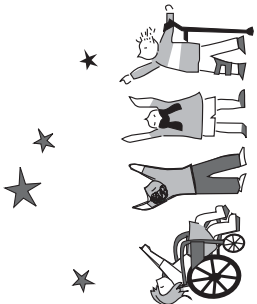


Tingley times



Carrie Tingley

Hospital Foundation Our Mission: "To enhance the lives of Carrie Tingley Hospital special needs children and their families."

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Inside this Issue:

- Patient Portrait, an artist with a bright future
- Hear from veteran volunteers what they like best about Carrie Tingley Hospital Foundation Mudd Volleyball
- Learn how matching gifts can double your contribution to the kids and families served by the Carrie Tingley Hospital Foundation

Spring-Summer 2010

Wheelchair Sports Camp marks a milestone at 10 years, volunteers are critical to its success

"My first year, I picked up tennis balls for 7 hours," says Natalie Chavez, a 16-year-old West Mesa High School student and Summer Wheelchair Sports Camp volunteer. "I've since moved on to different sports and working with teams throughout the camp." Natalie's nephew, who is a Carrie Tingley patient, started attending the Beyond Limits Summer Wheelchair Sports Camp, and Natalie has been volunteering ever since.

Ten years ago, two therapists at Carrie Tingley Hospital came to the Carrie Tingley Hospital Foundation with an idea for a week-long summer sports camp exclusively for youth who use wheelchairs. Since the camp's inception, volunteers have been critical to the program's success.

"Camp has changed my life," says Natalie, "I didn't know anything about wheelchairs, how they work, how people live. It amazes me how a wheelchair is someone's legs."

Natalie says that Mary Beth Schubauer, the Summer Wheelchair Sports Camp Director and Co-Founder of the program, is her biggest inspiration. Natalie's career plans include becoming a physical therapist, like Mary Beth,



Wheelchair Sports Campers on the court ...

or an adaptive equipment technician, to continue her work with individuals that use wheelchairs.

For Mary Beth Schubauer, she is amazed at "how many campers have moved on to compete at a higher level, in college sports."

After volunteering for several years, there is one thing that always makes Natalie pause and smile. "When campers arrive and it's their first year, and you see

them looking around ... they can't believe there's a camp just for kids in wheelchairs. That week, everyone is not staring at you for once."

For those interested in volunteering, it's important to bring a good attitude. According to Natalie, "Any and everyone should volunteer at sports camp. I'm not saying one week will change your life, but one week will change your perspective. We have a saying — 'Don't judge a kid by his wheels.' Come see what it's all about." Natalie encourages anyone between the ages of 14 and 99 to "come and pick up some tennis balls."

Interested in learning more about Camp? Please call 505-243-6626 for information on registration or how to apply to volunteer.

Foundation funds bone health program

At its December 2009 meeting, the Carrie Tingley Hospital Foundation Board of Directors approved a request for funding for a bone densitometer (or DXA) machine for the Bone Health Center program at UNM Carrie Tingley Hospital. Elizabeth Szalay, MD, of UNM Carrie Tingley Hospital, is Founder and Director of the Carrie Tingley Hospital Pediatric Bone Health Center, and she recently agreed to an interview to share what the DXA machine means to the chil-

dren and families served by this program.

"This machine actually tells us how much calcium is in the bone," says Dr. Szalay. In a private room on the first floor, every patient at risk of low bone density is screened. This includes "kids with spine bifida, muscular dystrophy, cerebral palsy, transplant patients, bone breaks, and any child on a steroid treatment.

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June 12th is the 16th Annual Mudd Tourney for the kids

On June 12th, a quiet block in the South Valley will become THE destination for almost 9,000 New Mexicans (and a few out-of-state friends), who for this one day, duck tape their shoes and throw caution to the wind and delve into muddy pits with their friends and colleagues, and measure success on the amount of dry mud that coagulates on every part of their bodies!

This is Mudd Volleyball 2010, an annual tradition for 16 years, where all the proceeds benefit the special needs children served by the Carrie Tingley Hospital Foundation.

Many organizations, groups and teams have been participating year after year, but so have many of the army of volunteers it takes to pull this off, one of the largest single day events in the country.

