

# NEWSLETTER



CARRIETINGLEYHOSPITALFOUNDATION.ORG

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## Top News

Meet the Community Outreach  
and Engagement Coordinator

Celebrating the Achievements  
of Children with Permanent  
Disabilities

Day of the Tread

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Spotlight



## Celebrating the Achievements of Children with Permanent Disabilities

At the [Carrie Tingley Hospital Foundation](#), we don't just see disabilities; we see determination, resilience, and ingenuity. Every child we support has a heart, a humor, and a complex work story. We aim to advocate for these kids and give them the tools that will enable them to realize a successful life and live more fully.

Emelia Mulligan



Emelia is a dedicated professional with experience in grant management, event planning, and nonprofit operations. A highlight of Emelia's career was managing enrollment and billing for Girls Inc.





Today, we're shedding light on what it means to celebrate the accomplishments of kids with lifelong disabilities. From achieving scholastic milestones to physical breakthroughs, excellence in the arts to a leadership position, these are moments that we can see, hear, and share.

## Why We Celebrate Success in the Disability Community?

"All children need to feel they are seen for what they can do, as opposed to what they can't do. Milestones for children with disabilities that won't be outgrown, however, tend to come with extra baggage, whether physical, social, or emotional. That's why we need to recognize and celebrate their victories, not just for the happy feelings it brings up, but for how it works to upend how we talk about disability in public. It's about:

Building confidence and self-worth

Promoting inclusion and representation

Encouraging others with similar challenges

Breaking down stereotypes

Studies show that inclusive education and environments celebrating diversity benefit all children with and without disabilities by promoting empathy, resilience, and collaboration (source: UNICEF Inclusive Education Guideline).



## Programs That Support Possibility

[Carrie Tingley Hospital Foundation](#) offers a variety of free programs and events that make these achievements possible. Here are just a few:

### Camp Adventure

A fully accessible summer camp experience for children with permanent disabilities. Here, kids wheelchair basketball, archery, adaptive cycling, RC cars, beach volleyball, laser tag, arts & crafts, bowling, talent show, financial literacy, diversity and inclusion training, and most importantly, gain independence.

### Virtual Camp

An ongoing, inclusive program designed to inspire self-expression through art, crafts, movement, and social interaction—all from the comfort of home. Open to all Carrie Tingley Hospital Foundation children, this unique experience brings the joy of camp directly to participants. Each camp kit is mailed free of charge, and children from across the state connect virtually to create, share, and make new friends. It's the same fun and excitement as in-person camp, just remote!

### Adaptive Cycling

Adaptive cycling provides children of all abilities the opportunity to experience the joy of riding through specially designed bikes and equipment that meet individual needs. Leading up to **Day of the Tread**, participants engage in training sessions focused on safety, bike fitting, and building confidence. This preparation not only promotes physical activity but also fosters independence, inclusion, and community connection—culminating in an exciting ride during the event.



## The Impact of Your Donations

When you donate to the Carrie Tingley Hospital Foundation, you're helping provide:

Over 20 Adaptive Sports Programs

Medical travel support

Specialized therapy programs

Educational workshops and camps

Emergency family aid

Donors have supported over 6,300 children in New Mexico. That's 6,300 kids with greater access, more confidence, and moments of magic they'll never forget.

## Why Visibility Matters

Children with disabilities are still underrepresented in media, school leadership, extracurriculars, and public spaces. By sharing and lifting their stories and successes, we desensitize ourselves to what they bring and make inclusion normal. Roughly 1 in 4 adults in the United States has a disability, according to the C.D. C., so most Americans will either experience disability themselves or through someone they love.

Developing disability awareness at an early age Promotes Kindness and Respect. Schools that promote inclusivity see better academic and social outcomes across the board (source: National Center for Learning Disabilities).





You can help spread the word by:

Sharing this Newsletter

Attending our next fundraiser

Wearing our t -shirts

Telling a friend about our mission

Volunteering for one of our programs

## How You Can Get Involved

Whether you're a business, educator, caregiver, or just someone with a big heart, there are plenty of ways to support children with disabilities:

### **Become a Monthly Donor**

Even \$10/month provides steady support for essential services.

### **Host a Mini Fundraiser**

Birthday coming up? Office bake sale? Let's turn it into a giving moment.

### **Sponsor a Program**

Align your business with a cause that matters by sponsoring a workshop, camp, or a child's equipment needs.





## Festival of Trees

**December 1–17 | Sawmill Market Winter Experience | 1909 Bellamah Ave NW, Albuquerque, NM 87104**

Step into a winter wonderland and experience the true spirit of the season at the Festival of Trees, a cherished fundraiser benefiting the children of Carrie Tingley Hospital Foundation. From December 1–17, Sawmill Market transforms into a dazzling holiday destination filled with joy, generosity, and community.

This year, more than 60 local and national businesses have come together to create an unforgettable display of beautifully decorated, individually themed trees. Each tree is a unique work of art crafted with care, creativity, and heart, symbolizing the power of collaboration and compassion. These stunning trees will be available for auction, with every bid helping provide life-changing programs and support for children with special medical needs across New Mexico.

By joining us at the Festival of Trees, you're not just celebrating the holidays—you're making a difference. Every dollar raised brings hope, healing, and happiness to the children and families who need it most.

Come for the magic. Stay for the mission. Together, we can light up lives this holiday season.





# Isabel



## Spotlight

1. What disability did you have?

Cerebral Palsy

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

Feeling Different

3. What is your favorite school subject?

Cooking

4. What is your favorite movie?

Any Adam Sandler Movie

5. Who is your favorite band or musical artist?

Falling In Reverse

6. What is your favorite food?

Pizza

7. What is your favorite color?

Pink

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

Camp

9. What would you like to see change or added at CTHF?

More adaptive sports activities





## Cookies with Santa – A Sweet Celebration!

The holiday season is here, and we couldn't be more excited to welcome families to our annual Cookies with Santa event! Thank you to all the families who have registered, your enthusiasm makes this tradition so special.

We are deeply grateful for the incredible support from our community sponsors who make this day magical:

- Snugglecubs Cookies for donating the delicious treats that will bring smiles to every face.
- New Mexico Quilters Association for their beautiful quilts, crafted with love and warmth.
- Dolly Parton's Imagination Library for sharing the gift of reading with donated books.

A heartfelt thank you to our local heroes—Albuquerque Police Department, New Mexico State Police, and Bernalillo County Sheriff's Department—for their sponsorship and commitment to community spirit. And yes, we've placed a special call to the North Pole, hoping Santa himself will join us to greet all the good boys and girls!

Finally, we extend a special thank you to our Volunteer Organization of the Year, Nusenda Credit Union. Their dedication and hard work have been instrumental in making this event a day to remember.

This celebration is more than cookies, it's about community, kindness, and creating joyful memories together. We can't wait to see you there!

