



# 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! Fun for All* package!

# FOR PETE'S SAKE, MAKE MEMORIES! FUN FOR ALL

Defn: Fun

/fən/

noun

enjoyment, amusement, or lighthearted pleasure.

They say, "Time flies, when you're having fun!" We agree! Having fun with friends and family is a sure way to make memorable moments that last a lifetime. Take advantage of this time at home with your loved ones to have fun, sharing more smiles and moments of laughter together. Share your fabulous fun on social media and tag @takeabreakfromcancer. #forpetessakemakememories

## 1. BUILD A MEAL



Susie likes onions, but Sean doesn't. Sally prefers spicy, while Sydney can't stand any kind of heat. We can't please everyone, so leave it up to them to create a plate as unique as they are.

### TACO BOWL BUILD UP

Prepare desired ingredients and keep separated for building the ultimate taco bowl...or plate.

#### SUGGESTED INGREDIENTS

- |                        |                   |                          |              |
|------------------------|-------------------|--------------------------|--------------|
| • Tortilla Chips       | • Shredded Cheese | • Shredded Spinach       | • Cilantro   |
| • Fried Plantains      | • Salsa           | • Sauteed Onions         | • Rice       |
| • Black or Pinto Beans | • Pico de Gallo   | • Sauteed Peppers        | • Jalapenos  |
| • Corn                 | • Guacamole       | • Meat of Choice or Taco | • Sour Cream |
| • Diced Tomatoes       | • Queso           | Seasoned Potatoes        | • Bacon      |

### PIZZA TO PLEASE THE PEOPLE'S PALATES

Follow directions to a pre-made or homemade pizza crust. Prepare desired ingredients and have each person add his or her favorite toppings to a section of the pizza just for him or her. Bake pizza with added toppings until ready. Bon appetit!

#### SUGGESTED INGREDIENTS

- |                        |                     |            |             |           |
|------------------------|---------------------|------------|-------------|-----------|
| • Pre-Made Pizza Crust | • Tomatoes          | • Bacon    | • Pineapple | • Ham     |
| • Marinara Sauce       | • Spinach           | • Pesto    | • Sausage   | • Chicken |
| • Cheese of Choice     | • Peppers of Choice | • Basil    | • Hot Sauce | • Chorizo |
| • Pepperoni            | • Onions            | • Zucchini | • Ranch     | • Oregano |

### MAC 'N' CHEESE OR BAKED POTATO BAR

Prepare the mac 'n' cheese or baked potatoes accordingly. Prepare desired toppings to spruce up your mac 'n' cheese or baked potatoes.

#### SUGGESTED INGREDIENTS

- |                    |                   |              |                                   |
|--------------------|-------------------|--------------|-----------------------------------|
| • Cheese of Choice | • Diced Tomatoes  | • Sour Cream | • Crushed Crackers (Mac n Cheese) |
| • Bacon            | • Sauteed Spinach | • Hot Sauce  | • Chili (Baked Potato)            |
| • Scallions        | • Sauteed Peppers | • Ranch      | • Butter                          |
| • Broccoli         | • Onions          | • Salsa      |                                   |

## 2. RESTAURANT RECREATION

If you can't order from your favorite restaurant, take the time to find recipes that resemble meals from that said restaurant. You never know, your end results could be just as good, or even better!

### DELAWARE SALT WATER TAFFY

[https://mandysrecipeboxblog.com/  
salt-water-taffy-recipe/](https://mandysrecipeboxblog.com/salt-water-taffy-recipe/)

### NEW JERSEY TAYLOR HAM, EGG & CHEESE SANDWICH

[https://www.tasteofhome.com/article/  
taylor-ham-egg-and-cheese/](https://www.tasteofhome.com/article/taylor-ham-egg-and-cheese/)

### NEW YORK BANANA PUDDING

<https://www.the-girl-who-ate-everything.com/magnolia-bakerys-famous-banana-pudding/>

### PENNSYLVANIA PHILLY CHEESE STEAK

[https://www.foodnetwork.com/recipes/  
bobby-flay/philly-cheese-steak-recipe-2012068](https://www.foodnetwork.com/recipes/bobby-flay/philly-cheese-steak-recipe-2012068)

### MARYLAND SOUTHERN MARYLAND STUFFED HAM

<http://www.fairmontmoments.com/food-drink/southern-maryland-stuffed-ham>

## 3. FORT FRIDAY

Spruce up your Friday by building a fort - Yes, you heard right. Let your child build a fort to do his/her school work in for the day. Build a fort with the family for movie night. Build a fort for an indoor camping night. Build a fort for a new cozy reading spot. The options and reasons for building a fort are endless. Get creative, grab pillows and blankets, and get to building!

