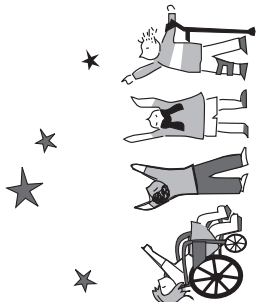


# Tingley Times



Carrie Tingley

Hospital Foundation Our Mission: "To enhance the lives of Carrie Tingley Hospital special needs children and their families." [carrietingleyhospitalfoundation.org](http://carrietingleyhospitalfoundation.org)

Carrie Tingley  
Hospital Foundation  
700 Lomas Blvd. NE  
Bldg 2, Suite 204  
Albuquerque, NM 87102  
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Fall - Winter 2009

## Inside this Issue:

- Jiffy Lube marks 20th Year of "Lubathon" to Benefit CTHF
- Save the Date—the 2nd Annual Carrie Tingley Hospital Foundation Festival of Trees is Nov. 21st—29th
- Our new web site is live—[www.carrietingleyhospitalfoundation.org](http://www.carrietingleyhospitalfoundation.org)
- Sign up for our green e-newsletter and read the Tingley Times on email!

## At Carrie Tingley Hospital Foundation, Patients and their Families Come First

Patient-centered or family-centric care is certainly not a new concept at Carrie Tingley Hospital Foundation. Since our founding more than forty years ago, our generous volunteers and donors have worked to keep

our organization's focus on the children and their families.

As part of the Foundation's work as a philanthropic partner of UNM Carrie Tingley Hospital, the Foundation offers an unique program called Patient & Family Assistance. Eligible Carrie Tingley families may work with the Hospi-



Photo courtesy of UNM Carrie Tingley Hospital.

tal's Social Workers to apply for financial assistance for wheelchair ramps, van conversions, rent, utilities, bathroom conversions, lifts, Rifkin mobility and other durable medical equipment not covered by insurance.

The average amount of assistance awarded is \$900 per family.

In 2009, as in years past, the Foundation expects to assist more than 100 families in need through this program.

Because the need is always greater than the Foundation alone can address, one of the important facets of this program is that families and their advocates demonstrate that all other possible resources have been exhausted. The Carrie Tingley Hospital Social Workers are invaluable to this program, connecting families to resources.

With this patient-centered approach, the Carrie Tingley Hospital Foundation is able to provide a critical intervention for families. To learn more about the program or read patient stories, published with permission, visit [www.carrietingleyhospitalfoundation.org](http://www.carrietingleyhospitalfoundation.org).

## Volunteering good for heart and mind

We all know that giving back makes us feel good, but did you know that volunteering may also be good for your health? A growing body of research suggests that philanthropy actually improves a person's physical and psychological health. The University of Michigan Medical School, for example, found that people who help others live longer.

According to another study

published last year in the journal *Science*, volunteerism enhances an individual's sense of belonging, increases their sense of purpose and self-competence.

If you are interested in volunteering with Carrie Tingley Hospital Foundation, please call 505-243-6626. We have a number of openings, and, as the research says, volunteering may be just what the doctor ordered.

Want to receive the Tingley Times on email?

Sign up today for our new e-newsletter.

Carrie Tingley Hospital Foundation is now able to offer the *Tingley Times* to donors and supporters via email. To enroll, please call 505-243-6626 or visit [carrietingleyhospitalfoundation.org](http://carrietingleyhospitalfoundation.org). The newsletter is published twice a year, and you may subscribe or unsubscribe at any time.

## Letter from the Executive Director

Kevin Carroll, author of *Rules of the Red Rubber Ball* and social change advocate who challenges adults and children alike to embrace 'the spirit of the playground,' reminds us that the games we played as children have the power to change lives.

As Carrie Tingley Hospital Foundation's new Executive Director, I'm finding that every day brings a new opportunity to put what Carroll describes into practice. And, I'm not just talking about the chance to play in the mud, although the Foundation changes the lives of hundreds of families with the funds raised at Mudd Volleyball each year.

Whether the Foundation is providing financial support for a family in need to purchase a therapeutic tricycle for their child or funding for new state-of-the-art equipment at UNM Carrie Tingley Hospital to treat children facing conditions like cerebral palsy or spine bifida, Carrie Tingley Hospital Foundation is proud to help kids be kids. As I have the chance to visit

with Founda-  
tion  
supporters  
like you,  
I'm realizing  
that in  
many ways  
Carrie  
Tingley  
Hospital Foundation is helping donors be kids, too.



