



Inspiration behind *For Pete's Sake*

Who was Pete?

Pete Bossow, Jr was diagnosed with cancer in 1998. By 1999, he was gone. While Pete was undergoing treatment, family and friends sent him and his wife, Marci, away to spend some time together. The trip gave the young couple time to disconnect from the daily reality of living with cancer and reconnect with each other and themselves. Not only did it help reset their minds, but it proved to be an empowering boost for their bodies and spirits, too.

Pete wished to offer others the same opportunity to take a break from cancer. Marci dedicated her life to Pete's wish and formed For Pete's Sake Cancer Respite Foundation.





Our mission & *philosophy*

For Pete's Sake Cancer Respite Foundation enables cancer patients and their loved ones to strengthen, deepen, and unify their relationships by creating unforgettable and lasting respite experiences.



What is respite [*res-pit*]?

Definition: Noun. A short period of rest or relief from something difficult or unpleasant.

Synonyms: Rest, break, intermission

For Pete's Sake is the only respite-centric program for young families in the United States dealing with all cancer types



Addressing an urgent unmet need through *respite care*

- When cancer enters a patient's life, it also enters the lives of family members and interrupts the normalcy of life
- Cancer can have a profound impact on the emotional, social, financial, physical and spiritual well-being of patients and their families
- Throughout the cancer treatment experience, weeks and months of disruption and emotional upheaval can trigger a profound longing for normalcy
- Patients and families yearn for the return of routine everyday life to gain some control and put cancer behind them, even if it is temporary



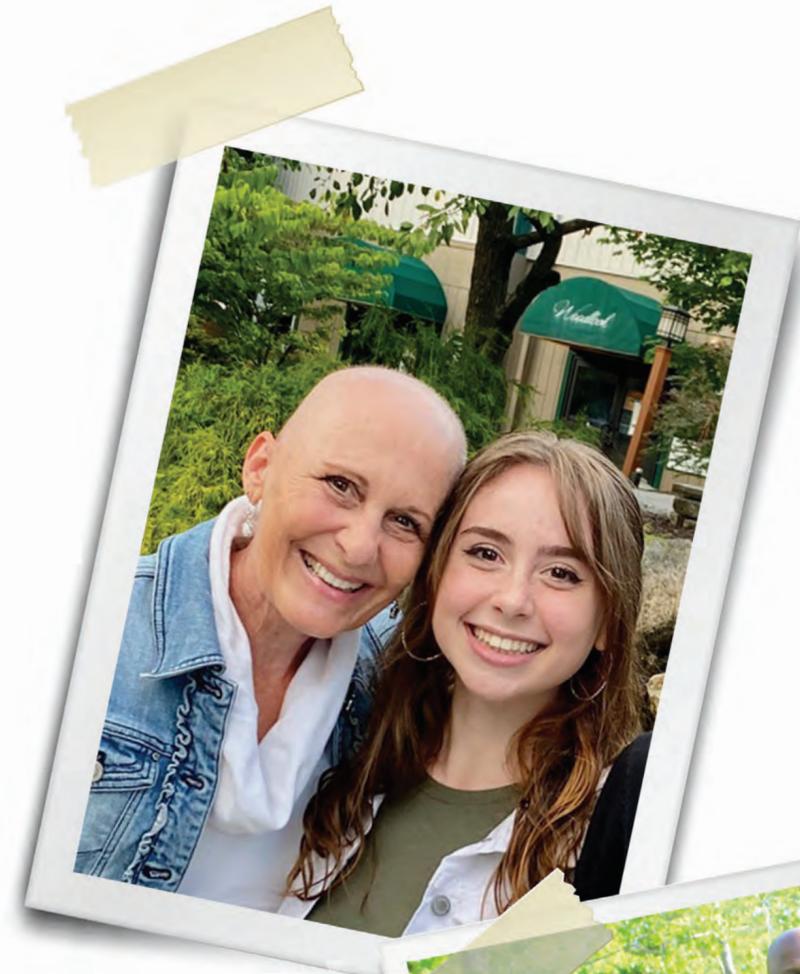
Gorman LM, DA Boyle. The psychosocial impact of cancer on the individual, family, and society. In: Boyle DA, ed. *Psychosocial Nursing Care Along the Cancer Continuum*. 2nd ed. Oncology Nursing Society; 2018: 3-23.