## 4. GAME JAR

We all have a favorite game we love to play. Have everyone write down his/her favorite game on slips of paper. Choose a jar and fill it up with the suggested games. During the week, when you are looking for a way to spend time together, reach in the jar and select a game. Maybe use this as a time to play a game virtually with your community outside of who you live with. Reach out to friends and family for game suggestions, too. The more games, the better!

# 5. INTERACTIVE MOVIE NIGHT



*And the Oscar goes to...YOU!* Channel your inner Octavia Spencer, Julia Roberts, Morgan Freeman, or whoever inspires you to cry, laugh, or take down the bad guy on cue. Pop some popcorn while you're at it and get ready for a fun night of all your favorite movies!

## READY. SET. ACTION!

1. Everyone writes down 5-10 celebrities from his/her favorite movies on a small slip of paper. Place slips of paper into a bowl.
2. Divide players into two teams and create team names.
3. Appoint someone to keep score and someone to keep time.
4. Go over the rules.
  - o There will be three different "Takes" (a.k.a. Rounds).
  - o During each "Take", teams will take turns giving teammates one minute to draw names, one at a time, from the bowl to get his/her team to correctly name as many celebrity names as possible. (Everyone must take a turn, before anyone can take a second turn.)
    - A correctly named celebrity gives you one point (+1).
    - A skipped celebrity penalizes you one point (-1).
  - o Each "Take" ends when the bowl has been emptied.
  - o After each "Take" refill the bowl with used slips of paper before beginning a new "Take".
5. The team with the most points after all three "Takes" will win the Oscar!

### TAKE 1: VERBAL CLUES

Teams will take turns selecting a team member to give verbal clues about the celebrity name on the slip of paper she or he draws from the bowl. You cannot say any part of the celebrity's name, you cannot spell, rhyme, use foreign languages, or give any letters.

### TAKE 2: ACT IT OUT

Teams will take turns selecting a team member to act as the celebrity name on the slip of paper she or he draws from the bowl. The player can speak in first person, or a more challenging version is similar to Charades, in which players can not talk at all; they must simply gesture and use non-verbal clues.

### TAKE 3: ONE WORD CLUES

The final round uses the same clues as Round 1 and 2 again, but this time, players can only say one word per slip. Thus, the challenge is thinking of a descriptive, helpful clue in one succinct word.

# 6. MINUTE TO WIN IT



"Time is not measured by clocks, but by moments." Well, for this game, you'll need the clock to help make memorable moments. Minute to Win It is a collection of minute long challenges that promote silliness and are sure to leave you laughing. Make two teams and see which team can complete the most challenges. For more challenges, search on Google or Pinterest.