Janet Sanchez is one such volunteer, she works with Altrusa Inc. and comes out for a day of work each year because as a child she received her first pair of glasses from a charity as her family



Team registration will fill up quickly—call today or go online to abqmuddvolleyball.org to reserve your team!

could not afford them. She says she is happy to have a chance to not only give back and see all the happy kids, but to be an example to her grandson. Her goal is one day to actually get into the MUDD!

Adam Triolo has been volunteering since the very first year, as President and CEO of AUI Inc., he says he enjoys that his company can roll their sleeves up and tangibly get involved by throwing equipment and labor as well as money into a great community organizational event, that benefits kids...for Adam, it's all about the kids!

Adam's favorite part of the day, is sitting on the site at 7 a.m., before everyone shows up, knowing for this one day a mere city has been created, and that every dollar raised goes to the kids! Thank you to Adam, Janet and the hundreds of volunteers who make this fundraising event possible!

Come and play, watch, or volunteer like Janet, or sponsor like Adam, we want to see all of you on June 12th in the MUDD!

For more information; please visit www.abqmuddvolleyball.org or call Heidi Grunberg, Donor Relations & Events Coordinator at 505-243-6626.

“Get your mudd on” is this year’s slogan, inspired by our dedicated and muddy supporters.

Patient Portrait: Elias Mirabal, artist

When Elias Mirabal brought his portfolio to the Carrie Tingley Hospital Foundation, it was not his first time showing his artwork. At 15, Elias has talent, and his mother knew it since he was 6.

A self-taught artist, Elias works in pen and ink, pencil, and, occasionally, pastels.

Elias was born with congenital scoliosis. As an infant, Elias underwent multiple hand surgeries to remove a duplicate thumb. Then, in fifth grade, he was hospitalized again, for another surgery, and had to wear a brace for a year. He goes to Carrie Tingley Hospital now every 2 years for an x-ray on his back and his hand and on-going care.

When asked what inspires his art, Elias, a typical teenager, replies: “Superheroes, of course. And, music ... and anything retro.” He continues: “I like to see kids from the Hospital do something creative with their disabilities, like I have ... You have to work for it. If you believe in something hard enough, you can achieve it.”

In between schoolwork, voice lessons and working on his latest drawing at the kitchen table, Elias spends time with his close-knit family.

His mother, Virginia, says, “The Foundation is a blessing. It’s always been there for me at the holidays. I’m a single parent.”

Elias’ dream is to be famous for his artwork—part of a creative family, he also composes music and writes poetry. A native New Mexican, Elias plans to attend college to study art, and, “someday, buy a mansion in Rio Rancho.”



Elias Mirabal, with self-portrait—see more of his art online at carrietingleyhospitalfoundation.org.

DXA story continued ...

In children, osteoporosis is defined differently — we call it low bone density.”

According to Dr. Szalay, 99% of the DXA machines in the U.S. are used on older adults, and there isn't enough emphasis on pediatrics.

“In an older person, with osteoporosis, the horse is out of the barn,” continues Dr. Szalay. “It's impossible to completely replace mineral loss in adults. In kids, up to the age of 12 or 14 even, their bones are still taking in calcium. If we see a 10-year old with low bone density, we can intervene. **We could potentially change their bone health for a life time.**”

The Foundation's funding for this new DXA machine helped the program replace an outdated machine that could only be used for children 4 years and older. The new machine is unique, with such a low dose of radiation that it can be used on young infants and even newborns, if needed. This DXA is the only machine exclusively dedicated to and specifically for children in New Mexico. In 2010,

the program estimates they will complete over 1,000 scans with the DXA machine. Screening children with a CT scan, for example, would be five times more expensive and a much higher dose of radiation.

“The work we are doing at CTH is only done in 10 other places in the country,” says Dr. Szalay. The scans look like a small xray. Dr. Szalay looks at two scores and compares the calculations of the bone density to other children at that same age. She can tell if the treatment is making an impact by comparing the density in the oldest part of the bone to the newest part of the bone.

The clinical work with the DXA machine, Dr. Szalay envisions, will help CTH end the cycle of broken bones in children at risk of bone fractures. She explains that a child who has surgery and is in a body cast can lose as much as 30% of his or her calcium in as little as 6 weeks. When the child is out of the cast, they are at risk to break another bone.