- Anxiety and stress reduction
- “Unplugged” family time and laughter
- Strengthened communication and relationships
- Mental and spiritual healing
- Creative expression
- Community support and engagement
- Movement, fitness, and nutrition
- Treatment protocol adherence
- Therapeutic stillness and meditation
- Future treatment evaluation

For Pete's Sake believes a respite can:

- ✔ Help families love deeper, laugh harder, and hug longer
- ✔ Transform sadness to joy, depression to hope, isolation to inclusion, and loneliness to community
- ✔ Forever change lives of families



Program *overview*

What's included in a travel respite?

The travel program includes individual family or community trips. Our program coordinators work closely with each family to determine which type of experience would be most beneficial. When a nominee is selected for a respite, they—along with a caregiver and children (if applicable) receive:

- **Up to one week's accommodations** for the patient and primary caregiver, and for children of the patient, when applicable. FPS covers most expenses related to the respite, including all transportation costs. We work with each family to ensure that travel timing is feasible based on treatment schedules and destination availability
- **Take a Break Bag**, containing a generous cash stipend for the week, toiletries, journals, materials to encourage family communication, and inspirational books to help make the respite emotionally and spiritually meaningful
- **A special Take a Break Bag for young children** on the trip, including snacks, games, encouraging notes from other children, and activities and materials to promote communication about a parent's illness
- **A photo keepsake** that captures the memories of time together
- **Continued emotional support** from FPS staff and volunteers, and referrals to other non-profit resources as needed





Program *overview*

What's included in a staycation?

- Each patient is gifted a **Take a Break Box at Home**, which includes a \$200 cash stipend (used for a family meal, date night, or other memory-making activity), a \$50 grocery gift card, and other significant respite resources, including aromatherapy, journals, family-oriented activities and games (including time capsules, a Family Keystone activity, cards, games, and puzzles), cozy comfort items, spiritual and cancer-care related educational books, and much more. The items in the box appeal to patient, caregiver, and children—there is something for everyone
- **Continued emotional support** from FPS staff and volunteers, and referrals to other non-profit resources as needed. Should the patient pass away, the caregiver and children continue to receive support from FPS



Real, life-changing *experiences*

After completing a respite, virtually all patients agreed or strongly agreed with the following statements:

I am better equipped to return home emotionally

I am better equipped spiritually to return home

I feel this respite has strengthened my relationship with my spouse

I feel this respite has strengthened my relationship with my children

I feel this respite has strengthened my relationship with my community of FPS families

I am better able to communicate with my spouse as a result of this respite

I am better able to communicate with my children as a result of this respite

I am better prepared emotionally to continue my treatment protocol prescribed by my oncologist

I feel the time spent with other families on this respite helped me cope with my current situation

This respite has positively impacted my outlook on life with cancer

Shane's *story*

Throughout Shane's battle with colon cancer, his oncology team at Lehigh Valley Hospital was impressed with his kind, humble, and grateful attitude during his treatment, and wanted to give his family a break from cancer.

On his nomination form, Shane told us, "Cancer has taken its toll, but it's also opened my eyes to how important the little things are. I'm not one to ask for, or expect, help, but this is not just about me—it's about the three other people in my life that have battled with me. My two young boys and my wife are by my side always. I would love the opportunity to treat them to something that will always be a good memory, and I'm thankful that my wonderful oncology team nominated me for the respite."