1. **Cup Stack:** Give each team the same amount of cups. Stack your given amount of cups to make the tallest tower - it must remain standing when the one minute is up.
2. **Breakfast Scramble:** Cut up cereal boxes beforehand to make enough puzzles for each participating team. Ensure that each puzzle has the same amount of puzzle pieces. Complete the cereal box puzzle first within a minute.
3. **One Handed Bracelets:** See who can thread the most Fruit Loops onto a pipe cleaner using only one hand.
4. **Cookie Face:** Place a cookie on someone's forehead. Each player has to use only his/her face muscles (no hands) to get it into his/her mouth.
5. **Marshmallow Toss:** Give one player a small cup and the other player a bag of mini marshmallows. See how many marshmallows can be caught in one minute.
6. **Noodle Pick Up Sticks:** Place six uncooked pieces of penne pasta near the edge of a table. Give the player an uncooked spaghetti noodle to hold in his/her mouth and use to try and pick up the penne noodles. See who can get all six penne pasta pieces first!
7. **Rudolf Toss:** Glue small red pompoms to the ends of pieces of ribbon, each about 6 inches long. Have the players put the string in theirs mouths so that the pompom is dangling under their chins. Put Vaseline on each player's noses and have them swing the ribbon so that the pompom sticks to their nose. No body parts may be used to help the pompom and the player must successfully get the pompom to stick 5 times to win.
8. **This Sucks:** Place a small amount of dried beans on a surface and give each person a straw. Place a bowl on a surface 10-15 feet away. Players will suck a bean onto the straw and run it to the other bowl. (No hands.) See who can get the most beans in one minute.
9. **Pencil Grab:** Place 1 pencil on the back of player's hand. Toss it into the air and, with the same hand, catch it before it hits the floor. Add another pencil and repeat after every successful catch, until player has caught all 10 pencils. (Use UN-SHARPENED pencils.)
10. **Doughnut Chew:** Carefully place a doughnut onto a string and secure the other end somewhere, so it can hang freely. Players will try to eat the doughnut using only his/her mouth. (Make sure they are far enough away to give a challenge.)
11. **Cotton Mouth:** Players must eat 6 saltine crackers in under 60 seconds, without a beverage, until all crackers are completely cleared from their mouth.
12. **Nose Goes:** Players must blow up a balloon using their noses, the participant with the largest balloon at the end of one minute wins. (Don't let it pop!)
13. **Elephant Trunk:** Players place a stocking with a baseball inside on their heads, resembling an elephant trunk. Using the "trunk" players must knock over a set amount of cups off a table.
14. **Need A Tissue:** Using one hand, race to see who can empty a box of tissues the fastest.

## 7. PUZZLES BY YOU



You don't even have to leave the comfort of your own home to find a new puzzle. Find a blank piece of paper, recycled cardboard, or large poster board and illustrate something beautiful on your blank canvas. Once satisfied with your illustration, cut out the number of pieces you would like for your puzzle to have. Scramble up the cut pieces and invite a loved one to help you complete your brand new puzzle.

## 8. SCAVENGER HUNT



Spread out, as you search high and low for the items on the FPS Scavenger Hunt. Or, make a scavenger hunt of your own, inspired by your favorite trinkets, holiday, or even your child's sight words for the week. Get creative and get to searching!



### FPS SCAVENGER HUNT

Mark an **X** or **✓** in the provided square, when an item is found. These items help us take a break or remind us of the love and joy we've experienced in this lifetime.

- |   |  |
|---|--|
| <input type="checkbox"/> 1. Family Photo  | <input type="checkbox"/> 8. Journal/Notebook   |
| <input type="checkbox"/> 2. Cozy Blanket  | <input type="checkbox"/> 9. Candle   |
| <input type="checkbox"/> 3. Coffee Mug  | <input type="checkbox"/> 10. A Good Book   |
| <input type="checkbox"/> 4. Favorite Board Game<br><small>Take a break and enjoy playing the board game together.</small>           | <input type="checkbox"/> 11. Fuzzy Socks   |
| <input type="checkbox"/> 5. Something Sweet<br><small>You should definitely enjoy eating that something sweet you've found!</small> | <input type="checkbox"/> 12. An Act of Kindness<br><small>Take a break and doing something kind.</small>                                   |
| <input type="checkbox"/> 6. Encouragement Note<br><small>If you can't find one, write one and send it to someone you love.</small>  | <input type="checkbox"/> 13. Family Recipe<br><small>Take a break and cook!</small>  |
| <input type="checkbox"/> 7. Funny Joke<br><small>Share your joke with us!</small>   | <input type="checkbox"/> 14. Something Beautiful<br><small>Take a break and create something beautiful. Share it with a loved one.</small> |

# 9. FPS WORD GAMES



Keep your brain sharp, and possibly learn something new, with the FPS inspired word games. Print off the provided games and let's work those brains!

FPS CROSSWORD

FPS WORD SEARCH

FPS WORD SCRABBLE

(Answer sheets provided, too.)

# 10. RIDDLE OF THE DAY ???

Start every day with a riddle to bring laughter and, hopefully, a challenge to those you live with. Post the answer at the end of each day. To add a little competition, keep track of who gets the riddle correct. Whoever answers the most riddles at the end of your competition, WINS! For more riddles, seach online.

