



## Happy January to our FPS Families!

From For Pete's Sake Cancer Respite Foundation <Program@takeabreakfromcancer.org>

Date Wed 1/21/2026 1:17 PM

To Matthew Calvert <matt@takeabreakfromcancer.org>

This is a test email. Links will expire on January 28, 2026.



FOR PETE'S SAKE NEWS



## JANUARY FPS FAMILY NEWS



**16 families traveled in November and December for FPS Respite Experiences!**

### Hello FPS Alumni!

As we welcome the winter season and the new year, we're excited for all 2026 has in store!  
Mark your calendars for **Pancakes for Pete** on **February 22, 2026**—a kid-friendly morning to

enjoy delicious pancakes and connect with the FPS community. Don't miss this heartwarming event; details and registration are below.

We're also gearing up for the **For Pete's Sake Walk on April 26, 2026** and would love you to join or create a team! Details are below to join our signature event and celebrate with 2,000 other FPS supporters and families.

We can't wait to see you at these exciting events! Wishing you a joyful start to the new year filled with peace and love.

With Gratitude,  
The FPS Program Team  
Carol, Pam, Mariann, Tricia, Donna, and Kate

267-708-0510  
Program@takeabreakfromcancer.org



**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 **2.22.26** 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.

**Join us from 9:30-11:30 AM at Blue Bell Country Club, 1800 Tournament Drive, Blue Bell, PA 19422.**

For more information, please contact Donna Esterle at [donna@takeabreakfromcancer.org](mailto:donna@takeabreakfromcancer.org) or click the button below to RSVP for free.

## Register



**Mark Your Calendars! The For Pete's Sake Walk! is back on Sunday, April 26, 2026, 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!

The walk is accessible to all ages and abilities—from young to the young at heart. Stride for Respite in your unique way. Take three laps around the concourse, meet the beloved Philly Phanatic, enjoy yummy treats, and snap fun photos in the dugout! There will be a variety of fun, family-friendly activities for everyone to enjoy both before and during the Walk!

Team and individual registration is open now. [Sign up here](#) or email [Emma@takeabreakfromcancer.org](mailto:Emma@takeabreakfromcancer.org) if you have any questions!

## Register



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### Equine Therapy Through FPS

A generous donor is sponsoring an opportunity for equine therapy for FPS alumni and family members! Sessions will take place at the Kindle Hill Foundation in Blue Bell, PA.

All sessions will be ground therapy with no horseback riding, and no prior horse experience is necessary. Working with a horse on the ground can be restorative, and through ground engagement, participants can experience an open, two-way partnership. Each session will last an hour, and a trainer will be present during the session and guide you through the therapy. Sessions will include brushing, petting, and interacting with a happy horse!

There will be two sessions available each month, and we're hoping to offer this opportunity to as many families as possible, so families will only be eligible to participate once for now. The following sessions are currently open as of this email: January 29, February 12, February 26, March 12, March 26, April 9, April 23, May 7, May 21, June 4, and June 18.

If you're interested in learning more or participating, please reply to this email or send an email to [pam@takeabreakfromcancer.org](mailto:pam@takeabreakfromcancer.org).

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Our partners at Memorial Sloan Kettering are putting on virtual knitting and crocheting classes for patients, caregivers, & survivors over the next few months. Knitting is a calming, creative outlet that can help reduce anxiety and build coping skills. Whether you're new to knitting/crocheting, or have years of experience, join us for an hour of chatting and fun!

Please bring your own supplies.

Every Monday from 2:00 p.m. - 3:00 p.m. (Eastern time)

Date & Time(s)

Monday, January 19, 2026 - 2:00 p.m. to 3:00 p.m.

Monday, January 26, 2026 - 2:00 p.m. to 3:00 p.m.

Monday, February 2, 2026 - 2:00 p.m. to 3:00 p.m.

Monday, February 9, 2026 - 2:00 p.m. to 3:00 p.m.

Monday, February 16, 2026 - 2:00 p.m. to 3:00 p.m.

Monday, February 23, 2026 - 2:00 p.m. to 3:00 p.m.

[Learn more and join the virtual experience here.](#)

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**Recipes from the Woodloch Cookbook to warm your winter!**

Nutritious recipes encourage healthy food choices and support energy and appetite. Featured this month are chicken soup, Woodloch chili, and directions to make the famous streusel cake! [Warm your oven and your belly here.](#)

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