– *Shane, age 39, and his family traveled to Florida*



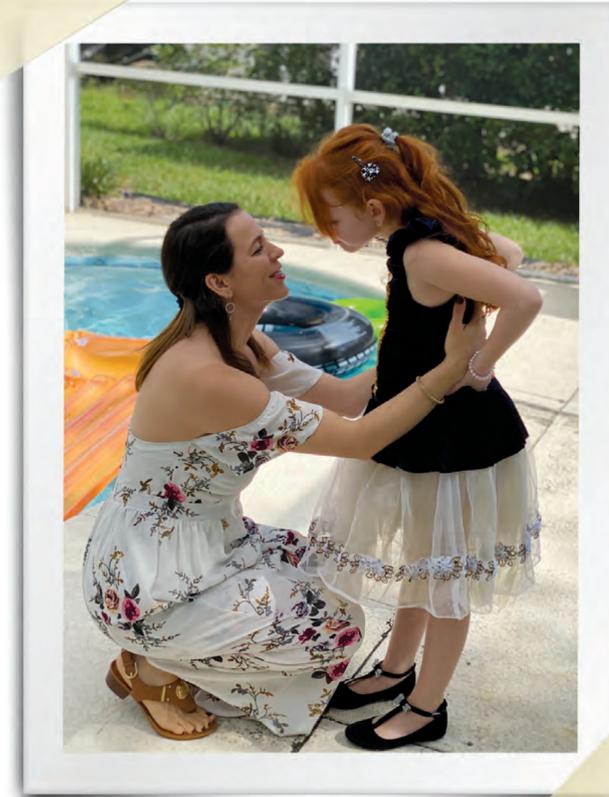
Nadia's & Christina's *stories*

“We feel relaxed and much more positive. Thank you for standing by my side throughout this difficult time for my family and me, and for making me laugh when I didn't even want to smile.”

– *Nadia, age 31, with a glioblastoma, and her family traveled to Florida*

“This respite was exactly what we needed to take a break from the cancer chaos and remind ourselves of what our life was like before cancer and chemo. The laughter, joy, smiles, and excitement my children had during the week was completely priceless to me. I am so grateful that my family has had the chance to reconnect and laugh. I live for their smiles and to hear their laughter, it was the best medicine I could've asked for.”

– *Christina, age 38, with Hodgkin's lymphoma, and her family traveled to Woodloch*



Sarha's story

"I was three months pregnant when I learned I had stage IV cancer. My husband Scott, my five other children and I were distraught, shocked, frightened and overwhelmed. With ongoing treatment, caring for a baby, concern about my family's well-being and crushing financial strain, I had no hope. We reached rock bottom. And then, your FPS community came along and provided a moment to live, hug and love WITH HOPE during our respite last month at Woodloch. There are no words to fully describe your impact and there never will be — thank you!"

– Sarha, age 36, with metastatic breast cancer,
and her family traveled to Woodloch

Thank You All so very much!
There are no words to express
our gratitude for being able
to go to woodloch! It was a
once in a lifetime experience
and we are forever grateful.
We cant even to begin to
tell you how much fun we
had. The kids had smiles the
whole time. We really enjoyed
being together and sharing
new experiences as a family.



For Pete's Sake Cancer Respite
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Plymouth Meeting, PA 19462



Thank You all so much
for All you do. Thank You
for your support and
love to my family.
much love and gratitude
SARHA YOUNG

www.takeabreakfromcancer.org



Nominating *institutions*



Real, measurable *impact*

100% of nominating professionals who return their evaluations report an improvement in their patient's ability to cope with cancer



increase in
**the patient's
coping ability**



increase in
**the caregiver's
coping ability**



increase in
**the children's
coping ability**

Real, meaningful *impact*

“They have shared how lovely the experience has been and how much they could really come together as a family during this time. In particular, it helped for Mr. Diaz to spend some long overdue fun time to bond with his teenage son (as is so well reflected in the picture) with whom his relationship at home has become somewhat distant as a result of his need to focus on his illness. Spending the little time they had together over school-related issues has been a source of growing tension. Finally, these few days allowed both of them to actually enjoy each other’s company as in the good old times of normalcy pre-illness.”

