

NEWSLETTER



CARRIETINGLEYHOSPITALFOUNDATION.ORG

January 2025



Top News

New Director of Programs,
Chelbie Beagley

New Director of Events,
Rose Espinoza

New Monthly Programs
January - Kayaking
February - Sled Hockey
March - Adaptive Soccer





The Importance of Disability Awareness in Building Inclusive Communities

Creating inclusive communities where everyone can thrive requires us to acknowledge and embrace diversity, including individuals with disabilities. Disability awareness is not just about recognizing challenges; it's about empowering individuals, breaking down barriers, and fostering connections that strengthen our society as a whole. Let's explore why disability awareness is vital and how it can lead to a more inclusive and compassionate world.

Welcome onboard, Chelbie!



Ladies and gentlemen, hold on to your seats because we have a new superstar joining our team! We are ecstatic to introduce Chelbie who has over 10 years of camp industry experience with six years in the non-profit sector and is a Certified Wilderness First Responder.



Understanding Disability Awareness

Disability awareness is the practice of understanding and respecting the experiences of individuals with disabilities. It involves educating ourselves about different types of disabilities, promoting accessibility, and addressing misconceptions or biases. [According to the CDC](#), 1 in 4 adults in the United States has some form of disability, making it a critical aspect of building an inclusive society.

For children with musculoskeletal disorders and permanent disabilities, awareness can mean the difference between isolation and inclusion. At the [Carrie Tingley Hospital Foundation](#), we work to create programs and opportunities that empower children and their families to live fulfilling lives.

Breaking Down Barriers

When communities lack awareness about disabilities, physical, social, and attitudinal barriers can prevent individuals from participating fully. These barriers include:

1. Physical Barriers: Lack of wheelchair ramps, inaccessible public transportation, or inadequate restroom facilities.
2. Social Barriers: Misconceptions, stereotypes, or discrimination that limit interactions and opportunities.
3. Attitudinal Barriers: Paternalistic attitudes or the assumption that individuals with disabilities cannot contribute meaningfully.

By addressing these barriers, we create environments where everyone can participate equally.



The Role of Education

Education is a cornerstone of disability awareness. Schools, workplaces, and community organizations can foster understanding by:

- Hosting disability awareness workshops.
- Incorporating discussions about disabilities in curriculums.
- Encouraging open conversations about inclusion.

Building Empathy and Connections

Awareness leads to empathy, and empathy fosters genuine connections. When we understand the challenges and strengths of individuals with disabilities, we build a culture of respect and support. This is particularly important for children, who learn by example and carry these values into adulthood.

One of our new initiatives at the Carrie Tingley Hospital Foundation is our Child Spotlight program. By sharing the stories and achievements of children in our community, we celebrate their resilience and inspire others to embrace inclusivity.

Programs and Events Promoting Disability Awareness

We're proud to host programs and events that spotlight disability awareness and inclusion. Here are some of the highlights:



1. Fundraiser of the Month: This month's fundraiser focuses on raising funds for adaptive equipment, ensuring that children with mobility challenges have the tools they need to participate fully in sports and everyday activities. Thank you to Nicole Beserra, Vice-President of the Board of Directors for partnering with Slim Chickens to create an evening of philanthropy for the foundation.

2. Inclusive Events: These events bring children of all abilities together, promoting understanding through shared experiences. Virtual Camp and wheelchair basketball is a wonderful way to get your children involved. If you're currently receiving treatment at UNM Carrie Tingley Hospital you're eligible to participate in our monthly programs. Please see our Calendar and Registration page at carrietingleyhospitalfoundation.org for more information.

3. Awareness Campaigns: Our campaigns include social media awareness and community awareness to educate and inspire. The Director of Development, Gio Martinez and Director of Events, Rose Espinoza recently attended an event at Sawmill Market with dozens of businesses to educate them about The Carrie Tingley Hospital Foundation and it's incredible children.