Dr. Szalay's team includes Debra Harriman, a certified bone density technologist. Her role is the technical piece of the program, but, for Debra,



The new DXA machine, funded by Carrie Tingley Hospital Foundation.

it's all about the kids. As Dr. Szalay describes: “It's easy to tell a child who can walk and talk to lie still — our patients require a very special technician.”

“Any child is scared at the hospital,” Debra says. “I just take one child as they come and figure out what pictures I can take. I see a lot of children with hip dysplasia, cerebral palsy, spine bifida, and a lot of cancer in children. It's a unique challenge just to obtain a picture or a scan. I always think the last one I obtained was the hardest and then another scan comes through.”

Dr. Szalay has published five papers as a result of this technology and works to continue to raise awareness for children's bone health.

Double your gift with an employer match

Does your company (or former employer) match your giving? You may be able to **double your contribution** to Carrie Tingley Hospital Foundation.

- Check with your corporate relations or human resources dept. to find out if your employer matches employee contributions.
- Retired? Some employers match their retirees' gifts, as well.
- Many companies will make matching cash contributions, and some will match donated volunteer hours.
- Your employer may have a required form or matching gift application. Our tax-exempt ID is 85-6012236. Please call 505-243-6626 with any questions, and thank you for leveraging a match.

Letter from the Executive Director

Patients and their families are the heart of the Carrie Tingley Hospital Foundation. This year, the Foundation celebrates two program anniversaries that speak to our motto: “It's all about the kids.”

Ten years ago, the Foundation first began the Beyond Limits Summer Wheelchair Sports Camp. This quality of life programming is central to our mission to enhance the lives of Carrie Tingley Hospital special needs children and their families, and in 10 years, more than 300 children have spent one week of their summer playing wheelchair sports with their peers, while inspiring hundreds more volunteers to give back.

This year also marks the 25th anniversary of the inception of the Foundation's Patient & Family Assistance Program, which has helped thousands of families over the years with medical and therapeutic equipment for



their children (not covered by insurance), emergency assistance for rent and utilities, assistance with vehicle repair or modifications to help mom or dad maintain employment, and installation of wheelchair ramps or modifications to the home.

Over the years, the Foundation has grown and expanded the capacity of these programs to meet the needs of the families we serve. Even as we celebrate these milestones, the reality is that families continue to struggle with the demands of caring for a special needs child. According to a 2008 survey by the U.S. Dept. of Health and Human Services, 24 % of families with a special needs child report a parent had to stop working or reduce hours to care for the child.

These programs are only possible through your generous contributions. With your support and partnership, we continue to work to increased needs from the patients and families we serve.

With appreciation,
Dawne Bell



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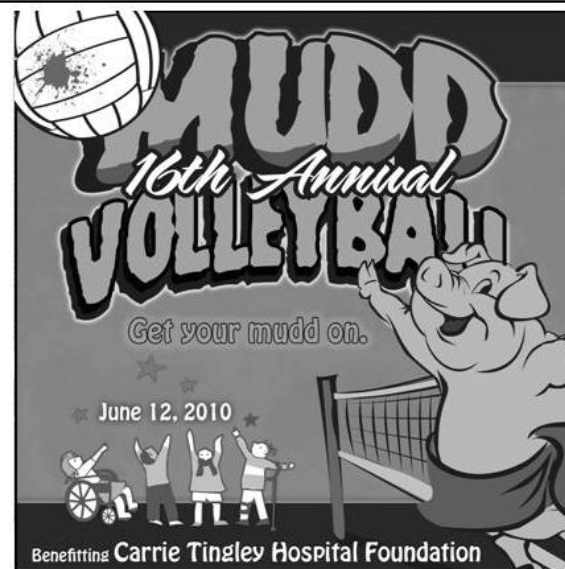
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An independent 501(c)3 nonprofit organization, the Carrie Tingley Hospital Foundation is a proud philanthropic partner of UNM Carrie Tingley Hospital.



**Get your mudd on
this June 12th!**

Entry is limited and will sell out so register early at abqmuddvolleyball.org or call 505-243-6626.

Prizes for best costume, best team name and more!

Round robin play starts at 9 a.m. For more muddy news, follow us on Facebook.

Thank you to these generous Mudd Volleyball Sponsors

