

**FOR PETE'S SAKE, BUMPING FOR A BREAK!**

[WWW.TAKEABREAKFROMCANCER.ORG](http://WWW.TAKEABREAKFROMCANCER.ORG)





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**Welcome:** Get to know who For Pete's Sake is, and what we do! Also get to know an FPS Traveler and their family.

**Get Ready To Bump For a Break!:** Get excited as we embark on this journey of playing a sport that you love, and fundraising for FPS.

**What FPS Will Supply To You:** A T-shirt design is included in this toolkit to show you what shirt we will be providing for you to sell at your event. At least one week prior to your event, please coordinate a time and date with Caitlin to pick up your t-shirts. We suggest 15 shirts for each size (2XL, XL, L, M, S, YL). When you pick up the shirts at our office, you will also be given an inventory form to track how many t-shirts you sell.

**An Attitude of Gratitude:** Learn about the importance of being grateful and showing gratitude to people who support your event! FPS is grateful for you and your efforts towards this fundraiser, and it is important that you live out an attitude of gratitude as well.

**Other things to consider:** This page provides tips for raising money, giving back to the community and having team spirit.

**Keys to Success:** This page will outline the main things that go into a Bumping For a Break event and how to implement them.

**Supplemental Documents:** Posters to use day of, a fundraising report form to document how much money was raised and from what specific avenue it came from, sample email text to parents of players, a flyer outline that you can fill out with your specific event details, a day of event checklist, and a gift in kind request form for donated items.

**Event Checklist:** Use this checklist to make sure you have everything for your event, day of! This list is just a suggestion, you do not need everything on it.



# WELCOME

## THE FOR PETE'S SAKE MISSION

We provide adult cancer patients, their caregivers and their children with an opportunity to spend transformational time together with a respite experience. Hospital based oncology professionals nominate patients between the ages of 24-55 to participate in our program.

Our Travelers take a break from what life with cancer has become with doctor visits, surgery, tests and treatment. Through a unique gift of time together, they create priceless magical, memorable moments, experience immeasurable joy amidst devastating crisis, confront cancer hardships together and find emotional healing, hope and happiness during an uncertain and tumultuous time.

After the respite experience, FPS offers continued ancillary support during their cancer journey. Together, we help families recognize it is love, not cancer that defines them.



## MEET FPS TRAVELER, SONCHARAY!



Soncharay was diagnosed with breast cancer in 2017. The news left her feeling shocked and worried when thinking about how she wouldn't get to see her children grow up. Cancer took a toll on the entire family unit -- physically, emotionally and financially. Soncharay's treatment regimen required that she take time off work and many days she felt too fatigued to get out of bed, which she believes affected her relationship with her children. The community of FPS gifted Soncharay and her family with the chance to take a break from cancer at the FPS Respite Vacation Home in Florida, and they are forever grateful!

"I was so busy enjoying the respite that I forgot about the reality of cancer. My husband was happy to see me happy and spending time with family. The respite opportunity makes me feel blessed and thankful." - Soncharay



# FOR PETE'S SAKE AT A GLANCE

## WHAT A RESPITE VACATION INCLUDES

- Up to one week 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 upon treatment schedules and destination availability.
- Take a Break Bag, containing a generous cash stipend for the week, toiletries, writing journals, materials to encourage family communication and inspirational books to help make the respite meaningful emotionally and spiritually.
- A special Take a Break Bag for young children traveling 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.



## REQUIREMENTS

We partner with hospital and cancer center based oncology professionals to receive nominations of eligible patients that meet our guidelines.

A patient must have a physician diagnosis of cancer, be between the ages of 24-55, and be nominated by a health care professional who is a member of the patient's oncology team. The vast majority of our patients are under financial duress and experiencing emotional and spiritual poverty. Thus, nominators consider clearly outlined clinical assessment factors to help determine if a patient is likely to benefit from the respite experience. Any new nominator to our program is required to schedule an inservice during which our nomination and selection process is clearly explained.

We provide our service to patients who reside in PA, NJ, NY, DE or MD. If you live outside of these states, please email us so we can share other resources with you.

Collaboratively, we work together as a team to plan the most unique respite experience which will result in improved mental health for the family unit.

## DESTINATIONS

For Pete's Sake owns two respite homes in Davenport, Florida. Johnny's House, our second respite home, was lovingly donated by Patti and John Murabito in memory of their son, Johnny.

We also receive donated trips from resorts and private home donors in the Poconos, Florida, the Caribbean, the Jersey Shore, Maine, the Hampton's, the Carolina's and Virginia.

We believe there are many amazing places to take a break from cancer, and we offer options to the nominated patients based on mutual availability. Destinations are decided after patients are nominated, and are not guaranteed during the nomination process.





# GET READY TO BUMP FOR A BREAK!



At For Pete's Sake Cancer Respite Foundation we believe in using the power and influence of sport to build players as people on and off the court. Through this fundraiser, players and family learn the value and importance of giving back to the community and working as a team all while directly helping cancer patients to take a break from cancer.

This toolkit walks you through the process of integrating a Bumping For A Break fundraiser into your volleyball season, whether you are with a school or club program. From start to finish, everything you need is in this toolkit! Your dedication to this fundraiser will help inspire others to get involved and make the event even more successful.

## MEET YOUR BUMPING FOR A BREAK COORDINATOR!

My name is Caitlin Quon and I am the Community Engagement Manager and Bumping for a Break Coordinator. My goal is to be a resource to you as you and your team plan this event.

