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COOKIES WITH SANTA

One of our most beloved events of the year is just around the corner, and you'll want to make sure your family has a spot! Cookies with Santa is a magical day for our kids and families, and Santa himself makes sure every registered child and Ambassador receives a personal gift. Hot cocoa, crafts, donuts, and of course, cookies, will be available.

Time slots are limited this year as we have made some adjustments to create a smoother flow of the event for everyone. Registration is first-come, first-serve; once a time fills, we are unable to add additional availability, so sign up early!

Registration closes Friday, November 20, 2026! Email cbeagley@cthf.net for questions, and to get the link to register.

NATIONAL FAMILY CAREGIVERS MONTH

November is National Family Caregivers Month, and we want to take a moment to say something that doesn't get said nearly enough: to every parent, guardian, grandparent, and family member caring for a child with a disability, you are extraordinary!

Caregiving is not a role that comes with a manual. It is early mornings and late nights, advocate hats and nurse hats and chauffeur hats worn all at once. It is fighting for your child in school meetings, coordinating appointments, managing equipment, and still somehow showing up to cheer them on at wheelchair basketball or kayaking or whatever activity makes their eyes light up. It is loving fiercely and tirelessly in ways the world often doesn't see.

At Carrie Tingley Hospital Foundation, we see you. Our programs exist not just for the children we serve, but for the families surrounding them. We know that when a caregiver has community and support, the whole family thrives. This November, we encourage everyone to check in on a caregiver in their life. Ask what they need. Offer a hand. And if you are a caregiver reading this, please know that you do not have to do this alone. We are here, and we are grateful for you every single day!

A SEASON OF GRATITUDE

As November settles in, we find ourselves reflecting on everything and everyone that makes this community so special.

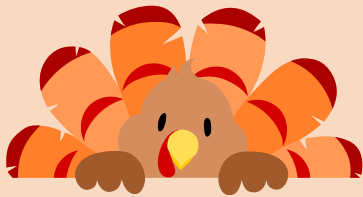
To our volunteers, thank you for showing up with patience, energy, and genuine love for the kids. To our donors and sponsors, thank you for believing in our mission and making it possible for children across New Mexico to access programs they might not otherwise get to experience. To our partner organizations, thank you for walking alongside us in this work. And to our families, thank you for trusting us with your children.

This is a meaningful time of year to consider year-end giving. If Carrie Tingley Hospital Foundation has touched your life in 2026 and you are looking for a way to give back before the year closes, every contribution goes directly toward the programs that change children's lives. Visit our [donate page](#) to learn more about how to support our work.

From our community to yours, we wish you a warm and joy-filled Thanksgiving. We are so grateful for every one of you!

UPCOMING PROGRAMS & NOTES

Q4 Upcoming Programs



November

Q4 Birthday Celebration
Wheelchair Racing
Virtual Camp
Museum Sensory Night*

**external program/event*

December

Community Center Activity Day
Kayaking/KNM Holiday Party
NEW: Indoor Archery
Cookies With Santa



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 had a wonderful time at Slice & Dice, a new activity we added to our fall program lineup! Families came out and enjoyed delicious food from Restoration Pizza, light Halloween music, played board games, and carved their own pumpkins! We will be looking for similar opportunities to get families together and have enjoyable evenings with us - if you have ideas or connections, reach out to the Program team!

Below are upcoming external educational/advocacy opportunities being offered by other organizations around the ABQ area!

November

The Family Leadership Academy: for family members, self-advocates, caregivers, etc. who want to build confidence, strengthen leadership skills and create change. Hosted through Parents Reaching Out. Register [here](#).

February 2027

The Mother's Leading Change Retreat is generously supported by The Gonzales Trust. This weekend brings together mothers and female caregivers of individuals with Down syndrome from for leadership development, advocacy, connection, and renewal. Learn more [here](#).

OUTDOOR EQUITY FUND

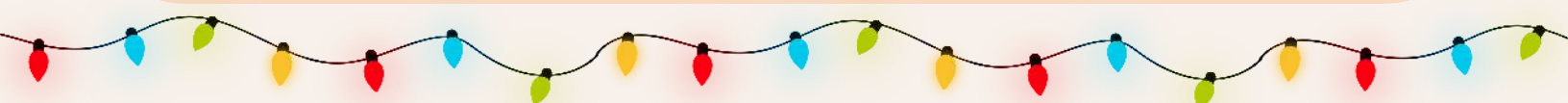
GRANT RECIPIENT

An exciting announcement!

We are thrilled to share that Carrie Tingley Hospital Foundation has been selected as a recipient of the New Mexico Outdoor Recreation Division's Outdoor Equity Fund grant! This first-of-its-kind fund was established to break down barriers and ensure equitable access to the outdoors for youth across New Mexico, which is a mission that aligns beautifully with our own.

This grant will directly support our ability to provide outdoor recreational experiences for the children and families we serve, and we are so grateful to the New Mexico Outdoor Recreation Division for investing in our kids.

Be on the lookout for outdoor recreation programs landing in 2027 - fishing, boating, kayaking, cycling, overnight camping, horseback riding, and more!



YEAR-ROUND WAYS TO GIVE BACK

Smiths Rewards Card Connection

In case you missed it, 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](#).

PICKLEBALL PALOOZA

2027 EVENT REGISTRATION



Pickleball Palooza 2027 is going to be held at Defined Pickleball in Rio Rancho on April 30th-May 2nd! Registration is open and players can begin selecting brackets to participate in. We are also beginning to look for sponsors for the event: opportunities vary, and include banners with branding, social media/website promotion, shoutouts throughout the tournament and participation in the tournament at certain levels.

Reach out to Emelia Mulligan at emulligan@cthf.net for information on sponsorships.

Check out the event and register [here](#)!