



FOR PETE'S SAKE, MAKE MEMORIES!

We respond to the mental health, emotional well-being and psycho-social needs of the under-served young adult cancer patient population, their caregivers and their children. For families in the FPS program, we offer two ways to support these needs separate from our respite travel program.

First, we offer a FPS Staycation Package to families nominated to our respite program, but are unable to travel because of an unexpected deterioration in health. This package offers resources for the family to **Take a Break at Home** and spend some time together creating special moments that become priceless, treasured memories. Second, we offer support once a family comes home that lasts well beyond the initial respite. This support includes monthly gatherings and personal outreach, mini take-a-breaks with other families, newsletters, nutrition and self-care information, and other dedicated resources to engage families in crisis! We help create memorable moments for these families in crisis.

We invite your family to be a part of ours, so For Pete's Sake, let's enjoy some memorable moments with our loved ones. Get ready to bake, play and have fun spending some time together, creating special moments that become priceless, treasured memories in our *For Pete's Sake, Make Memories!* St. Patrick's Day package!

MAKE MEMORIES: ST. PATRICK'S DAY

May the luck of Irish bring you good luck today, as you celebrate with your loved ones!
Don't forget to post your holiday cheer and tag @takeabreakfromcancer.

SHEPHERD'S PIE

PREP TIME: 20 minutes

COOK TIME: 1 hour 50 minutes

SERVINGS: 6-8 servings

INGREDIENTS: Garlic Potato Topping:

- 4 large russet potatoes, peeled and quartered
- 10 whole garlic cloves, peeled
- 1/2 cup sour cream
- 1/4 to 1/2 cup beef broth
- 4 tablespoons butter, softened
- 1/2 teaspoon salt
- 1/2 teaspoon freshly ground black pepper
- Nonstick cooking spray

Filling:

- 4 slices bacon, cut into thin strips
- 1 tablespoon vegetable oil
- 2 medium onions, chopped
- 1/2 teaspoon salt, plus 1/2 teaspoon
- 1 teaspoon sugar
- 1 pound ground beef
- 2 to 3 medium carrots, roughly chopped, (about 1 cup)
- 3/4 cups frozen peas, thawed
- 2 garlic cloves, minced
- 2 tablespoons tomato paste
- 1 tablespoon all-purpose flour
- 1 (12-ounce) bottle light or dark beer
- 1/2 cup beef broth
- 1 teaspoon finely minced fresh rosemary leaves
- 1/2 teaspoon freshly ground black pepper
- 1/2 cup grated Swiss or Cheddar
- 2 tablespoons chopped fresh parsley leaves

DIRECTIONS:

1. Prepare potato topping: In a large saucepan add the potatoes and garlic and cover with cold water. Bring to a boil over medium heat and cook, uncovered, until the potatoes are fork-tender, about 15 to 20 minutes. Drain. Transfer the potatoes and garlic to a large bowl. Add the sour cream, 1/4 cup of the broth, butter, salt and pepper, and beat on low speed with a hand mixer until the potatoes are light and fluffy, about 1 to 2 minutes. If the mixture is too dry, add the remaining 1/4 cup broth. Do not overmix. Cover and set aside.

2.Preheat the over to 350 degrees F. Spray a 10-inch round baking dish with nonstick spray.

3.Prepare filling: Heat a large skillet over medium heat. Add bacon and cook, stirring occasionally until browned and almost crisp, about 7 to 8 minutes. With a slotted spoon, transfer the bacon to a plate; set aside.

4.Add the oil to the dripping in the skillet and put over medium heat. Add onions and 1/2 teaspoons of salt, and cook, stirring occasionally, until onions are very soft and just beginning to brown, about 10 minutes. Sprinkle in the sugar, and cook, stirring occasionally, until the onions begin to caramelize, about 3 minutes. Stir in the beef and cook, stirring occasionally, over medium-high heat, until beef begins to brown, about 7 minutes. Add carrots, peas, and garlic and cook, stirring, until vegetables begin to soften, about 5 minutes. Stir in the tomato paste and flour and cook, stirring, until well blended, about 2 minutes. Add the beer, bring to a boil and boil for 3 minutes. Cook, stirring with a wooden spoon, and scraping up the browned bits from the bottom of the pan, about 2 minutes. Add cooked bacon, the broth, rosemary, 1/2 teaspoon of salt, and the pepper, and bring to a boil. Reduce the heat and simmer, uncovered, until the sauce thickens, about 15 minutes.

5.Spoon the meat mixture into the prepared baking dish. Spread the potato topping evenly over the beef mixture. Bake until filling is hot, the topping is lightly browned and the edges are bubbly, about 35 minutes. Remove from over and sprinkle with cheese. Return to the over and bake for 10 more minutes. Let rest out of oven for 10 minutes before serving. Sprinkle with parsley and serve.

COLCANNON

PREP TIME: 15 minutes

COOK TIME: 1 hour 45 minutes

SERVINGS: 6 servings

INGREDIENTS: 3 pounds potatoes, scrubbed
2 sticks butter
1 1/4 cups hot milk
Freshly ground black pepper
1 head cabbage, cored and finely shredded
1 (1-pound) piece ham or bacon, cooked the day before
4 scallions, finely chopped
Chopped parsley leaves, for garnish

DIRECTIONS:

1.Steam the potatoes in their skins for 30 minutes. Peel them using a knife and fork. Chop with a knife before mashing. Mash thoroughly to remove all the lumps. Add 1 stick of butter in pieces. Gradually add hot milk, stirring all the time. Season with a few grinds of black pepper.

2. Boil the cabbage in unsalted water until it turns a darker color. Add 2 tablespoons butter to tenderize it. Cover with lid for 2 minutes. Drain thoroughly before returning it to the pan. Chop into small pieces.
3. Put the ham in a large saucepan and cover with water. Bring to the boil and simmer for 45 minutes until tender. Drain. Remove any fat and chop into small pieces.
4. Add cabbage, scallions, and ham to mashed potatoes, stirring them in gently.
5. Serve in individual soup plates. Make an indentation on the top by swirling a wooden spoon. Put 1 tablespoon of butter into each indentation. Sprinkle with parsley.

SAUTEED CABBAGE

PREP TIME: 10 minutes

COOK TIME: 15 minutes

SERVINGS: 6 servings

INGREDIENTS: 1 small head white cabbage, including outer green leaves (2 1/2 pounds)
2 tablespoons unsalted butter
1 1/2 teaspoons kosher salt
1/2 teaspoon freshly ground black pepper

DIRECTIONS:

1. Cut the cabbage in half and, with the cut-side down, slice it as thinly as possible around the core, as though you were making coleslaw. Discard the core.
2. Melt the butter in a large saute pan or heavy-bottomed pot over medium-high heat. Add the cabbage, salt, and pepper and saute for 10 to 15 minutes, stirring occasionally, until the cabbage is tender and begins to brown. Season, to taste, and serve warm.

IRISH BREAD

PREP TIME: 15 minutes

COOK TIME: 40 minutes

SERVINGS: 1 loaf

INGREDIENTS: 4 to 4 1/2 cups flour
1 Tbsp sugar
1 teaspoon salt
1 teaspoon baking soda
4 Tbsp butter
1 cup currants or raisins
1 large egg, lightly beaten
1 3/4 cups buttermilk

DIRECTIONS:

1. Preheat oven to 425°F. Whisk together 4 cups of flour, the sugar, salt, and baking soda into a large mixing bowl.
2. Using your (clean) fingers, work the butter into the flour mixture until it resembles coarse meal, then add in the currants or raisins.
3. Make a well in the center of the flour mixture. Add beaten egg and buttermilk to well and mix in with a wooden spoon until dough is too stiff to stir.
4. Dust hands with a little flour, then gently knead dough in the bowl just long enough to form a rough ball. If the dough is too sticky to work with, add in a little more flour. Do not over-knead!
5. Transfer dough to a lightly floured surface and shape into a round loaf. Note that the dough will be a little sticky, and quite shaggy (a little like a shortcake biscuit dough). You want to work it just enough so that the flour is just moistened and the dough just barely comes together. Shaggy is good. If you over-knead, the bread will end up tough.
6. Transfer dough to a large, lightly greased cast-iron skillet or a baking sheet (it will flatten out a bit in the pan or on the baking sheet). Using a serrated knife, score top of dough about an inch and a half deep in an "X" shape. The purpose of the scoring is to help heat get into the center of the dough while it cooks.
7. Transfer to oven and bake at 425°F until bread is golden and bottom sounds hollow when tapped, about 35-45 minutes. (If you use a cast iron pan, it may take a little longer as it takes longer for the pan to heat up than a baking sheet.) Check for "doneness" also by inserting a long, thin skewer into the center. If it comes out clean, it's done.
 - a. Hint 1: If the top is getting too dark while baking, tent the bread with some aluminum foil.
 - b. Hint 2: If you use a cast iron skillet to cook the bread in the oven, be careful when you take the pan out. It's easy to forget that the handle is extremely hot. Be sure to put a pot holder over it.
8. Remove pan or sheet from oven, let bread sit in the pan or on the sheet for 5-10 minutes, then remove to a rack to cool briefly. Serve bread warm, at room temperature, or sliced and toasted. Best when eaten warm and just baked.