I have been coaching volleyball for 6 years at various clubs and also CYO at Our Lady of Mount Carmel. Seeing my two worlds of For Pete's Sake and volleyball colliding into one has been a joy to me. Fundraising through a sport that you love is such a fun and rewarding way to give back to your community. Feel free to reach out to me at any time by email: [Caitlin@takeabreakfromcancer.org](mailto:Caitlin@takeabreakfromcancer.org) or by phone: 267-708-0510. I look forward to working with you!





# KEYS TO SUCCESS

## CREATE COMMITTEES

Reach out to parents and ask for assistance in planning this event. Ask for parents to join these sub-committees:

1. **Decoration Committee:** in charge of making posters, hanging decorations, and coming up with a plan for how to make the space look good.
2. **Food Committee:** in charge of coordinating who will bring what snacks, drinks, and desserts.
3. **Donation committee:** in charge of reaching out to the community to acquire raffle, decoration, money and food donations.
4. **Set up Committee:** in charge of day of set up. This should be a combination of all committee members and other parents.

## COMMUNICATE AND MARKET THE EVENT

Start promoting the event early to get the word out!

1. Reach out to your team weeks in advance so things can get done in an orderly time.
2. Communicate with FPS early on so we can promote your event on social media and our website!
3. Hang flyers (attached in toolkit) at school, offices and around your local town. You could even have the flyer sent home to parents.
4. Send email blasts, send a message over the school loud speaker, and notify local media.
5. Reach out to the parents of the opposing team to generate an interest in inviting their contacts to the event. The more people, the better!

## ACQUIRE FUNDRAISING AVENUES

The more sources of income, the more successful the event will be! Consider implementing these “day of” fundraising techniques:

1. **T-shirt sale:** Shirts are provided by FPS and are suggested to be sold at \$10 a shirt.
2. **50/50 Raffle:** Have someone sitting at a table by the front door offering 50/50. OR have a sign-up sheet for parents and kids to walk around the gym offering 50/50 tickets for \$10 a ticket.
3. **Silent Auction and/or Tombola Baskets:** have parents come up with several different baskets with unique themes to put in the silent auction and/or Tombola baskets.
4. **Bake Sale:** put the kids to work beforehand and have them make baked goods to sell the day of the event.

## ENCOURAGE YOUR LOCAL COMMUNITIES

Everyone has different avenues in life that can come together in order to make this event successful. For example: neighbors, church, parents coworkers, other sports teams, youth groups, etc.

**How to engage your community effectively:**

1. Host your fundraiser when you play your biggest rival.
2. Reach out to parents of all team members for donations for raffles baskets and/or auction.
3. Recognize those in your community who have been touched by cancer.
4. Share a story of a For Pete's Sake Traveler through posters and/or flyers.



# OTHER THINGS TO CONSIDER

## RAISING MONEY

Print a sign that shows directions for all the different ways to give:

- Checks written out to For Pete's Sake
- Online on our website: [www.takeabreakfromcancer.org](http://www.takeabreakfromcancer.org)



## GIVING BACK

Remember, you are doing this work not only to have fun with your team, yet also to help another person your age who has a mom, dad, cousin, aunt, uncle, neighbor, friend who has cancer!

For Pete's Sake Cancer Respite Foundation is about family, and even your team is a family who has to work together to be successful on the volleyball court!



## CHEERING FOR THE CAUSE

Think about making a Bumping for a Break cheer for your team! Here at FPS, we so enjoy team spirit – and getting into the giving spirit is the best part of the day! Maybe you also wear pink ribbons, or use a pink ball. Showing your team spirit and your compassionate spirit together is a great way to encourage the spirits of everyone in the room!





# AN ATTITUDE OF GRATITUDE



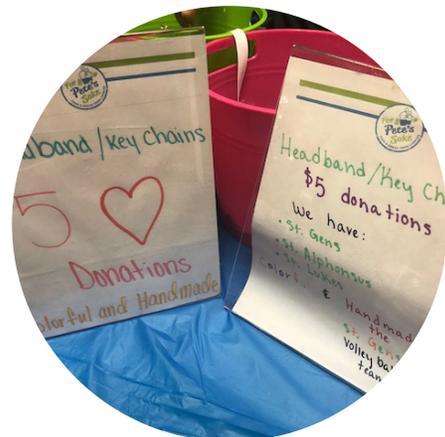
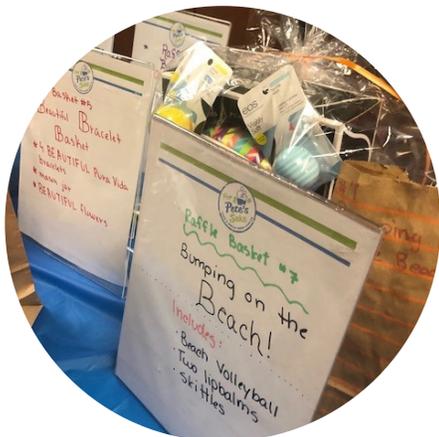
Your Bumping for a Break day is only possible because people have donated their time, talent and money to make the day successful.

As a team, the best action you can take is to thank those that helped make your day a success! Consider sending thank you notes and/or emails that supported you from volunteers, students, to donors.

Keep in mind that For Pete's Sake will send a thank you note to anyone that you believe was instrumental in the success of your Bumping for a Break day. We are here to support you throughout your efforts to raise awareness and funds for our mission and provide young adult cancer patients a break from cancer.



# WHAT FPS WILL SUPPLY TO YOU



- PDF's of posters for you to print, customize and hang at your event
- A personalized online fundraising site that will be tailored to you, your school and your team.
- Patient Story posters
- small colorful buckets for raffles or other items
- T-shirts in a variety of sizes (of your choice) to sell before, during and after the event
- Handouts, magnets and other FPS related materials to give to event participants
- Assistance in planning from FPS Bumping For a Break Coordinator

## T-SHIRT DESIGN:

