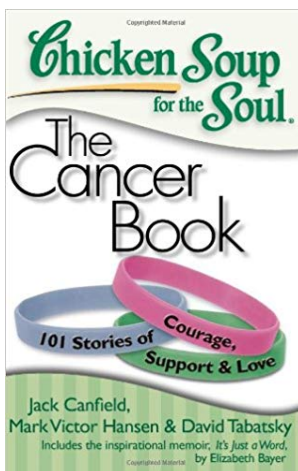


New York Times bestseller, Kitchen Table Wisdom: Stories That Heal, published in 21 languages. It has sold 750,000 copies and won the 1996 Wilbur Award for best work of spiritual non-fiction and the Friends of Libraries USA Readers' Choice Award for 2000.

Thank you for Kitchen Table Wisdom. I read it for the first time, and then I immediately read it again. You have put into words the beliefs that I have been forming since my mother passed away from ALS two years ago. The human spirit is a powerful thing. Your writing is a gift. Thank you for sharing! - Nancy, Canada

<http://www.rachelremen.com/>

CHICKEN SOUP FOR THE SOUL: THE CANCER BOOK BY JACK CANFIELD, MARK VICTOR & DAVID TABATSKY

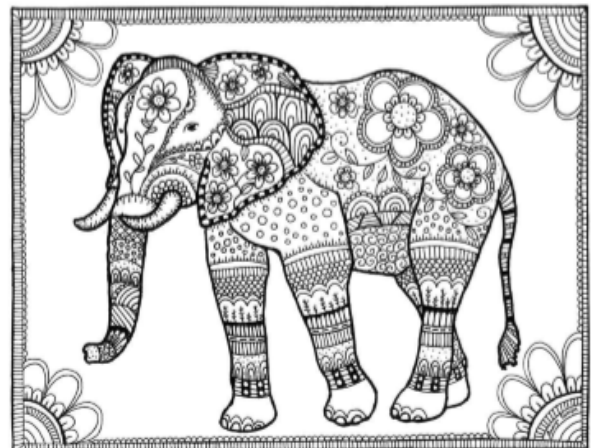
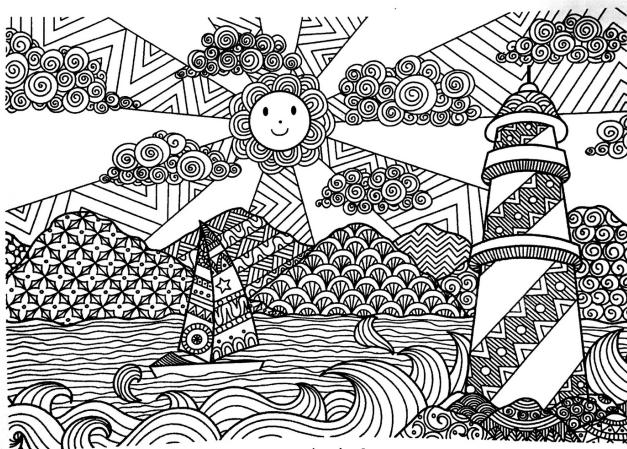
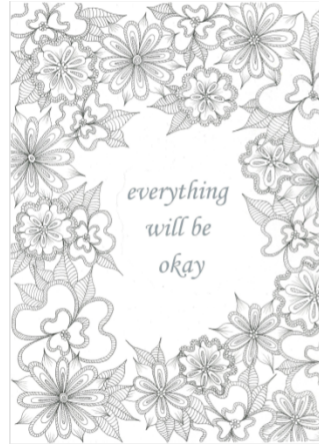


A support group you can hold in your hands, these intimate stories by cancer patients and their loved ones, medical professionals, clergy and friends, are a must-read for anyone affected by cancer. Writers share all their experiences - from initial diagnosis, to breaking the news to loved ones, to discussing the effect on home, school, and work. Stories also cover securing a medical team, living through an ever-changing self-image, the embarrassment of losing hair, and discovering a new spirituality. A bonus book - a no-holds-barred memoir by cancer patient Elizabeth Bayer - is bound into this volume, after full-length Chicken Soup for the Soul boom.

