



Matt Calvert <matticalvert@gmail.com>

## Happy March to our FPS Alumni!

**For Pete's Sake Cancer Respite Foundation** <Program@takeabreakfromcancer.org> Mon, Mar 30, 2026 at 4:00 PM  
Reply-To: For Pete's Sake Cancer Respite Foundation <Program@takeabreakfromcancer.org>  
To: Matt Calvert <matticalvert@gmail.com>



FOR PETE'S SAKE NEWS



## MARCH FPS FAMILY NEWS



*24 families traveled in January, February, and March for FPS Respite Experiences!*

**Hello FPS Alumni,**

As we welcome the spring season, we're reminded of the sense of renewal and hope that comes with longer days, fresh blooms and new beginnings. It's a time that naturally invites connection, growth and looking ahead—and we're excited for all that 2026 has in store for our FPS Alumni community.

We're also looking ahead to our signature event, the **For Pete's Sake Walk on April 26, 2026**, where we'll come together with over 2,000 supporters and families. We would love for you to join us or even create your own team to be part of this special day. If you are unable to attend or it's simply too far, we hope you'll check out our **Walk Anywhere!** event—an opportunity to pick a date and time that works for you and gather with your friends and other FPS supporters in your own community to *Stride for Respite*.

Our Alumni program continues to grow, with many events and opportunities happening throughout the year. If these events feel too far for you to attend, please know we are working to bring more opportunities closer to you—both virtually and in locations across the states FPS serves.

We hope you'll find a way to stay connected in a way that feels right for you. We can't wait to see you—whether in person or online—at one of our upcoming events.

Wishing you a bright and refreshing start to the season!

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

267-708-0510  
Program@takeabreakfromcancer.org



FPS Alumni in the Delaware region came together for our second educational symposium of the year! We gathered at the Delaware Center for Horticulture for an evening of connection, nourishment and meaningful conversation.

Led by clinical experts Emily Donahue RDN, LDN and Tiffany Whary, RD, LDN from the Helen F. Graham Cancer Center & Research Institute, FPS Alumni enjoyed a healthy buffet from Jamestown Catering while learning about how food can support strength, energy, and overall well-being at every stage of the cancer journey—from treatment through recovery and beyond.

The evening provided space for families to reconnect, share experiences and spend time with others who truly understand the journey. Just like respite, this gathering was centered on strengthening mind, body and community together.

Thank you to Genmab for sponsoring this series of educational events as part of Respite Reinforced, serving the FPS Alumni community. This event marked the second in our Respite Reinforced series for 2026, with our next gathering planned for New Jersey later this summer. Be sure to keep an eye out for upcoming communications with details about the next event—we would love to see you there.

[View Photos](#)



We're less than a month away from our biggest event of the year!

The FPS Walk will take place on **April 26 at Citizens Bank Park** and will gather almost 2,500 people to Stride for Respite!

Everyone is welcome to attend! Tickets start at \$25 with a T-shirt included, and we have incredible giveaways, merch and apparel available for our fundraising superstars!

Be on the lookout for more fundraising bursts, including our 24-hour fundraising challenge, where you can win prizes before the big day. Register, sign up for a team, or start your own team today!

Not able to join us on April 26? No problem! We hope you'll check out our Walk Anywhere! event, where you can pick a date and time that works for you and gather with your friends and family to Stride for Respite.

[Register for Walk](#)

[Walk Anywhere!](#)



We hope you will join us at our next FPS Alumni event on **Monday, June 15**, for a Community Tailgate with light refreshments and time to connect with fellow alumni, FPS staff, and community members before heading to the Philadelphia Phillies vs. Miami Marlins game.

Register here and use promo code **FPSALUMNI** to secure your tickets. Respite recipients may claim up to 4 tickets for the full experience (tailgate and game) at a reduced rate of \$5 each; limited tickets are available.

[Buy Tickets](#)



**CANCER SUPPORT  
COMMUNITY**  
GREATER PHILADELPHIA

# RESTORATIVE YOGA WITH DEANNA

Cancer Support Greater Philadelphia offers free virtual yoga classes at 9:00 a.m. on Thursday mornings. Like Mindfulness Training and Yoga on FPS Travel Respites, Restorative yoga is a gentler practice of yoga that promotes a relaxing experience to settle the mind and body. This program is facilitated by trained instructor Deanna McLaughlin.

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



With April showers coming our way, here is a cozy pasta recipe for a rainy day! Check out this lentil walnut bolognese with spaghetti from the American Institute of Cancer Research, a hearty, plant-based dish with ingredients full of pulses and lycopene. This meal takes a little over an hour to make, ensuring everyone will enjoy!

[Get the recipe here!](#)

---

#### Reliance on Information Posted

*The information presented on or through the Website and Newsletter is made available solely for general information purposes. We do not warrant the accuracy, completeness or usefulness of this information. Any reliance you place on such information is strictly at your own risk. We disclaim all liability and responsibility arising from any reliance placed on such materials by you or any other visitor to the Website, or by anyone who may be informed of any of its contents.*

[Unsubscribe](#)

For Pete's Sake Cancer Respite Foundation  
620 W Germantown Pike Suite #150 | Plymouth Meeting, PA 19462  
[www.takeabreakfromcancer.org](http://www.takeabreakfromcancer.org) | 267.708.0510