



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 be creative, play and have fun spending some time together, creating special moments that become priceless, treasured memories in our *For Pete's Sake, Make Memories! Community Care* package!

FOR PETE'S SAKE, MAKE MEMORIES! COMMUNITY CARE

Defn: Community

/kə'myoʊnədē/

noun

1. a group of people living in the same place or having a particular characteristic in common.
2. a feeling of fellowship with others, as a result of sharing common attitudes, interests, and goals.

Being in community allows us to support, encourage, laugh, heal, and grow together. There are numerous benefits to being in community! In a time, when we are asked to physically distance ourselves, it is still important to care for our communities. We still need one another, no matter the distance! Let's connect with creativity from For Pete's Sake, Make Memories! Community Care. Share how you're caring for your community on social media and tag @takeabreakfromcancer. #forpetessakemakememories

1. STAY AT HOME

Let's do our best to care for one another by following the guidelines that have been set by our government and the CDC. Let's work together to help slow the spread - we're all in this together!

CENTERS FOR DISEASE CONTROL AND PREVENTION

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

2. VIRTUAL COMMUNICATION

We live in an era where technology is used by just about everyone daily. During this time of separating ourselves from one another, there is even more need to see others while speaking to each other. Give your loved one a call, using one of the suggested platforms.

VIRTUAL PLATFORMS



VIRTUAL GET TOGETHER IDEAS

- Story Time - Call a family member, or friend to read his/her favorite story to your child.
- Game Night - Gather your family and virtually challenge another family to Pictionary, Charades, Heads Up, or whatever game you love to play. Good luck!
- Happy Hour - B.Y.O.D. Sip and enjoy the hour, catching up on life!
- Dance Party - Create a playlist and turn it up for everyone on the call to dance it out to!
- Workouts - Take turns to challenge each other to different exercises.
- Paint Night - Gather the needed supplies and have an artist lead in a painting tutorial.
- Virtual Meal - Share a meal and conversation together from behind your screens.
- Open Mic Night - Share a song, poem, joke, or anything else that will bring others joy.
- Fashion Show - Glitz and glam, or cozy and comfortable? You choose your look!

4. SEND LOVE AND LAUGHTER VIA E-CARDS

Who doesn't love a good belly-laugh and a thoughtful note?! We could all use a little more laughter and encouragement in these times of uncertainty. What better way to share love and laughter than with an e-card? There are lots to choose from and most of them are free*. No postage needed and you don't have to leave your home! I'd say it's a win-win for all.

E-CARD SITES



*Please read through each site's guidelines.

5. WINDOWS OF LOVE

Spread love by decorating your windows with some of the listed ideas below. Your community will feel the love, all while enjoying fresh air and a nice stroll around the neighborhood. (Feel free to use your door to share the love, as well.)

WINDOWS OF LOVE IDEAS

- Hang up cutout construction paper hearts
 - <https://www.inforum.com/lifestyle/family/5011692-A-world-of-hearts-starts-in-North-Dakota-as-online-effort-to-share-love-spreads-during-pandemic>
- Write or illustrate an inspirational quote to hang
- Create a collage
- Post Thank You's and/or Shout Outs
- Hang up a joke (Consider hanging up the answer for later, to encourage your community to go out for another neighborhood walk.)
- Make stain glass windows using tissue paper
- Post a List of Gratitude and add to it daily
- Hang up an Encouraging Word of the Day
- Hang up a funny meme
- Hang holiday themed art for celebrated holidays (Children's Book Day, Earth Day, Easter, Scrabble Day, etc.)

Try to be
a
rainbow
in
someone
else's
cloud.

MAYA ANGELOU

6. VOLUNTEER

Even in times when we are asked to stay home and keep our distance from others, we can still help care for our community. Get involved and care for your community! For opportunities to volunteer with For Pete's Sake, reach out to our Volunteer Coordinator at Madeleine@takeabreakfromcancer.org.

VOLUNTEER SUGGESTIONS

- Grocery shop for an elderly friend or family member
- Sign up to help your local school with their food distribution program
- Reach out to a teacher and ask how to help
- Call a community member with kids and offer to read a story virtually
- Send food from open, local restaurants to someone in need
- Foster a dog, cat, or other animal from your local animal shelter
- Virtual volunteering
 - Crisis Text Line: <https://www.crisistextline.org/become-a-volunteer/>
 - Bookshare: <https://www.bookshare.org/cms/get-involved/volunteer>
 - Be My Eyes: <https://www.bemyeyes.com/>

7. CELEBRATE WITH REDIRECTING A GIFT

Birthdays, wedding anniversaries, cancer anniversaries, holidays, and other celebrations can still be had! Stay at home and celebrate with those who already live with you, and consider asking friends and family to donate to FPS, rather than receiving a gift. If you're not on Facebook, you can always direct your community to give through the FPS Beach of Inspiration! You can leave an honorarium gift or gift in memory of a loved one!

<p>BEACH OF INSPIRATION https://takeabreakfromcancer.org/beach/</p>
<p>DONATE ONLINE www.takeabreakfromcancer.org</p>
<p>START A FACEBOOK FUNDRAISER www.facebook.com/fundraisers/</p>
<p>SEND MONEY VIA VENMO @Breakfromcancer</p>
<p>WRITE A CHECK For Pete's Sake Cancer Respite Foundation</p>

8. DRIVEWAY PICNICS

Creativity is greatly needed right now to help care for one another! Pack a lunch, beverages, and a blanket before heading outside to your driveway for a lovely picnic. Invite your neighbors to picnic on their driveway, as well. Enjoy your community, while keeping your distance.

9. ASK

The best way to care for someone well is to know what help is needed and how to best help that person. As individuals, we each need different things and respond to situations differently. The way you care for one person, or yourself, may not be what someone else needs. Be kind and listen well to the needs of others. Also, know that you may not be able to help, but someone else may. If you need help, ask.

10. SUPPORT YOUR LOCAL BUSINESSES

If you are able and your local businesses are still in operation, continue to support them and their employees. We need to look out for each other.

Order take out just as before and tip your delivery person well.



Purchase gift cards and save them for later, or give it to a community member in need.



Continue to donate and support your charities of choice.



Pay for your routine scheduled appointments, as if you were still going for an appointment.