<https://www.chickensoup.com/>

7. COLOR

Grab some colored pencils and print off one of attached coloring pages, to color your cares away. (Examples are below.) We have some coloring pages for the kids, too! If you need more, be sure to check out the [FREE printable coloring pages on Crayola's web page](#).



8. TAKE A NAP

9. MAKE A LIST OF GRATITUDE

“The more grateful I am, the more beauty I see.” – Mary Davis

10. TREAT YOURSELF TO SOMETHING SWEET

Some of the FPS staff share their favorite sweet treat.

ALISA, FAMILY ENGAGEMENT OFFICER

Carrot Cake

www.myrecipes.com/recipe/best-carrot-cake

AMBER, NY REGIONAL DIRECTOR

Chocolate Souffle

CAITLIN, DATA SPECIALIST

Chocolate Peanut Butter Pie (Gluten free)

www.joyfoodsunshine.com/peanut-butter-pie-with-a-brownie-crust-gluten-free-dairy-free/

CAROL, PROGRAM COORDINATOR

Banana Bread Brownies

www.delishrecipes.net/banana-bread-brownies/

CHERYL, CHIEF PHILANTHROPY OFFICER

Chocolate Surprise Cake

Recipe attached as PDF

MARCI, FPS FOUNDER AND CEO

Apple Dip

MEG, MARKETING MANAGER

Chocolate Peanut Butter Ice Cream

MEGHAN, NY COMMUNITY ENGAGEMENT ASSOCIATE

Chocolate Chip Cookies

www.verybestbaking.com/recipes/18476/original-nestle-toll-house-chocolate-chip-cookies/

PAM, MISSION COORDINATOR

Chocolate Oatmeal No-Bake Cookies

Recipe attached as PDF

11. KEEP THE FAITH

If you have a belief system, take a moment to recenter and find peace and comfort in those beliefs.

COMMUNITY PRAYER

From March 13th to 24th, director Meghan Cokeley and guests will lead a nightly recitation of the rosary at 8 p.m. online and via telephone, enabling participants to pray in solidarity while respecting public health measures to curtail large gatherings.

www.catholicphilly.com/2020/03/news/local-news/nightly-online-rosary-set-to-push-back-against-coronavirus/

Bible App
Hozana App
uberPray App

SUBMIT A PRAYER

Vajra Light Buddhist Center
<http://www.meditationinwestchester.org/prayer-requests>

Xavier University
<https://www.xavier.edu/jesuitresource/online-resources/prayer-index/submit-a-prayer/index>

Club Prayer Center
<https://www1.cbn.com/prayer>

ONLINE SERMONS

Many churches have recorded sermons to be viewed online. Google search online sermons, or check out your church's web page for their latest sermon.

ENCOURAGE YOUR COMMUNITY

Jewish Action, the Magazine of the Orthodox Union, reminds us to look to encourage one another, as they are requesting achdut and chesed stories. The Hebrew words for unity and the love and kindness between people. Share the ways people have helped one another and remember that there is still good happening.

12. DIFFUSE WITH ESSENTIAL OILS

Purchase a diffuser and essential oils to fill your home with soothing scents, that also provide many health benefits.

CHOCOLATE SURPRISE CAKE

From the Kitchen of Cheryl, Chief Philanthropy Officer

PREP TIME: 1 hour 30 minutes

SERVINGS: 12 servings

INGREDIENTS: Cake:

- 3 cups flour
- 2 cups sugar
- 1/2 cup cocoa
- 2 teaspoons baking soda
- 1 teaspoon salt
- 3 teaspoons vanilla
- 1 cup vegetable oil
- 2 cups water
- Confectioner's Sugar (Top of Cake)

Surprise Center:

- 12 oz cream cheese, softened
- 1/4 cup sugar
- 1 egg
- 1/2 teaspoon vanilla
- 1/2 cup semisweet chocolate chip morsels

DIRECTIONS

1. Heat oven to 350 degrees. Butter and flour or spray with Pam a 12 cup bundt cake pan.
2. In a small mixing bowl, using an electric mixer, beat cream cheese and sugar until smooth. Add egg and vanilla; beat until blended and set aside. Prepare cake by mixing together all the ingredients, stirring well after adding each ingredient. Fold in the chocolate chip mini-morsels.
3. Pour cake batter into prepared pan; evenly cover with the cream cheese mixture. Bake until a wooden pick inserted in the center of the cake comes out clean, 45-55 minutes. Cool on a wire rack for 25 minutes. Remove from pan; cool completely. Dust with confectioners' sugar. Serve with fresh berries and fresh whipped cream, if desired.

