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PAIN AWARENESS MONTH

September is Pain Awareness Month, and it is one that resonates deeply with many of the families we serve. For children with physical disabilities, chronic pain is often an invisible part of daily life that others may not see, but that shapes the everyday life experience.

What never ceases to amaze us is how these children and families show up anyway. Through wheelchair basketball, crafts, cycling, and everything in between, they demonstrate a resilience that is truly humbling.

This month, we encourage our community to extend extra compassion to those carrying something invisible. Believe people when they share their experiences, and advocate alongside them for better access to care and support.

UPCOMING PROGRAMS & NOTES

Q3/Q4 Upcoming Programs

September

Kayaking*
Virtual Camp
Tread Setters
Rio Rally*

October

Tread Setters
NM Mobility Day*
Day of the Tread*
Kayaking*

November

Q4 Birthday Celebration
Wheelchair Racing
Virtual Camp
Museum Sensory Night*

December

Community Center Free-Choice
Activity Day

[Cookies With Santa](#)

**external program/event*

Participant Spotlight

Interested in having your child(ren) highlighted in a future newsletter? Fill out the [Participant Highlight](#) form for a chance to be featured!



Expanded Program/Event Opportunities

One of our goals this year has been connecting with other adaptive and inclusive organizations so that the families we serve have access to even more resources and opportunities. Below are upcoming in-person workshops from Parents Reaching Out that offer chances for building community, confidence, and leadership.

September

Pathways to Adulthood: a hands-on, interactive series of workshops designed for youth and their parents with a variety of skills and ability levels. Lunch will be provided.

October

Halloween Extravaganza: celebrate Halloween with a trunk-or-treat that is accessible and fun! Indoor dance is available during the event as well.

November

The Family Leadership Academy: for family members, self-advocates, caregivers, etc. who want to build confidence, strengthen leadership skills and create change.

Learn more about Parents Reaching Out and register for their events [here](#)



Day of the Tread

Get your costumes ready, Day of the Tread is coming up soon! This Day of the Dead and Halloween-themed cycling event takes place October 24–25 in the Sawmill District of Albuquerque, and it is one of our favorite events of the year for good reason.

Our Tread Setter participants hit the trails for Sunday's 7-mile route that begins near Sawmill and winds through city streets over to the Bosque. With themed recharge zones, a costume contest and motivating music along the way, the energy of this event is truly unlike anything else!

Families wishing to participate with our cycling group may receive a code that drops the registration fee. Reach out to cbeagley@cthf.net to request a code.

NEW PARTNERSHIPS & RESOURCES FOR FAMILIES

The Down Syndrome Office & Resource Center

It's with excitement that we share the early stages of development for the DSORC, The Down Syndrome Office and Resource Center, launched by Lena Armstrong-Strober.

The Down Syndrome Office and Resource Center is dedicated to advancing the well-being, rights, and inclusion of individuals with Down syndrome by providing resources, fostering collaboration, and advocating for equitable access to education, healthcare, housing, and meaningful employment.

Whether you're a parent, care-giver, provider or organization who supports individuals with Down syndrome, take a look at their website, <https://dsorc.com/> and let them know how they can help you. While you're there, be sure to sign up for their newsletter to keep up with all their activities, information and resources!

Enchanted Medical Transport

Getting to appointments, programs, and everyday errands can be one of the biggest challenges facing families with accessibility needs, and [Enchanted Medical Transport](#) is here to help. They provide safe, reliable, and comfortable non-emergency transportation throughout the Greater Albuquerque area and surrounding communities with options for ambulatory, wheelchair-accessible, and stretcher transportation.

Whether you need a ride to a medical or therapy appointment, a pharmacy run, grocery shopping, or even to one of our programs, Enchanted can provide support. Reach out to their team directly for availability and to receive a transportation quote.

NEW PARTNERSHIPS & RESOURCES FOR FAMILIES

Inteli-Care

Inteli-Care has been serving low-income, disabled, and medically fragile New Mexicans for over 20 years.

One of the most valuable programs we want our families to know about is Inteli-Care's Consumer-Directed home-care model through NM Turquoise Care. This program allows a parent or chosen caregiver to be hired and compensated for the personal care they are already providing to their child or loved one with disabilities. Rather than bringing in an outside caregiver, families can choose someone they already trust, including a parent, to serve as the paid care attendant, while Inteli-Care handles all of the business and administrative responsibilities behind the scenes.

If you have a child with complex medical needs and are curious about whether your family may qualify, check out their [website](#) and contact them for more info!

Parents Reaching Out

Parents Reaching Out (PRO) has been serving New Mexico families since 1980, connecting and empowering parents of children with disabilities and complex medical needs through advocacy, education, and peer support.

As New Mexico's statewide Parent Training and Information Center, PRO is a tremendous resource for families navigating everything from early childhood services to school systems and healthcare.

PRO offers monthly events that cover a range of topics from advocacy, school systems, leadership, to skill development and beyond. These sessions are free for the most part, though they also offer full-day, regional leadership conferences at very low cost for families. Learn more at their [website](#)!