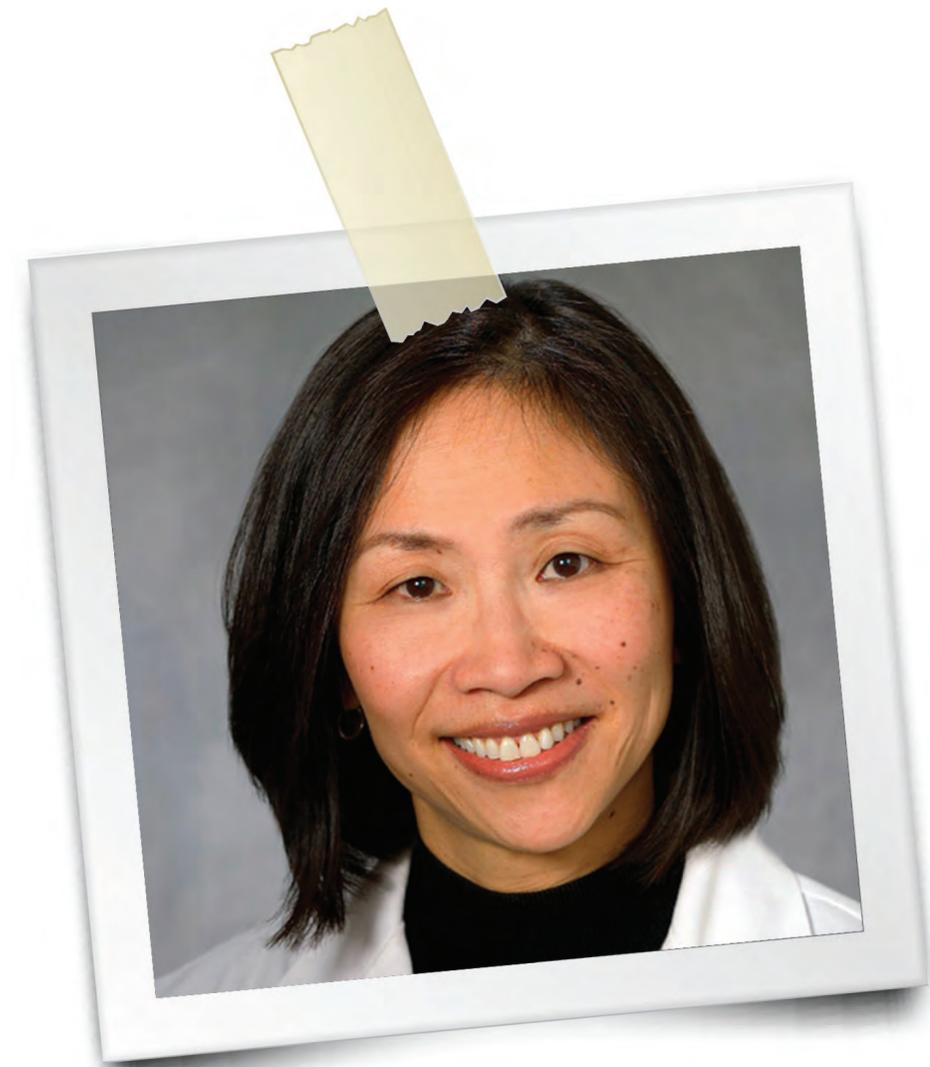
—Elizabeth Salgado, LCSW, Montefiore Einstein Center for Cancer Care, New York



Real, meaningful *impact*

“It’s a special privilege to nominate my patients to For Pete’s Sake as a unique part of their continuum of patient care. My patients fight a battle that drains them emotionally, physically, financially, and spiritually. A break from cancer treatments gives them a chance to refuel with their loved ones, and to return stronger than ever, ready for the challenges that await them.”

—*Et-tsu Chen, MD*



Et-tsu Chen, MD
Medical Director, Radiation Oncology
Abramson Cancer Center Valley Forge
Philadelphia, PA

Real, meaningful *impact*

“I wanted to thank you from the bottom of my heart for the staycation package you put together for the Clayton family. She was heartbroken that she wasn’t able to travel due to the rapid progression of her cancer, but so thankful for the care package you all provided. Your package provided items that brought her comfort and the money was used to not only buy a few necessities for her son, but other items such as games to make memories, and hopefully make her end of life transition just a little more peaceful. You are an incredible resource and foundation.”