CHOCOLATE OATMEAL NO-BAKE COOKIES

From the Kitchen of Pam, Mission Coordinator

PREP TIME: 1 hour 30 minutes

SERVINGS: 12 servings

INGREDIENTS: 2 cups of Sugar
4 tbsp of Cocoa
½ cup Butter
½ cup Milk
1 tsp vanilla
½ cup peanut butter
3 ½ cups of oatmeal

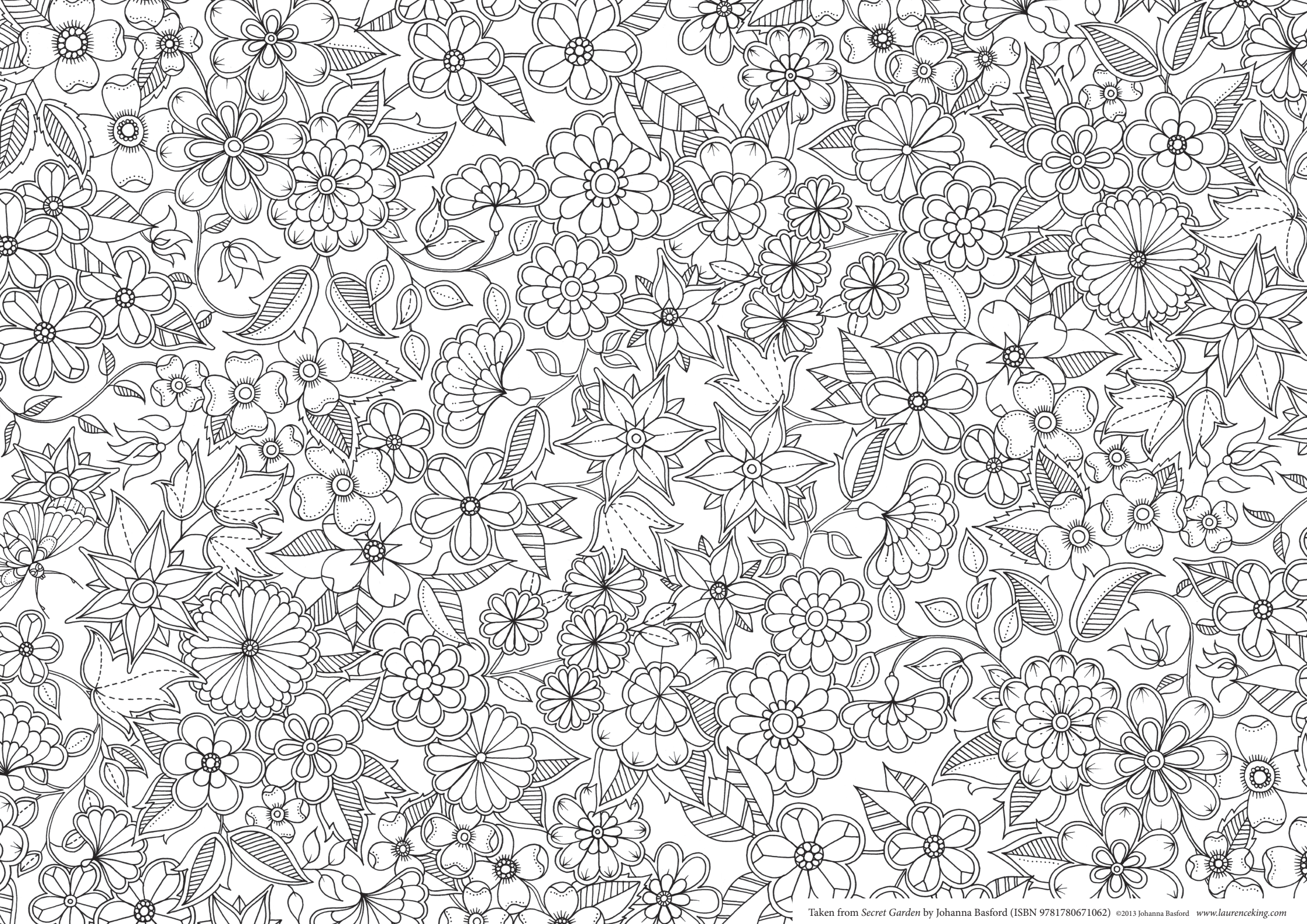
DIRECTIONS:

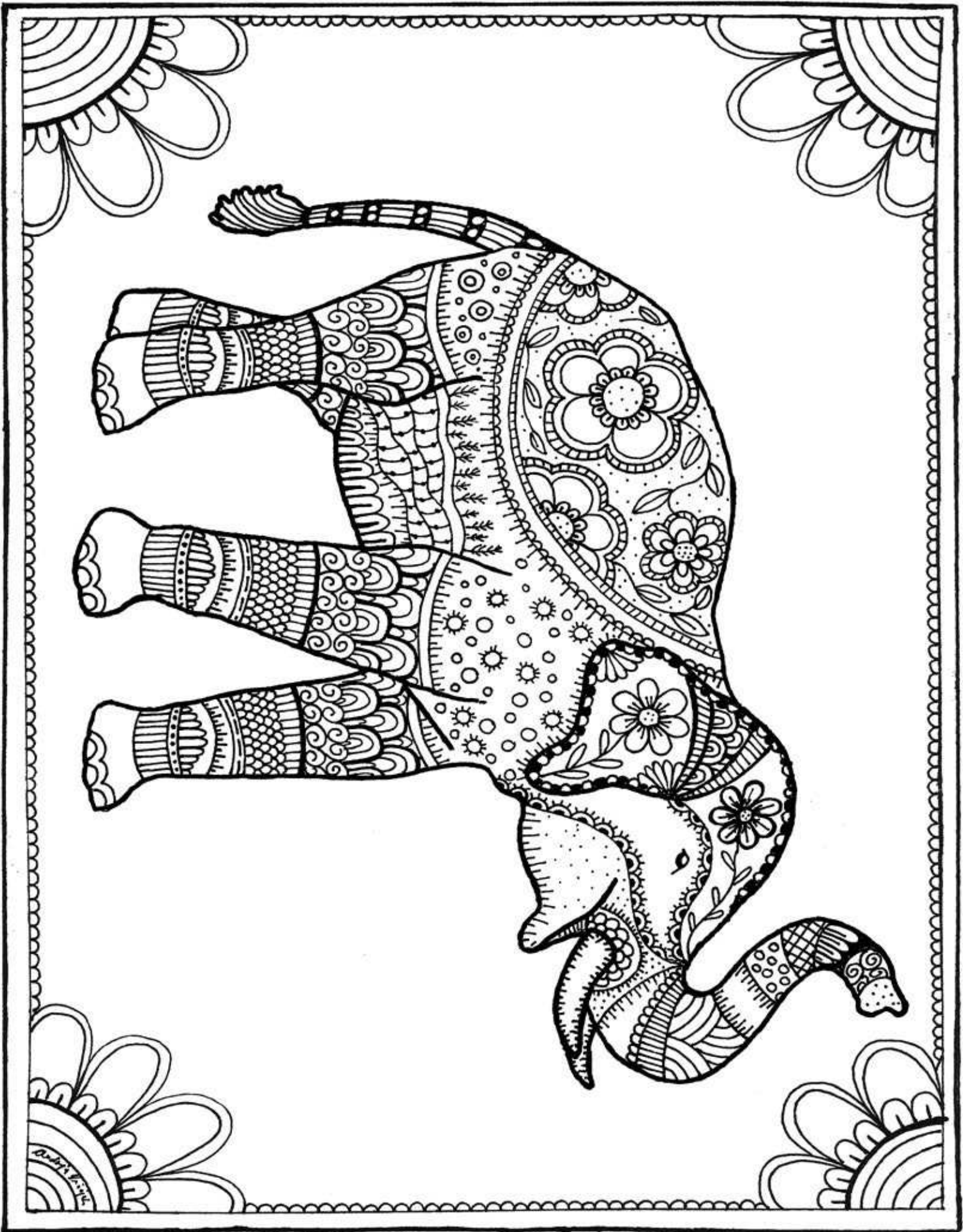
1. Line 1 or 2 cookie sheets with foil or parchment paper.
2. Measure out your oatmeal, peanut butter and have your vanilla ready to go.
3. Bring to a boil: sugar, cocoa, butter, and milk, stirring constantly. Let boil for 1 minute, still stirring.
4. Remove from heat. Stir in vanilla, peanut butter and oatmeal. Mix completely.
5. Drop by teaspoon onto foil (or parchment paper) lined cookie sheets. Mixture is hot, so be careful and work quickly before the cookies “set”.
6. Cool and remove from foil. Store covered.

