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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!

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.

SPINA BIFIDA & DOWN SYNDROME AWARENESS MONTH

October is a big month for awareness in the disability community: it is both Spina Bifida Awareness Month and Down Syndrome Awareness Month, and we are taking a moment to honor both.

Spina bifida is a neural tube defect that occurs when the spine and spinal cord don't fully develop before birth. It is the most common permanently disabling birth defect in the United States, and it presents across a wide spectrum. Some children experience mild effects while others navigate significant mobility challenges, requiring wheelchairs, braces, or other adaptive equipment. Many children with spina bifida also manage related conditions, making care a complex, lifelong journey.

Down syndrome is a chromosomal condition that affects development in a variety of ways, and while it is often associated with cognitive differences, many individuals with Down syndrome also experience physical health challenges including heart conditions, low muscle tone, and mobility differences. Like spina bifida, Down syndrome looks different for every person. Every person living with it brings their own incredible strengths, personality, and joy to the world around them.

Many of the children we serve at Carrie Tingley Hospital Foundation are living with one of these conditions. Through our Quality of Life programs, we work to make sure these kids have access to adaptive sports, creative activities, and a community where they can experience belonging.



Please join us in congratulating 2 of our longtime teen volunteers, Lilee and Andrew, on their recent induction into the National Honor Society!

Lilee and Andrew have both made meaningful contributions to the success of our Quality-of-Life programs. Congratulations, Lilee and Andrew, we are so proud of you!

UPCOMING PROGRAMS & NOTES

Q3/Q4 Upcoming Programs

October

Tread Setters
NM Mobility Day*
Day of the Tread*
Kayaking*
NEW: Slice & Dice,
pizza & pumpkin
carving night!



November

Q4 Birthday Celebration
Wheelchair Racing
Virtual Camp
Museum Sensory Night*

December

Community Center Activity Day
NEW: Indoor Archery
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

We are always looking for programs to run either on our own, or in partnership with other entities. We are currently scheduling an indoor archery session in December, and have scheduled a pumpkin carving/pizza night at Restoration Pizza in October. Watch for the monthly sign-ups to learn more about the programs (date, time, etc.)!

Additionally, below are events/education sessions being offered by Parents Reaching Out, another local disability advocacy organization, for October and November.

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](#)

NEW PARTNERSHIPS & RESOURCES FOR FAMILIES

Special Olympics New Mexico - Train4Life Program

For youth aged 13 and older that are also athletes with Special Olympics, there is a new program running on a 12-week schedule that offers weekly online AND in-person workouts with nutrition and mental health coaching calls. The next session begins in January with locations in ABQ and Rio Rancho.

The Train4Life program teaches functional movement patterns, improves mobility, balance, coordination, strength and endurance, develops healthier nutrition and mental health practices, builds community and culture, and creates confidence in individuals, among other key benefits.

Email ben@sonm.org with questions and to get the link for the January 2027 cycle!

Therapy Fun Cycles

Therapy Fun Cycles provides custom adaptive cycles for children and adults with a wide range of disabilities, including Cerebral Palsy, Spina Bifida, Down Syndrome, and visual impairments. Their mission is to bring joy, recreation, and therapeutic value to individuals with special needs, regardless of their financial situation.

Their cycle options range from hand-and-foot powered cycles to tandem rides and wheelchair pusher attachments, meaning there is truly something for every ability level. Best of all, they offer a program to earn a cycle at limited cost to the family. View their website and learn more about the program [here](#).

FUNDRAISERS & OTHER WAYS TO GIVE BACK

Smiths Rewards Card Connection

Carrie Tingley Hospital Foundation has been approved to be part of the Smith's Food & Drug Inspiring Donations Program! If your family uses Smiths grocery stores for your needs, and if you have a Rewards card, you can connect that card to our Foundation. Whenever you shop at Smiths, they will donate a portion of eligible spending to our Foundation. Learn how to set up your card to us by following the instructions on this [social media post](#).

Tailgate for a Cause

Tailgate For A Cause is a joint fundraiser with BBQ4Good - half of the proceeds will benefit Carrie Tingley Hospital Foundation.

Date: Saturday, October 10th for the UGA vs Bama Football Game

Time: TBD, check our socials for official timing!

Location: Q Station, 3225 Central Ave NE, ABQ, NM 87106

Registration link: <https://www.bbqforgood.org/bbq4goodtailgate2026>

RSVP is required, it's limited to 100 people and suggests a donation amount of \$50, but you can decide what to pay

