
FPS Families, We're Thankful for You!

For Pete's Sake Cancer Respite Foundation <Program@takeabreakfromcancer.org>
Reply-To: For Pete's Sake Cancer Respite Foundation <Program@takeabreakfromcancer.org>



FOR PETE'S SAKE CANCER RESPITE FOUNDATION



Fall FPS FAMILY NEWS



Families traveled to Woodloch Resort in September, October and November

Hello to all our FPS Families!

We would like to take this time of Thanksgiving to extend our heartfelt gratitude to each of you! Thank you for the trust you place in us. FPS looks forward to continuing to support you in the months ahead.

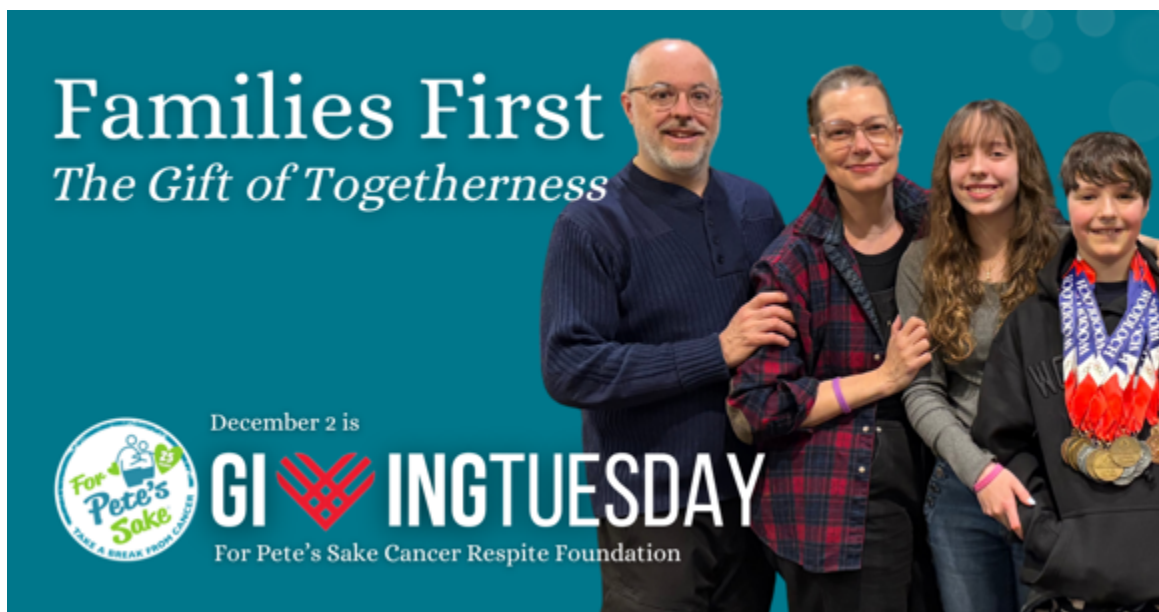
In this season of giving you'll hear about opportunities to join us for Giving Tuesday on December 2nd, at our upcoming Gala event in February, and for our Walk event in April.

Wishing you a joyful end to your year and looking forward to supporting you in the new one!

With Gratitude,

The FPS Program Team
Carol, Pam, Mariann, Tricia, and Donna

267-708-0510
Program@takeabreakfromcancer.org



Help us continue creating connections through respite by donating on December 2 for #GivingTuesday! As an FPS Respite Recipient, you understand how respite changes lives! By making a gift on Giving Tuesday, you can give more FPS Families like yours a chance to take a break from cancer.

Set up a fundraising page or use your Facebook or Instagram and their donation platform to raise awareness and money. Anything you can do to help is appreciated!

If you can't donate, please like and share our social media posts on December 2nd. Every little bit of reach helps us reach more people and send more deserving families on respite! We're @takeabreakfromcancer on all platforms.



As cherished alumni of our Respite Program, you see firsthand the impact that respite leaves on our families. Now, we're inviting you to be a part of that impact by [joining us for the For Pete's Sake Gala on February 7, 2026!](#)

Our 25th Annual For Pete's Sake Gala is an evening dedicated to uniting our FPS Community and envisioning a future where every family battling cancer finds comfort and hope through the power of respite. With exciting activities like our auction and "horse racing," this enchanting evening brings us together to support and uplift families during their cancer journey.

Your involvement will help raise awareness and crucial funding for our Respite Experiences, granting more families like yours the opportunity to take a much-needed break. Let's come together to celebrate with an evening of dining, dancing, and honoring our incredible FPS community! We hope to see you on the dance floor on February 7th.



Mark Your Calendars! The For Pete's Sake Walk! is back on Sunday, April 26, 2025, at Citizens Bank Park in Philadelphia! [Registration is now open](#), so don't wait! Join us in **Striding for Respite and be part of an unforgettable day filled with hope, inspiration and community support for families facing cancer!**

To kick off the excitement, we invite you to our free **Team Captain Kickoff Event!** Bring the whole family for a fun-filled evening! We will have Team Captain giveaways, food, games, raffles, and a chance to meet some Philly sports legends! Our Walk Committee will answer all your questions and help you prepare for Walk day.

Date: Wednesday, January 14, 2025

Time: 6:30 – 9:00 pm

Location:

For Pete's Sake Office

620 W. Germantown Pike, Suite 150

Plymouth Meeting, PA 19462

Whether you're a returning captain or joining us for the first time, this is the perfect opportunity to connect, share ideas, and start preparing to make a lasting impact on families facing cancer.

RSVP [here](#) by January 10. On behalf of the FPS Staff and Walk Committee, we can't wait to see you there!

**Celebrate National For Pete's Sake Day at Pancakes for Pete!**

We invite all families in our Respite Program to join us for a complimentary breakfast and engagement event on **2.22.25 in Bluebell, PA** to celebrate National For Pete's Sake Day! We will come together to celebrate our families, our mission, and the importance of community.

All ages are welcome; there will be crafts for kids and a breakfast buffet including pancakes, regular and gluten-free, and a variety of breakfast options..

Keep an eye out for an invite by email with more information!



With Thanksgiving right around the corner, now is the perfect time to test out some new recipes! Check out this walnut pumpkin bread recipe from Memorial Sloan Kettering Cancer Center, a tasty fall snack with ingredients suited for a neutropenic or low-fiber diet. This seasonal treat takes a little over an hour to make, blending the ideal balance of sweetness and spice for everyone to enjoy! [Get the recipe here!](#)



The end of the year can be a busy time for many, making exercise harder to maintain. Check out this Moving Through Cancer Community Resource Guide from the UPMC Hillman Cancer Center, a toolkit filled with easy and accessible virtual at-home exercises. Programs vary from videos to synchronous live programs, and many are suitable for all cancer types. [View the exercise guide here.](#)

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620 W Germantown Pike Suite #150 | Plymouth Meeting, PA 19462

www.takeabreakfromcancer.org | 267.708.0510