—Megan Cannone, LCSW-C, OPN-CG Anne Arundel Medical Center in Maryland

“I sincerely cannot thank FPS enough for their life-restoring mission. Each family I nominated has returned reinvigorated and grateful.”

—Elizabeth Salgado, LCSW, Montefiore Einstein Center for Cancer Care, New York



Join us as we transform *lives together*

**We've accomplished so much together, but there is so much more we can do...
we need to ask ourselves, "Why now?"**

✔ Cancer is not going away....it is only increasing in people aged 24-55

✔ A new focus on palliative care

✔ For Pete's Sake is one of 230 Standards of Excellence-accredited non-profits in the country

✔ The American Society of Clinical Oncology recognized the impact of For Pete's Sake's community respite

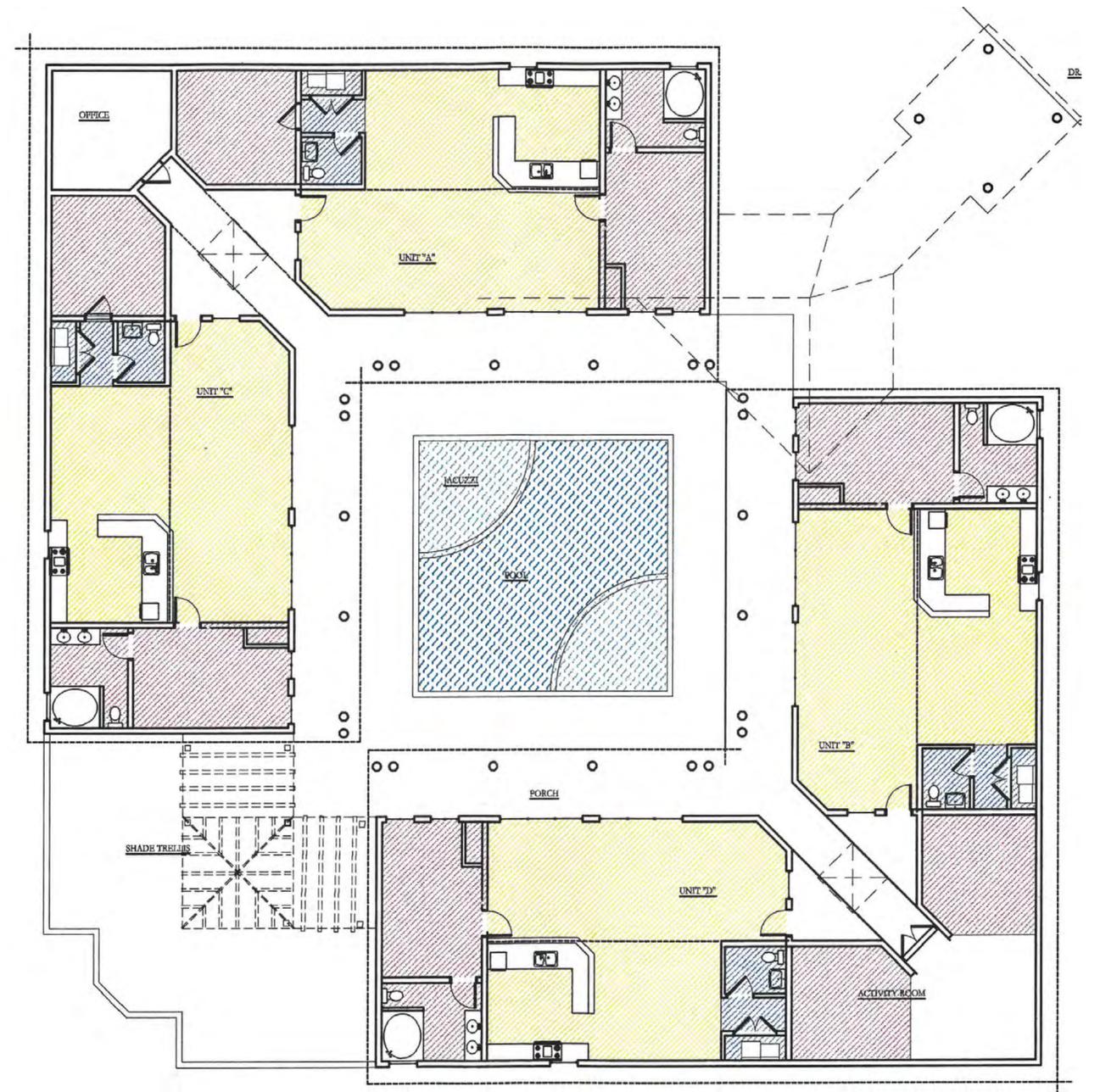
✔ You...we have built a beautiful community, determined to continue supporting young families impacted by cancer