JOURNAL PROMPTS

1. What makes you happy?
2. What brings you genuine joy?
3. What's a funny story that makes you laugh?
4. What is your fondest memory with your best friend?
5. How can you make someone smile today?
6. What do you want your legacy to be?
7. What are you most proud of yourself for?
8. One thing I need to work on is _____.
9. What do you need to let go of?
10. What do you need to forgive yourself for?
11. Where do you see yourself in a year?
12. If you won a million dollars, what would you do with it?
13. What is your spirit animal?
14. What can you do to challenge yourself to grow?
15. What is your life motto?
16. How have you been getting in the way of achieving your own goals?
17. What advice would you give to your younger self?
18. What are you doing to make your dreams become a reality?
19. Who do you look up to the most in your life?
20. Where is the one place you go to find peace?
21. What can you do to show yourself more love?
22. What helps you to find peace?
23. What is holding you back from being your best self?
24. What birthday wish has come true?
25. What have you learned today?
26. How can you make the world a better place?
27. What is your favorite meal?
28. Today I can honor my body by _____.
29. What your greatest adventure story?
30. When do you feel the most confident?
31. What is your goal for today?
32. What is one habit you'd like to add into your daily routine to better your life?
33. If you could travel anywhere in the world, where would you go?
34. What is your favorite personality trait?
35. What makes you lose track of time?
36. What lie are you believing that is holding you back?
37. Who has influenced you the most?
38. What can you do to be a better friend?
39. What activity helps you to relax?
40. What do you need to feel supported?

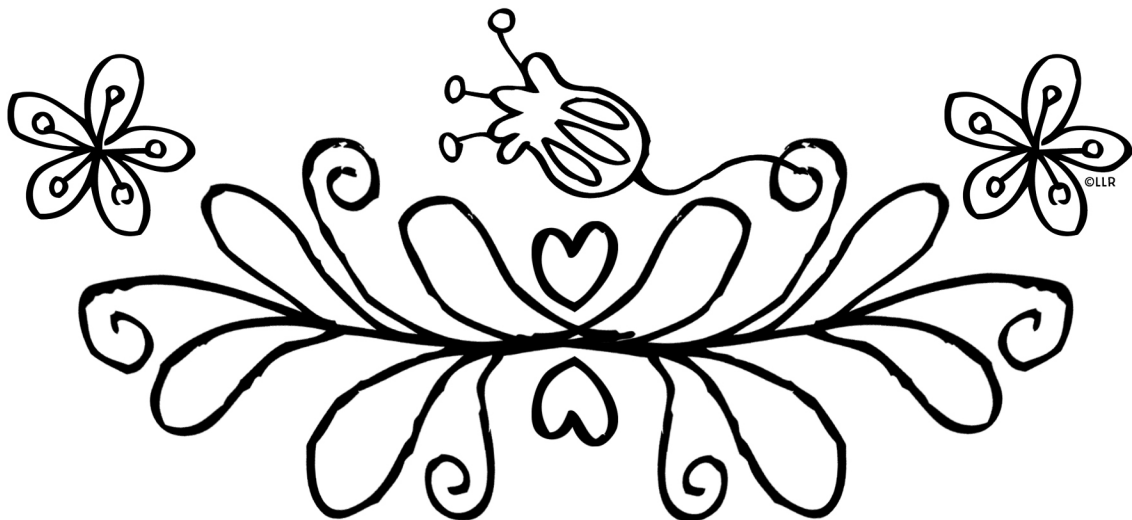


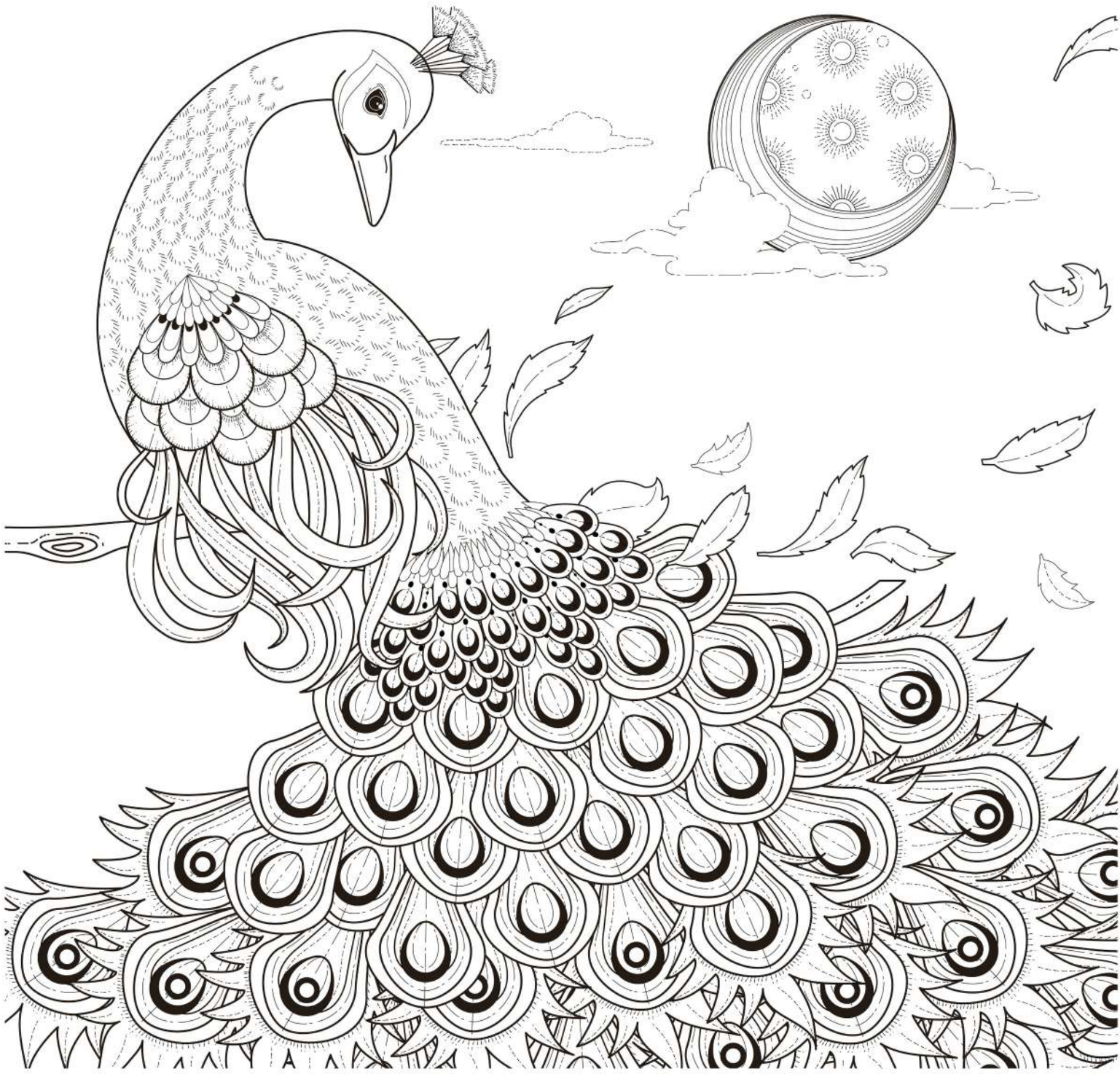






DREAM
CREATE
INSPIRE







From "Nature Mandalas Coloring