



# Carrie Tingley

## HOSPITAL FOUNDATION

MAY 2026 NEWSLETTER

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**Precision Medical**  
HAIR RESTORATION & AESTHETICS 

Pickleball Palooza 2026 is a wrap, and what an incredible event it was! We are so grateful to everyone who came out to Defined Pickleball in Rio Rancho to play, cheer, and support the children and families of Carrie Tingley Hospital Foundation.

A heartfelt thank you to Dr. Chris Plaman and his team at Precision Medical Hair Restoration & Aesthetics for being our Title Sponsor, whose generosity made this event possible. Their commitment to our community and to children with disabilities across New Mexico is something we do not take for granted.

Thank you also to ABQ Pickleball Club and PRO Sports NM for their incredible work organizing and running the tournament, and to Defined Pickleball for opening their doors and hosting our community with such warmth.

To every player who registered, every volunteer who showed up, and every sponsor who invested in our mission, this event exists because of you. The funds raised through Pickleball Palooza go directly toward the Quality of Life programs that give children with disabilities the chance to play, connect, and thrive.

**We hope to see you all back on the courts in 2027!**

# MENTAL HEALTH AWARENESS MONTH



## April is Autism Acceptance Month

May is Mental Health Awareness Month, a time to recognize that health is not just a physical manifestation of wellness. Children living with physical disabilities often navigate challenges that extend well beyond the medical. Social isolation, the emotional weight of navigating a world not always built for them, and the day-to-day realities of managing a disability can all take a toll on mental and emotional wellbeing. Research consistently shows that children with physical health conditions face elevated rates of anxiety, depression, and feelings of loneliness not because of their disability, but because of the barriers and limitations placed around them.

At Carrie Tingley Hospital Foundation, we believe that belonging is medicine. Our Quality of Life programs are designed not just to keep kids active, but to give them a community where they are celebrated, included, and seen. When a child laughs at Virtual Camp, cheers on a teammate at wheelchair basketball, or makes a new friend at a birthday celebration, those little moments all impact mental health positively.

This May, we encourage our entire community to check in on one another. Ask how you're really doing. Celebrate small wins. And remember that showing up for these kids, in whatever way you can, contributes to something much bigger than a program.

If your family is navigating mental health challenges alongside a physical diagnosis, you are not alone. The state of New Mexico offers mental health support 24/7 through several crisis text/call lines. You can call/text 988, or call 1-855-662-7474 to be connected with individuals providing free, confidential support and referrals.

# CAMP ADVENTURE



## Camp Adventure Updates!

We are so excited to share that Camp Adventure 2026 is confirmed for June 8–12! For the safety of participants, volunteers and staff, the new location will not be posted publicly. All minor attendees are required to have a 2026 Participation Form on file - once we have that, families will be sent a follow-up form specific to Camp Adventure to fill out that includes information for any guardians that may be attending.

Camp Adventure is one of the most meaningful weeks of the year for the children we serve. For five full days, campers get to simply be kids: playing, exploring, making friends, and creating memories that carry them through the rest of the year. For some families, Camp Adventure is the only program they attend all year, due to living in outlying areas.

We are still actively seeking community partners to help support camp. We are looking for sponsors to cover costs such as the venue, a day of meals at camp, and beyond. Reach out to [cbeagley@cthf.net](mailto:cbeagley@cthf.net) for info on what opportunities may still be available.

# UPCOMING PROGRAMS & REMINDERS

## Q2 Upcoming Programs

### May

Field Hockey

Darts

Ring Toss

Crafts

STEM/Sensory Night

Virtual Camp

Tread Setters\*\*

\*\* *weather dependent*

### June

Baseball\*

**CAMP**

**ADVENTURE**

Kayaking\*

\* *external programs*

## Baseball Clinic!

The Isotopes Baseball Clinic is back for their fifth adaptive clinic! We are going to try and have some sportschairs available for players who may need them. Learn more, and register [HERE](#).

## Advisory Committee Recruitment

We are actively building our 2026 Advisory Committee and would love to have more people at the table! This committee is a meaningful way to help shape the programs and experiences we offer to children and families, so we want to hear from the people who know our community best.

The committee meets periodically throughout the year to share feedback on current programs, suggest new ideas and activities, identify resources that families could benefit from, and more. Guardians, volunteers, and Ambassadors are all welcome to apply, and we aim to keep the group around 15-20 members so that we have enough people present at meetings to have meaningful conversations.

If you've ever thought "I wish they would try..." or "Families in this community could really use...", we'd love to hear from you! Fill out the application [HERE](#).

# PROGRAM SUPPORT OPPORTUNITIES

## Volunteer Needs for Camp Adventure

Camp Adventure wouldn't be possible without the incredible people who show up and give their time to make the week magical. We are currently recruiting volunteers for two key roles:

**Counselors** are the heart of camp. As a counselor, you'll be paired with a small group of campers and stay with them throughout the week, getting to know each child, supporting them in activities, and cheering them on through every moment. This is a hands-on, relationship-centered role that is as rewarding as it gets. It is heavily preferred that volunteers attending as counselors are available the entire week - it can be disruptive and confusing for the children to see different counselors with their group every day. The time dedication is typically 7:30am-2:15pm each day of camp (June 8-12).

**Activity Leads** are the energy behind each station. Rather than moving with a group, activity leads set up and run a designated activity area as groups rotate through. Whether it's a craft table, a game, or a physical activity, you'll be the expert of your space. This includes setting up, facilitating, and breaking down between rotations. This is a great fit for someone who loves having a clear role and enjoys connecting with lots of different kids throughout the day. Volunteers in this role can volunteer as little as one day across the week of camp, though availability of specific activities/time slots may be limited.

Both roles are vital, and both are a whole lot of fun. Camp Adventure takes place June 8-12 — if you're interested in joining us for all or part of the week, visit our [Volunteer](#) page to apply or reach out to [volunteer@cthf.net](mailto:volunteer@cthf.net) for more information. Volunteers must be a minimum of 15 years of age, and volunteers 18 and over must pass a background check. There is a required online training for all volunteers that must be completed BEFORE showing up to camp.

# VOLUNTEERS NEEDED!

Camp Adventure is a day camp in ABQ for children with disabilities.

Volunteers play a crucial role in providing guidance, social interaction, and structured activities for children.

Volunteers build skills like leadership, communication, creativity and teamwork — all while having a blast, making friends, and creating unforgettable memories with kids!

**JUNE 8-12**

**7AM - 2:30PM M-F**

Must be at least 15yrs old by June 8 to volunteer.

Scan the QR code below to fill out our volunteer form!



**Carrie Tingley**  
HOSPITAL FOUNDATION