A Vision for *Tomorrow*

Pete's original vision

In an intimate conversation before his passing in 1999, Pete shared with Marci his concept for a respite center for cancer patients and their loved ones. In this special place, they could discover two families: the family they were before cancer interrupted their lives, and the family they never knew they had.

Here, they could meet others who knew the fears, struggles and worries of a family facing cancer. Here, they could reconnect and make memories. Here, they could find the peace of respite—and the peace of being understood. And here, they could experience the gift of community.



A Vision for *Tomorrow*

For Pete's Sake plans to launch a unique joint venture with our long-time partner, Woodloch Resort, located in the heart of the beautiful Pocono Mountains, to build a For Pete's Sake Respite Center, the first center exclusively dedicated to respite care for people impacted by cancer.

Why community respite?

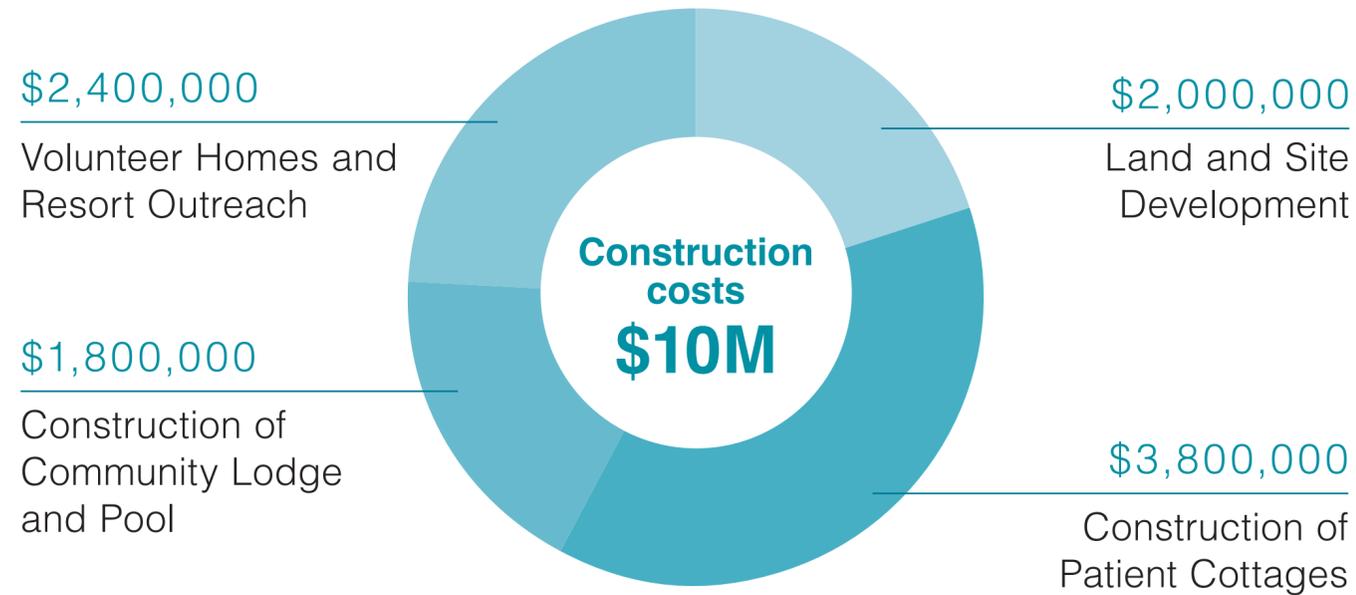
- Produces a structured approach that ensures therapeutic benefit as part of a patient's continuum of care—resulting in strong, positive outcomes
- Provides organic support systems to travelers, who not only improve bonds with their own family units, but also forge deep connections with other families facing the cancer journey
- Builds support systems that endure well beyond the respite when critically needed by patients and their caregivers