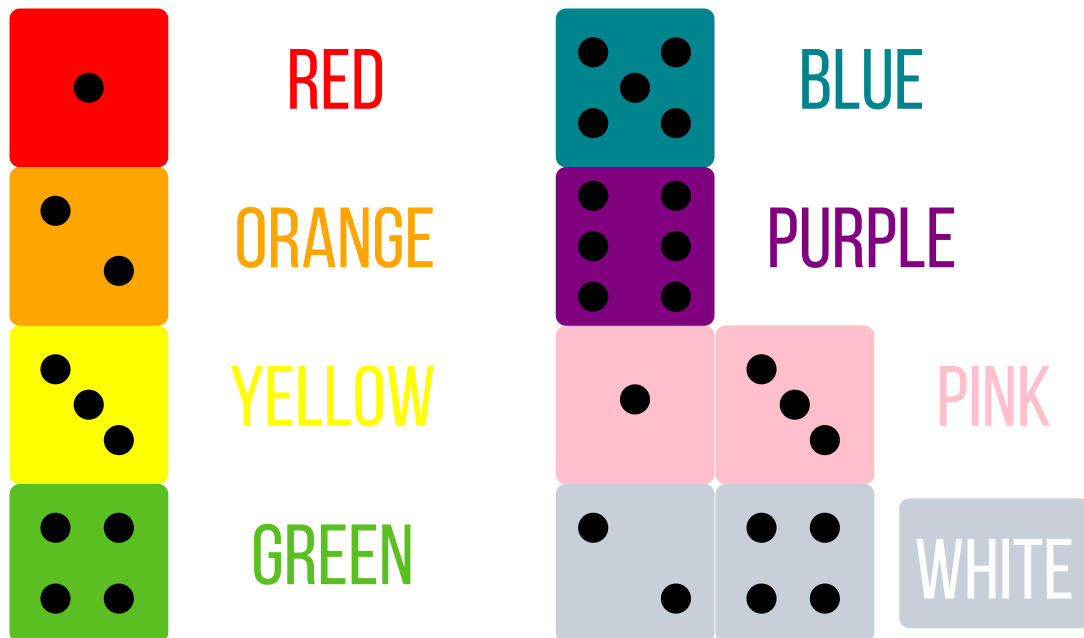
LUCKY CHARM SCAVENGER HUNT

DIRECTIONS: With your family, explore the inside and outside of your home to find as many lucky charms as you can from the given list. If you can't find something, you might have to get creative and create your own lucky charm!

LUCKY CHARMS: Lucky Penny (Face Up)
Special Shamrocks (3 or 4 Leaf Clover)
Lucky Number 7
Horseshoe
Falling Star
Rainbow
The Color Green
The Color White
The Color Orange
Pot of Gold (Or Something Shiny)
Celtic Cross
Top Hat (Or Your Lucky Hat)
Ladybug

ROLL A RAINBOW

DIRECTIONS: Roll one die to try and roll all of the numbers in the rainbow. When you roll a color, cross it off. Die can only be used for one color per roll.



HIDE AND GO SEEK A CHARM

DIRECTIONS: Choose 7 lucky charms (trinkets of choice) to hide throughout your home and one winning prize. Inform all players of what 7 lucky charms have been hidden. Whoever finds the most lucky charms wins the prize!

POT O' GOLD COIN TOSS

DIRECTIONS: See who can throw the most coins into a small, black pot of gold (bucket, jar, etc.). If you have a leftover witch's cauldron from Halloween, you can reuse it now as your pot at the end of the rainbow.

SHAMROCK HOPSCOTCH

DIRECTIONS: Grab green chalk and head outside to make your own shamrock hopscotch path. Make sure to have at least eight shamrocks and a starting line. The first player stands behind the starting line to toss his or her coin in shamrock one. Hop over shamrock one to shamrock two and then continue hopping to shamrock eight; turn around, and hop back again. Pause in shamrock two to pick up the coin; hop in square one, and out. Then continue by tossing the coin in square two. All hopping is done on one foot, unless the hopscotch design is such that two shamrocks are side-by-side. Then two feet can be placed down with one in each shamrock. A player must always hop over any shamrock where a coin has been placed.

Getting out: A player is out if the coin fails to land in the proper shamrock, the hopper steps on a line, the hopper loses balance when bending over to pick up the coin and puts a second hand or foot down, the hopper goes into a shamrock where a coin is, or if a player puts two feet down in a single shamrock. The player puts the coin in the shamrock, where he or she will resume playing on the next turn, and the next player begins.

ST. PATRICK'S DAY WORD SCRAMBLE

DIRECTIONS: Unscramble the letters to form words related to St. Patrick's Day. (PDF provided separately.)

SHAMROCK SHARING

DIRECTIONS: Using whatever materials you have at home, design your own shamrock to share with your community. Hang your shamrock in a window, where your community can admire your festive shamrock from afar, as they enjoy a walk around the neighborhood. Share this craft idea with neighbors and see how many shamrocks you can find before St. Patrick's Day is complete.

St. Patrick's Day

word scramble

IIRHS _____

LDOG _____

OABIRWN _____

KAPCIRT _____

ADIELRN _____

NELPHEARCU _____

MHSOKCRA _____

HRCMA _____

YKLCU _____

ENRGE _____

BACBAEG _____

ORLECV _____

NETESENEV _____

TISNA _____

ARDEAP _____

ACDNE _____



St. Patrick's Day

word scramble

IIRHS _____ Irish

LDOG _____ gold

OABIRWN _____ rainbow

KAPCIRT _____ patrick

ADIELRN _____ Ireland

NELPHEARCU _____ leprechaun

MHSOKCRA _____ shamrock

HRCMA _____ March

YKLCU _____ lucky

ENRGE _____ green

BACBAEG _____ cabbage

ORLECV _____ clover

NETESENEV _____ seventeen

TISNA _____ saint

ARDEAP _____ parade

ACDNE _____ dance