## SOLVE THESE

R1: Samuel was out for a walk when it started to rain. He did not have an umbrella and he wasn't wearing a hat. His clothes were soaked, yet not a single hair on his head got wet. How could this happen?  
A1: This man is bald!

R2: Why is Europe like a frying pan?  
A2: Because it has Greece at the bottom.

R3: How do you spell COW in thirteen letters?  
A3: SEE O DOUBLE YOU.

R4: What has wheels and flies, but it is not an aircraft?  
A4: A garbage truck.

R5: What type of music do rabbits listen to?  
A5: Hip Hop.

R6: Why can't a pirate ever finish the alphabet?  
A6: Because he always gets lost at sea!

R7: How do vampires like their food served?  
A7: In bite-size pieces.

R8: Is an old hundred dollar bill better than a new one?  
A8: Well, it's worth 99 more dollars.

R9: Where do you take a sick pirate ship?  
A9: To the Dock.

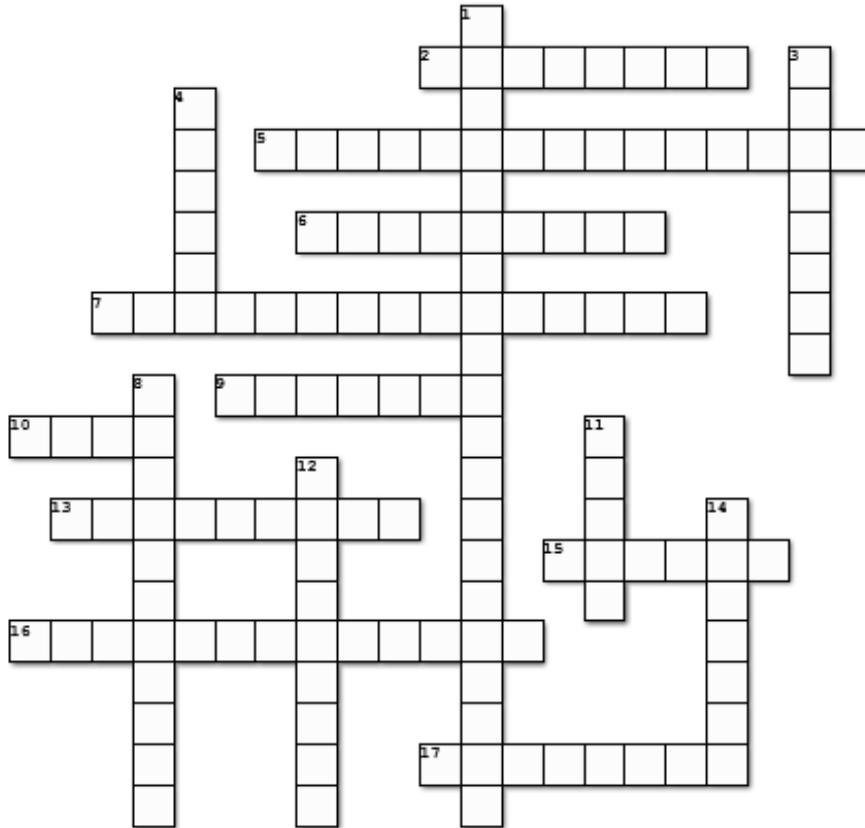
R10: What has many keys but can't open a single lock?  
A10: A piano.

R11: What tastes better than it smells?  
A11: A tongue.

R12: I am an odd number. Take away a letter and I become even. What number am I?  
A12: Seven.



Put your FPS knowledge to the test, or learn something new, as you complete the For Pete's Sake Crossword Puzzle. If you need clues, head to [www.takeabreakfromcancer.org](http://www.takeabreakfromcancer.org). Good luck!



### ACROSS

2. This state that FPS serves is a real catch. Their fish and blue crab are proof!
5. Pete wrote in his list of 100 Things to Do in Life, before his death, as numbers 97 to 100.
6. Pete and Marci's respite experience in 1999.
7. If you're looking to visit the home office of FPS, meet us here.
9. I'm called the *Big Apple*, but I'm really made up of big hearts. Have you met our Travelers from here?!
10. \_\_\_\_ is greater than cancer!
13. The gift of time together is this.
15. Marci's occupation before starting FPS.
16. This FPS bag is sure to make Travelers feel welcomed and ready for a break!
17. It may not be the first state FPS served, but it is well known as America's *First State*.

### DOWN

1. FPS' Instagram handle - Be sure to follow us!
3. Pete's favorite free pastry from Mary Anne Pastry Shoppe. This is also where Pete and Marci met for the first time.
4. FPS celebrates \_\_\_\_\_ years giving families a break from cancer.
8. The first patient to travel on a respite experience was to this city in NJ.
11. Take a \_\_\_\_\_ from cancer.
12. FPS serves families in the state known as, *Diner Capital of the World*.
14. A short period of rest or relief from something difficult or unpleasant.



Let's see how you did!



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Good luck finding FPS inspired words!

T T E O N M P C W S C Y J K W G X U B B O R R L S  
W O K R G S J F Q Z R J D M G Q P R H T U E X A L  
C L G V F O G H Q D C F R K G W C W B Z L S E N P  
F S M E B P L W P O F Y E O H N Z V K A L P M O O  
Y C E Y T K R W E K R G F R N E J Q X T K I F I S  
C W Q D S H E T R Q G I L C R P E A F T H T S T Y  
Y L I M A F E M M G F M E I D H T C A R T E S A E  
S A L B G P T R S T F Z C H Y I V R E U W A J M I  
X E I S V D N W N P S A T X O S S T C K J Z Y R B  
Y R R C P J U P B E J V I N Z U H S F E K N Y O T  
Y T J E B O L O B J S J O E P G W L Y F V M J F Q  
U F N M N Y O U F R B S N P U M E M O R I E S S M  
H O P E Z I V B O S B R O A S G T U I D F N A N R  
C Q T T W K T J S N E R L E C Y V K M Q B O F A W  
K O L S I T N Y Q K T F V I S X H A N N N R D R P  
T R E J U V E N A T I O N T Q B Q E S H U Q A T M  
Y B P M T X I M E R U T N E V D A R L N M Y R R Y  
H T W T A K Y X Y T M D B J C Y R B O O Q U Y L J  
P P I P S R I G G B S J L J K N N O S H H M T A V  
T N F N O D M O T S H R W J V Y U L C Z I D M N X  
G U Z M U P Y L U Y A I J C D G T L R J M C K J K  
B L E S Y M A G E W C C U T G D H T E A Z U S S J  
P M O M W P M U P T L B T Y L V J P H D E A L Q C  
H A Z V Z D A O I D J Q F S Z U R N F I M Z I W V  
M R I Z E V O M C O Z L Z V F G K B D N Q S N R N