Why Woodloch?

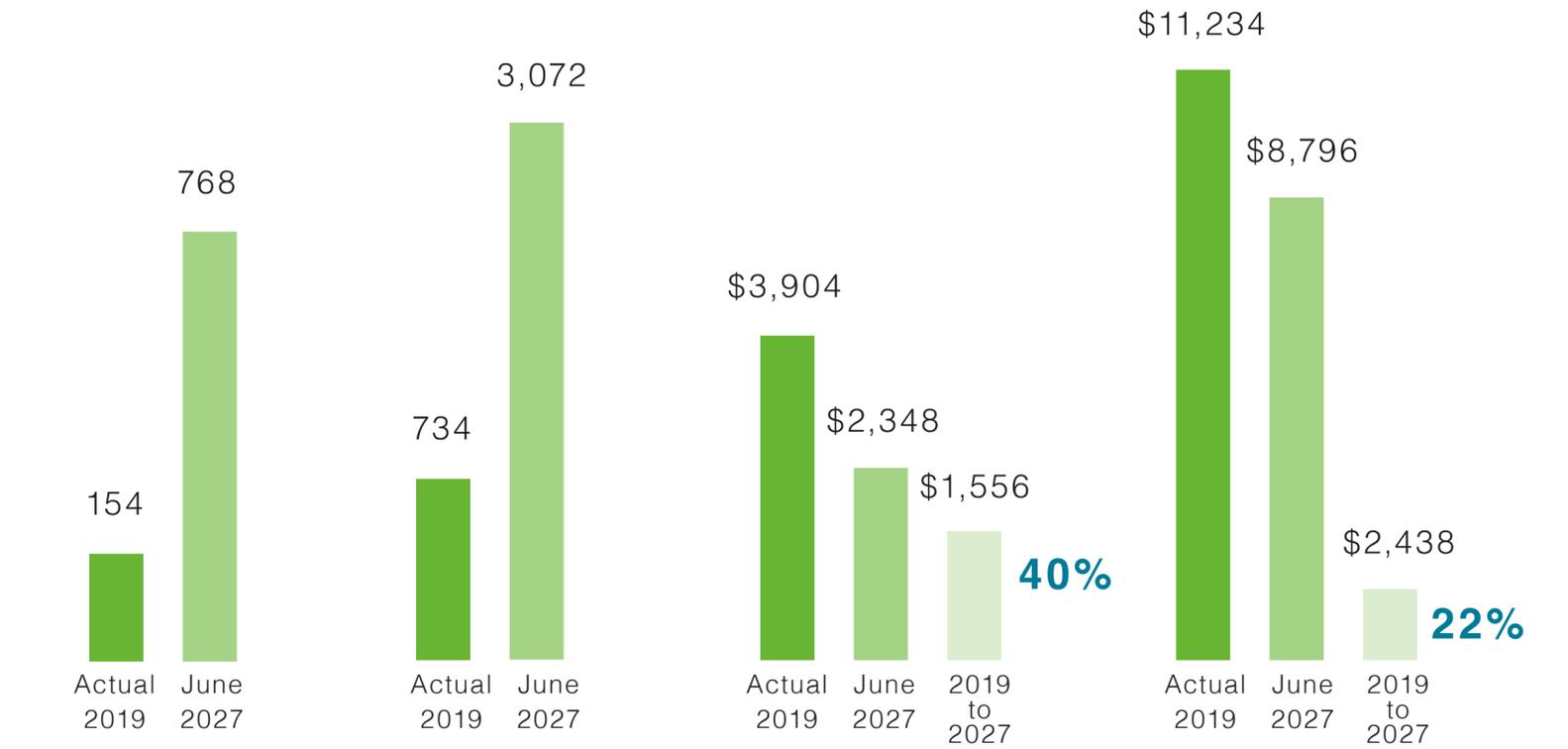
- Trusted partner for over a decade
- Woodloch experience—one of America's "Best Inclusive Family Resorts"
- Exceptional outcomes in 100% of previous respites
- Efficiencies to scale and sustainability with revenue
- Accessibility by car across 15 target states, eliminating the health risks, hassle, and expense of air travel



