



Adopt-A-Retreat

Little Pink Houses of Hope offers families a weeklong retreat during their active journey through breast cancer. Families will get the gift of TIME, HAPPINESS and HOPE this year at a relaxing location with one goal in mind- to live stronger, laugh harder and love deeper.

Little Pink Houses of Hope loves to involve many people in serving the families attending the retreats. This service can take many forms, as influenced by the resources and creativity of those sharing our mission. Select retreat locations are resource limited, leading us to offer opportunities for LP supporters to augment the retreat with meaningful donations. We love to create hope together and we invite you to embrace and adopt these families as your own.

For more information, please contact us at retreat@littlepink.org or call 336-213-4733.

Ideas

- Welcome Bags – see next page
- Cleaning Baskets – see following page
- Beach Towel Collection – one per family member
- Collect paper goods for the retreat week – see following page
- Write letters or make cards for each family attending
- Cook meals that can be frozen and transported to a retreat
- Provide \$25 gift cards for grocery (retreat specific grocery store) Typical grocery expenditure for the week is over \$1,000 so every gift card helps!
- Provide gifts for the children (age appropriate)
- Have group help serve a meal on actual retreat location
- Sponsor a specific activity (price of admission, service, etc.)
- Donate miles to organization for families to use for travel
- Donate gas gift cards
- Make retreat specific t-shirts for participants (co-branding opportunity)
- Create a scrapbook for each family
- Post retreat- Make a digital memory book for each family using digital photography from retreat
- Send retreat families Christmas cards
- Attend Friday night final meal with families
- Use special gifts of your group (photography, cosmetology, crafts, etc.) for direct services on a retreat
- Create quilts or special blankets for retreat families
- Create journals for participants
- Become members of the Retreat Community's social media page and post positive, encouraging thoughts and pictures

Welcome Bag

The Welcome bag is designed to provide participants with a loving touch as well as provide needed/enjoyed items for the week. Local groups may enjoy preparing these for the families.

Plan for 11 families per retreat.

Some retreat locations provide children with items such as boogie boards, toys, etc.

Beach locations should consider providing a beach towel per family member, as they often do not travel with these and they are not provided with the linens.

Suggested items:

Bags – helpful as tote for carrying items to various locations throughout week

Breast cancer items – socks, etc.

Sunscreen, Lotions, lip balm - Mary Kay, Avon representatives often donate these items

Soaps, Bath fizzies

Water bottles - refillable

Notebooks – can be decorated as a journal

Coloring books/pencils

Puzzle books –Sudoku, etc.

Deck of cards

Jewelry

T-shirt

Teas

Gum, mints

Sunglasses

Cleaning baskets for family properties

Each property should be supplied with basic cleaning items (including volunteer house)

They can be placed in a simple basket that can be reused or a disposable item. Some retreats have made them decorative, added items, etc.

Items to provide:

Clorox wipes – 1 pack

Dish detergent- small bottle

Dishwasher pods - #5

Washer pods - #4

Dryer sheets -#4

Liquid Hand washing soap – one per bath and kitchen - #3 for most properties

Sponge/disposable dish towel - #1

Trash bags – 13 gal – #5

Toilet paper – 1 roll per family member

Paper towels – 2-3 rolls per family

Each property should also have a 24 pk of water bottles



Meal Paper products list

The following paper products will be needed, dependent on vendor provisions, etc.

Serving gloves

Cutlery - # of participants/volunteers per meal per day

Paper plates - # of participants/volunteers per meal per day

Cups - # of participants/volunteers per meal per day

Napkins - # of participants/volunteers per meal per day

Bowls – if needed

Trash bags - 33 gal – box of 50

Hand sanitizer – large pumps – 2

To go containers

Foil

Plastic wrap

Ziploc bags

Serving bowls

Storage bowls

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