Book" - www.art-is-fun.com/nature-mandalas

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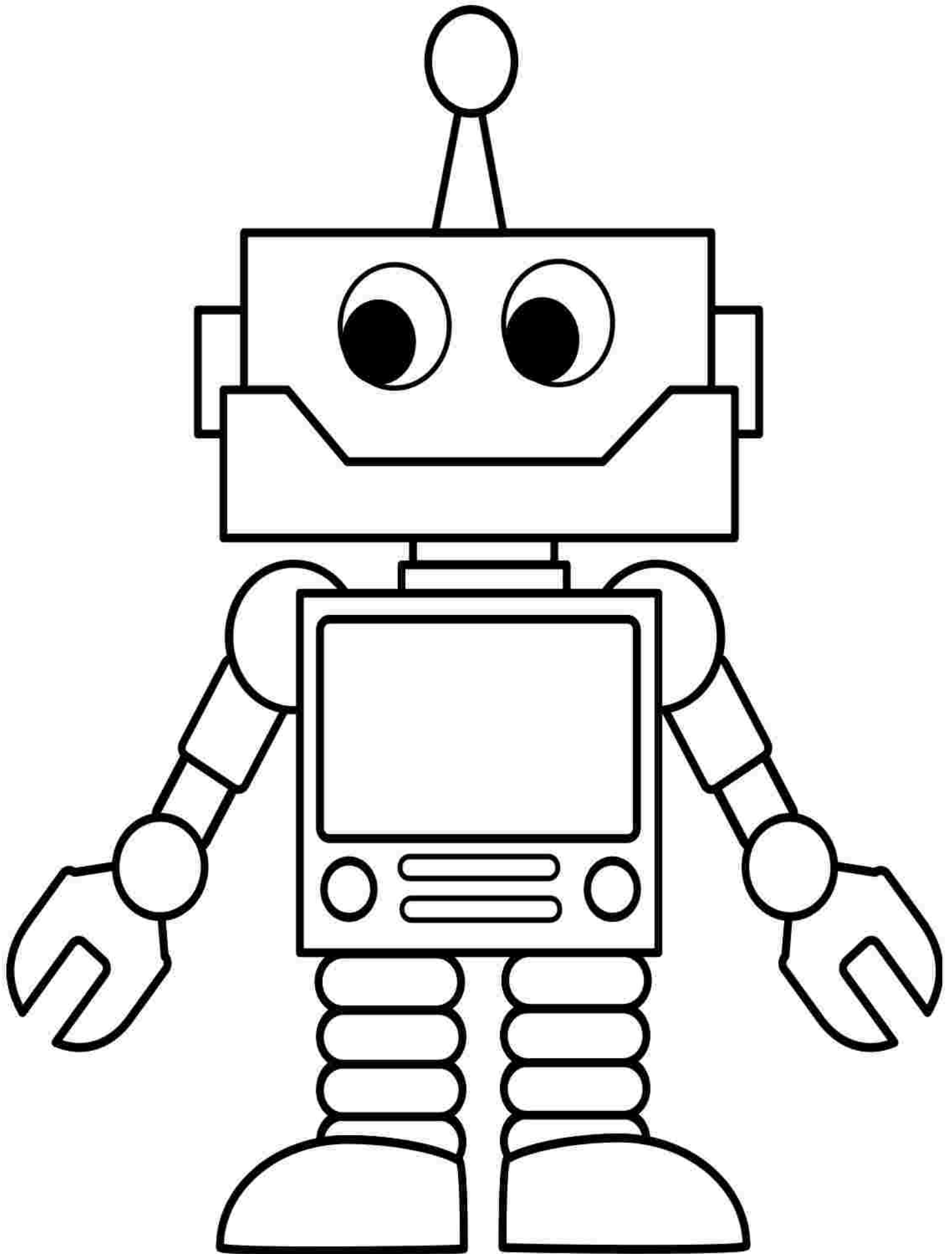
*everything
will be
okay*