Woodloch *expansion plan*



EFFICIENCIES



of Respite

People Served*

Cost per Respite
(program costs only,
excluding GIK)

Cost Per Respite
(all organizational costs
without GIK)

*47% of total served since inception and in 1 year as many travel respites as the last 6 years.

CAPITAL INVESTMENT	
Land and Site Development	\$ 2,000,000
Construction of New Community	\$ 3,800,000
Construction of Ancillary and Pool	\$ 1,800,000
Volunteer Homes	\$ 2,400,000
Endowment	\$ 5,000,000
TOTAL COST AND ENDOWMENT	\$ 15,000,000

Woodloch's *potential impact*

Annual Nights of Respite (Infrastructure) 4,608	Annual Nights of Respite (Traveler) 19,354	Annual Travelers 3,226
Post-Respite Family Outreach 65,093		States 15
Cancer Centers 411		Respite Center and Homes 20
Respite Partnerships 4		Office 1 Spoke and Hub 8
Volunteer Families 3,840		Trained Oncology Professionals 1,068

Join us in transforming cancer care with the *flagship cancer center*



It's All About *family!*



Contact information

Questions?

For additional information, please contact
Marci Schankweiler at

marci@takeabreakfromcancer.org

Phone: 267.708.0510

Cell: 215.416.7489

Nominate

Connect with our program coordinator to receive
the nomination form

Support us

To learn how to become an advocate or partner of FPS,
please contact **info@takeabreakfromcancer.org**

Follow us

Facebook: @Takeabreakfromcancer

Instagram: @takeabreakfromcancer

Twitter: @BreakFromCancer

LinkedIn: <https://www.linkedin.com/company/for-pete%27s-sake-cancer-respite-foundation/>

Visit us

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Plymouth Meeting, PA 19462

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www.takeabreakfromcancer.org

Thank you!

APPENDIX

Program *overview*

Nomination for a Cancer Respite: A 3-step process



Initiation Phase



Authorization Phase



Final Phase

Travel Respite

Nominations are reviewed for program consideration

Date and destination determined. Paperwork due to FPS office within 2 weeks

Details are finalized. Travel Respite is scheduled

Staycation Respite

Nominations are reviewed for program consideration

Phone interview conducted with patient to assess family's needs

The Take A Break Box is assembled and sent to family

Program *overview*

Who is eligible for a Cancer Respite?

The patient must:

- ✓ Be between 24-55 years of age and diagnosed with cancer by an oncologist in the past two years
- ✓ Have a diagnosis between Stage I and Stage IV. Non-staged cancers such as leukemia, myeloma and lymphoma are accepted. At our discretion, priority is given to advanced stage patients based upon funding and respite destination availability
- ✓ Be nominated by a health care professional who is a member of the patient's oncology team
- ✓ Be in active treatment within the last six months. Active treatment includes chemotherapy, immunotherapy, radiation and/or surgery
- ✓ Reside in DE, PA, NJ, NY, or MD
- ✓ Have not applied to another nonprofit for a wish/respite/vacation or traveled on a self-funded or nonprofit supported wish/respite/vacation since diagnosis or recurrence
- ✓ Not plan a respite/vacation in the upcoming 12 months from date of nomination
- ✓ Be able to travel within 120 days of nomination and the destination will be determined based upon funding and respite availability
- ✓ Have a primary adult caregiver available to travel on respite