



# 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 be creative, play and have fun spending some time together, creating special moments that become priceless, treasured memories in our *For Pete's Sake, Make Memories! Earth Day* package!

# FOR PETE'S SAKE, MAKE MEMORIES! EARTH DAY

Fifty years ago, Earth Day began on April 22, 1970, with the hopes to bring awareness to better care for our natural world. This year's theme is Climate Action. Use the suggested activities to help care for Earth, all while spending time with your loved ones and having fun, sharing more smiles and making memorable moments together. Share how your caring for Earth on social media and tag @takeabreakfromcancer. #forpetessakemakememories

## 1. FOR PETE'S SAKE, WALK!

With spring in the year, flowers have bloomed and lands are lush with green again. Use Earth Day as a reason to celebrate, appreciate, and care for Earth. Find a nearby park to walk around and admire its natural beauty.

CELEBRATE THE 10TH ANNUAL FOR PETE'S SAKE, WALK!

SUNDAY, APRIL 26TH



**FOR PETE'S SAKE, WALK!**   
FAMILIES FACING CANCER SHOULD NEVER WALK ALONE

Walk around your neighborhood, local park, or just around the block, to support For Pete's Sake Cancer Respite Foundation on Sunday, April 26th, for what would have marked FPS' 10th Annual For Pete's Sake, Walk! in Philadelphia. Nothing will prevent us from caring for our community and making sure to remind others that love is greater than cancer. Encourage family and friends from afar to celebrate and walk in their neighborhood or favorite park, as well as, fundraise to support a good cause. To give, go to [www.takeabreakfromcancer.org](http://www.takeabreakfromcancer.org).

STAY TUNED FOR A VIRTUAL CELEBRATION ON OUR WEBSITE AND SOCIAL MEDIA PAGES!

## 2. PLANT A GROCERY GARDEN

Use the seeds from the fruits and vegetables you are picking up at your local grocery store to grow your very own garden. Use the directions provided from The Old Farmer's Almanac for Kids. <https://www.almanac.com/sites/default/files/grocery-garden.pdf>

## 3. DIY CANDLES

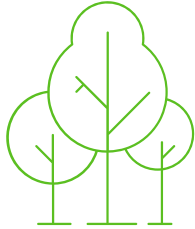
Support a local candle shop, or make your own earth friendly candles to light up your evening on Earth Day. Turn off your lights to enjoy your evening at home with your loved ones.

<https://www.mnn.com/your-home/at-home/stories/how-to-make-homemade-candles>

## 4. TREES TO BREATHE

Plant a tree to combat climate change and to help us all breathe better. Trees provide so many health benefits and do lots of good! If you don't have space to plant a tree in your yard, consider gifting a tree through an organization.

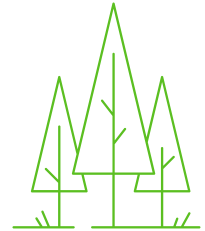
Trees provide oxygen.



Trees clean the air.

Trees save water.

Trees conserve energy.



Trees cool the streets and the city.

<https://www.treepeople.org/tree-benefits>

## 5. BRING THE GREEN INDOORS

Scientists believe there are many health benefits in having plants inside your home beyond just physical health. NBC's Sophie Lee shared the various health benefits in her online article *Why Indoor Plants Make You Feel Better*.

<https://www.nbcnews.com/better/health/indoor-plants-can-instantly-boost-your-health-happiness-ncna781806>

“Nature can be beneficial for mental health,” says Irina Wen, Ph.D., clinical psychologist and clinical director of the Steven A. Military Family Clinic at NYU Langone Medical Center. “It reduces cognitive fatigue and stress and can be helpful with depression and anxiety.”

<https://www.nbcnews.com/better/better/how-nature-can-solve-life-s-most-challenging-problems-ncna749361>

### TRY PLANTING ONE OF THESE...

#### COMMON SPACE

- Peace Lily
- Golden Pothos
- Bamboo Palm

#### BEDROOM

- French Lavender
- Snake Plant
- Dracaena

#### BATHROOM

- Ferns
- Cast Iron Plant
- Orchids

#### HOME OFFICE

- English Ivy
- Peppermint
- Lemon Balm

#### LOW MAINTENANCE

- Succulent
- Cactus
- Chinese Evergreen

<https://learn.compactappliance.com/beneficial-houseplants/>

## 6. COFFEE GROUNDS RECYCLING

Recycling coffee grounds isn't just for those who enjoy a good *cup of Joe* each morning. It's for everyone! Here are just a few ways to benefit from recycling used coffee grounds.

Use in your garden to fertilize the soil. Roses, azaleas, camellias or rhododendrons will especially appreciate it!

Sprinkle dried out coffee grounds in your garden or home, to rid it of ants and snails.

Rub coffee grounds on pots or a grill to remove leftover fat and dirt, as well as, any unwanted odors.

Wash your hands with coffee grounds to remove any unwanted odors. You can even make your own soap!

Follow a DIY recipe to create your own coffee body and face scrub to help you feel refreshed.

[https://www.lacucinaitaliana.com/italian-food/hacks/how-to-recycle-coffee-grounds?fbclid=IwAR1L3tDf8G0qLrgD9m4FjRaTM4CMwyQFBjleJVDwuf17tB8VzTPHO3Bt\\_Hk](https://www.lacucinaitaliana.com/italian-food/hacks/how-to-recycle-coffee-grounds?fbclid=IwAR1L3tDf8G0qLrgD9m4FjRaTM4CMwyQFBjleJVDwuf17tB8VzTPHO3Bt_Hk)

## 7. DIGITAL EARTH DAY

If you can't make it outside, visit <https://www.earthday.org/earth-day-2020/> to find virtual events you can attend from the comfort of your home. Watch Earth Day Live, where you can tune in for messages, performances, and calls to action from various wellknown supporters.

## 8. TOTE WITH TOTES

Ditch using plastic bags and switch to toting your purchased goods with tote bags. If you're feeling creative, you can buy a blank tote and decorate it to your liking. Totes are sold just about everywhere, so you have plenty to choose from.

## 9. BEE HOTEL

Having bees around will better the veggies in your gardens, your colorful flowers, and every other plant you've been caring for all spring. Bee's pollinating skills are key to helping plants thrive. Check out <https://www.almanac.com/content/bee-houses-solitary-bees> for more information on building and caring for your own Bee Hotel.

# 10. CARBON FOOTPRINT POSTER

"What is a carbon footprint?", you may ask. The best definition is, the amount of carbon dioxide, or greenhouse gases, produced as a result of our daily living. With little changes to our daily routines, you can play a large role in taking better care of Earth.

## SUPPLIES

- Paint
- Paintbrush
- Markers
- Bristol board

## INSTRUCTIONS

1. Paint the bottom of your foot.
2. Press painted foot on the center of the bristol board to leave a footprint. Let dry.
2. Brainstorm changes in your daily routines to help have a smaller carbon footprint.
3. Write down the ideas you brainstormed all around the footprint.
4. Hang up your Carbon Footprint Poster in your home, where it is easily visible.

## SUGGESTED CHANGES

- Carpool
- Turn off the lights
- Don't waste water
- Bike/Walk/Scooter when you can
- Compost what you can
- Recycle and reuse paper at home and at school
- Turn off the computer when it isn't being used
- Don't waste food

<https://www.kitchencounterchronicle.com/what-is-carbon-footprint-stem-kids/>