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Find everything imaginable at Crayola.com

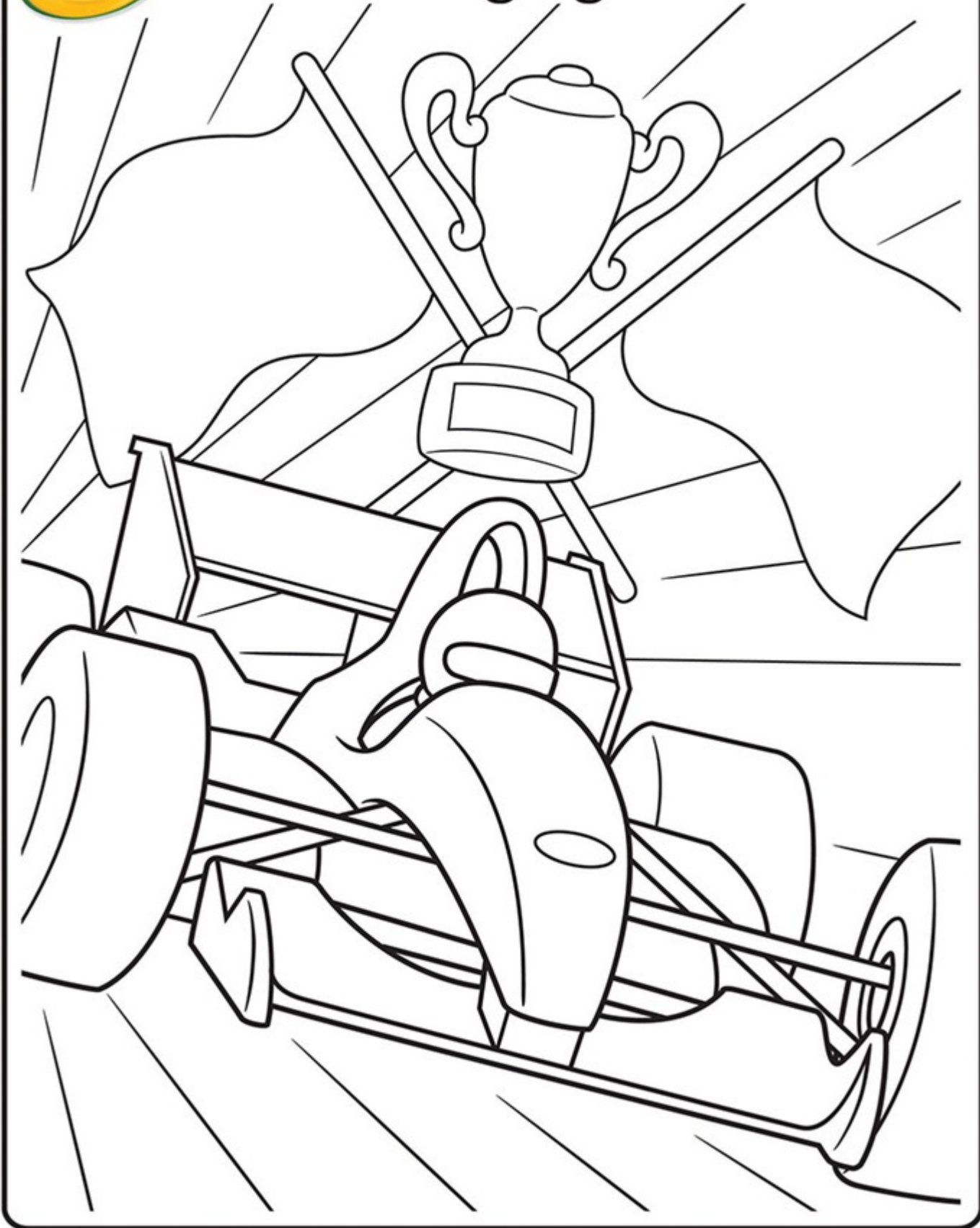




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Coloring Pages

Find more coloring pages at crayola.com



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