Visit our events page at [Carrie Tingley Hospital Foundation](http://CarrieTingleyHospitalFoundation) for more information on upcoming activities.



Scientific Evidence Supporting Disability Awareness

The research underscores the positive impacts of disability awareness. A 2020 study published in the European Journal of Special Needs Education found that inclusive education and community programs significantly improve attitudes toward individuals with disabilities. Furthermore, accessibility measures, such as installing ramps and providing sign language interpreters, have been linked to higher levels of community participation among people with disabilities.

Investing in disability awareness benefits everyone. It creates environments where individuals can achieve their potential while enriching the lives of those around them.

How You Can Make a Difference

Building inclusive communities starts with you. Here are some steps you can take:

Educate Yourself: Learn about different types of disabilities and the challenges individuals face.

Promote Accessibility: Advocate for changes in your community that improve access for everyone.

Volunteer: Support organizations like the Carrie Tingley Hospital Foundation by volunteering your time or skills.



Donate: Contributions help fund programs, adaptive equipment, and awareness campaigns that make a tangible difference. Donate today to help us continue our mission.

The Road Ahead

Disability awareness is a journey, not a destination. By fostering understanding, breaking down barriers, and celebrating diversity, we can create communities where everyone feels valued and included. At the [Carrie Tingley Hospital Foundation](#), we're committed to making this vision a reality, one program and one child at a time.

Join Us in Building Inclusive Communities

Inclusivity is a team effort; we can't do it without your support. Raising awareness, donating, and participating in community programs help create a brighter future for children with disabilities. Let's work together to make every community where all children can thrive.

Visit [Carrie Tingley Hospital Foundation](#) to learn more about our programs and find out how you can contribute to building a more inclusive world. Together, we can make a difference. [Contact us today](#) at (505) 243-6626!

*We ♥ our
Volunteers*

Apply online at carrietingleyhospitalfoundation.org



Amb CTHF Ambassador

1. What disability did you have?

Spina Bifida

2. What is the most challenging thing you face with your disability?

Walking without wearing a leg brace.

3. What is your favorite school subject?

Yearbook

4. What is your favorite movie?

Mean Girls

5. Who is your favorite band or musical artist?

Kane Brown

6. What is your favorite color?

Pink

7. What is your favorite food?

Red and green chile enchiladas

8. What is your favorite activity to participate in at Carrie Tingley Hospital Foundation?

Tread Setters Cycling

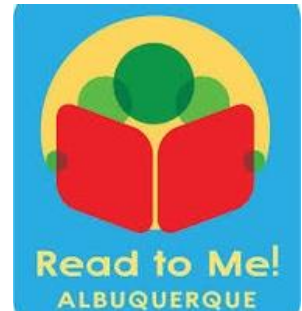
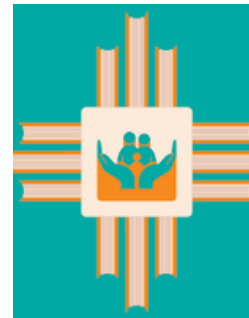
9. What are you looking forward to participating in this year as an Ambassador with the Carrie Tingley Hospital Foundation?

I'm excited to learn how to work with people in the office and learn how to make color copies on the huge copy machine.



Thank you to our children, families, volunteers, and sponsors who joined us for **Cookies With Santa!**

A huge thank you to this year's sponsors, **Chef Marc Quinones, Ex Novo, Sammy's Cafe & Deli, and the Albuquerque FBI.**





Branches of Hope

brought 35 uniquely decorated trees to Sawmill Market’s Winter Experience from November 29, 2024, to January 1, 2025. The Carrie Tingley Hospital Foundation staff, volunteers, and community partners helped in decorating these festive trees. A heartfelt thank you goes out to Astrana Health, Tricore, UNM Medical Group, and Presbyterian for sending their staff to assist in the decoration for our fundraising event. The event, hosted by Sawmill Market, also featured a giving tree, through which toy donations were collected for our children