### HIDDEN WORDS

ADVENTURE

BREAK

COMMUNITY

FAMILY

HOPE

JOY

LAUGHTER

LOVE

MEMORIES

MEMORY-MAKER

PETE

REFLECTION

REJUVENATION

RELAXATION

RESPITE

SERENITY

SUPPORT

TOGETHERNESS

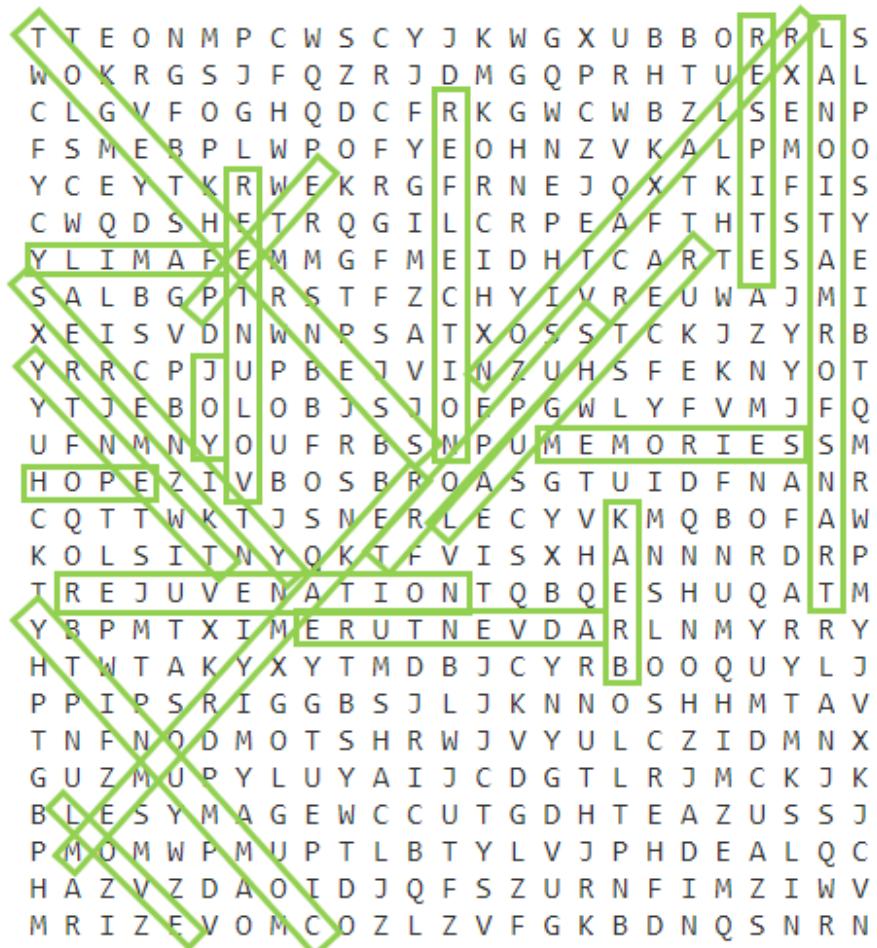
TRANSFORMATIONAL

TWENTY

VOLUNTEER



Check to see that you found all the hidden words.



### HIDDEN WORDS

ADVENTURE  
BREAK  
COMMUNITY  
FAMILY  
HOPE  
JOY  
LAUGHTER

LOVE  
MEMORIES  
MEMORY-MAKER  
PETE  
REFLECTION  
REJUVENATION  
RELAXATION

RESPITE  
SERENITY  
SUPPORT  
TOGETHERNESS  
TRANSFORMATIONAL  
TWENTY  
VOLUNTEER



Do your best to unscramble the letters to find words of inspiration!

1. LEVO IS ERRATEG HNAT ANRCEC!

-----|

2. EB KDIK OT SRETOH NDA SOELRUFY.

-----

3. "APCEE IESNGB HTIW A SEILM." — MOTHER THERESA

"-----"

4. "FDNI OJY NI RYUO OYNJUER." — ANNONYMUS

"-----"

5. "A ODGO LGUHA SI NHSSEUNI IN EHT EUOHS." — WILLIAM THACKERAY

"-----"

6. "RNVEE NAUEMEEISRTDT TEH HNLEAG WPORE OF SNESLLSH NAD SYTIBRADU." — STEVE MARABOLI

"-----"

7. "SA OYU EILV REDEPE IN EHT HRATE HET MRRRIO GTSE RRELACE NDA ELACERN." — RUMI

"-----"

8. "TEDEMATAI. ETL EHT LITHG FO ETH THRAE EGFLNU YUO." — CHIDVILASANANDA

"-----"

9. "RTHEE IS HINTOGN NRERGSOT IN HTE DOLWR HNAT NSSGLEEET." — HAN SUYIN

"-----"

10. "TESR NDA EB FUNLATKH." — WILLIAM WORDSWORTH

"-----"



Check your work and may you be inspired!

1.LOVE IS GREATER THAN CANCER!

2.BE KIND TO OTHERS AND YOURSELF.

3."PEACE BEGINS WITH A SMILE." — MOTHER THERESA

4."FIND JOY IN YOUR JOURNEY." — ANONYMOUS

5."A GOOD LAUGH IS SUNSHINE IN THE HOUSE." — WILLIAM THACKERAY

6."NEVER UNDERESTIMATE THE HEALING POWER OF SILLINESS AND ABSURDITY." — STEVE MARABOLI

7."AS YOU LIVE DEEPER IN THE HEART, THE MIRROR GETS CLEARER AND CLEANER." — RUMI

8."MEDITATE. LET THE LIGHT OF THE HEART ENGULF YOU." — CHIDVILASANANDA

9."THERE IS NOTHING STRONGER IN THE WORLD THAN GENTLENESS." — HAN SUYIN

10."REST AND BE THANKFUL." — WILLIAM WORDSWORTH