

YOUR GIFT: THERAPEUTIC ANNEX

Your Legacy

- Name recognition prominently displayed on the entranceway to the Therapeutic Annex.
- Name recognition in all media and social publications as part of our public launch communications in 2025, extending reach throughout the Northeast and mid-Atlantic regions.
- Opportunity to attend the ribbon cutting ceremony and capture a portrait on the campus to acknowledge your legacy of support.

Your Impact

The Therapeutic Annex at the FPS Cancer Respite Center is a dedicated space designed to provide healing and rejuvenation for our families while on respite. This annex offers a serene and supportive environment, with each room thoughtfully crafted to cater to the diverse needs of patients, caregivers and children encouraging emotional, spiritual, physical, and psychological well-being.



Art Room: The Art Room is a peaceful and creative space open twenty-four hours where our families can explore their emotions and express themselves through painting, drawing, pottery, and other artistic mediums. Art therapy has long been recognized for its therapeutic benefits, providing a non-verbal outlet for those struggling to articulate their feelings. In this room, family members are encouraged to connect with their inner selves, reduce stress, and experience a sense of accomplishment through the creative process. The space is equipped with a wide range of supplies, and the soothing ambiance promotes calm and reflection.

Chapel: The Chapel is a quiet sanctuary designed for spiritual nourishment and contemplation. Whether for meditation, prayer, or simply finding peace, this serene space offers individuals the opportunity to reconnect with their faith, reflect on their journey, or experience a sense of community with others. The chapel is open to people of all religious backgrounds and spiritual practices, with a focus on providing comfort, hope, and a sense of connection to something greater. Soft lighting, gentle music, and comfortable seating create an inviting atmosphere for those seeking solace.

YOUR GIFT: THERAPEUTIC ANNEX (CONT.)



Movement and Mindfulness Room: The Movement and Mindfulness Room is a versatile space designed to foster both physical and mental well-being. This room is equipped with mats, cushions, and light equipment for a variety of practices, including chair yoga, gentle stretching, hand weight exercise, and guided meditation. Movement therapy promotes relaxation, improves flexibility, and reduces anxiety, while mindfulness exercises help the patient and caregiver stay present and manage the mental challenges of their cancer journey. Whether practicing slow, deliberate movements or simply enjoying guided breathing exercises, family members can use this room to regain a sense of control over their bodies and minds.



Recreational Pool with Hot Tub: The annex's anchor is a spacious recreational pool and hot tub area, offering a soothing, therapeutic experience in addition to offering our families playful fun in the water. The warm, gentle waters of the pool allow for low-impact exercise, especially beneficial for those experiencing joint pain, bone pain or fatigue from treatment. Swimming or simply floating in the water provides physical relief, promotes relaxation, and supports overall well-being. The adjoining hot tub offers an additional layer of therapeutic benefits, with its warm, bubbling waters helping to relax muscles, ease tension, and provide emotional comfort. This space promotes recovery, stress relief, and joy, allowing patients to feel rejuvenated in both body and spirit.

Together, these therapeutic spaces within the annex provide a holistic approach to cancer recovery, addressing the physical, emotional, and spiritual needs of patients, caregivers and their families in a nurturing, tranquil setting. The integration of art, mindfulness, movement, and water therapies supports healing and offers moments of respite from the challenges of cancer. The annex stands as a testament to the FPS Cancer Respite Center's commitment to fostering hope, healing, and well-being throughout the cancer journey.