Thank you for your commitment to advancing our mission. Your contributions truly do enhance the lives of Carrie Tingley Hospital special needs children and their families.

Last year, more than 22,000 patient services were delivered to children at UNM Carrie Tingley Hospital, and the need for services continues to grow. With your continued support, I know Carrie Tingley Hospital Foundation is up to the challenge.

Inside this issue of *Tingley Times*, you'll find:

- a link to our new web site, visit [www.carrietingleyhospitalfoundation.org](http://www.carrietingleyhospitalfoundation.org)

[.org](http://www.carrietingleyhospitalfoundation.org) and tell us what you think,

- stories from supporters like Keith Mortenson, CEO of Jiffy Lube, now in its 20<sup>th</sup> year of the Lubathon to benefit Carrie Tingley kids and their families,
- our calendar of upcoming events and how you can be involved—don't miss the 2<sup>nd</sup> Annual Carrie Tingley Hospital Foundation Festival of Trees,
- and our most sincere thanks for your support.

As we look to the future and work to raise funds to address growing demand and to change the lives of kids and their families, the playground will undoubtedly serve as an important inspiration. What inspires you? How does your philanthropy help you feel like a kid again? Please share your story with us at the Carrie Tingley Hospital Foundation.

Looking forward to hearing from you,  
Dawne Bell  
Executive Director

Carrie Tingley  
Hospital  
Foundation is  
proud to help  
kids be kids.



### Support Carrie Tingley Hospital Foundation Today

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Email: \_\_\_\_\_ Phone: \_\_\_\_\_

*Total Contribution Amount*

\$500       \$250       \$100       \$25       Other \_\_\_\_\_

This gift is: in memory of \_\_\_\_\_ in honor of \_\_\_\_\_

*Method of Payment*

Check payable to Carrie Tingley Hospital Foundation.

Visa / MC / Discover / Amex Card # \_\_\_\_\_ Exp. Date \_\_\_\_\_ Signature \_\_\_\_\_



Please send your contribution with this form to Carrie Tingley Hospital Foundation, 700 Lomas Blvd. NE, Bldg. 2, Suite 204, Albuquerque, NM 87102. Or, give securely online at [www.carrietingleyhospitalfoundation.org](http://www.carrietingleyhospitalfoundation.org). **Thank you for your support.**

## Jiffy Lube marks 20th year of Lubathon

When Keith Mortensen, local owner of Jiffy Lube, first decided to dedicate an annual Carrie Tingley day, the idea of the Lubathon was born. And, two decades later, this annual event has raised hundreds of thousands over the years to help New Mexico's special needs kids.

According to Mortensen, "This is our single biggest day of the year." The 2009 Lubathon includes a gift package worth over \$200, thanks to numerous generous sponsors. "We always try to keep our donations up," continues Mortensen, "even in this economy."

Please help make Jiffy Lube's 20th Annual Lubathon a success. On October 17th, just stop by any Jiffy Lube and help the kids at Carrie Tingley Hospital Foundation.

## It's Jiffy Lube's 20th Annual Lubathon!

Saturday, October 17th, 2009, from 8 a.m.—6 p.m. at any Jiffy Lube in Albuquerque, Rio Rancho, Bosque Farms, Santa Fe and Pojoaque.

Stop into any Jiffy Lube, and Jiffy Lube will donate \$5 to help the kids at Carrie Tingley Hospital with every Signature Service Oil Change® performed that day. PLUS all Jiffy Lube customers who get a Signature Service Oil Change® that day will receive over \$200 in FREE food and fun, including:

- Rib Plate Special from Golden Pride Chicken and Ribs!
- Gift certificate from Scalo Northern Italian Grill!
- Free Adventure Pass to Hinkle Family Fun Center!
- Gift Certificate to Sandiago's Mexican Grill!
- Certificate for a round of golf at Black Mesa Golf Club!
- 3-day Membership to The Sports Clubs of Albuquerque or \$100 off enrollment fee!
- A complimentary Chile Con Queso from El Pinto New Mexican Restaurant!
- Gift Certificate to Brasserie La Provence!
- \$50 worth Medical Spa Services from AlluraDerm Medical Spa!
- Certificate to Garduno's Restaurant and Cantina!
- 1 Large One-Topping Pizza from Papa Murphy's Take 'N Bake Pizza!
- Free Keva Juice!
- And \$10 Off Oil Change at Jiffy Lube!

*Many thanks to our generous sponsor:*

**On October 17th, do something good for your car and help a great cause. [www.myjiffy.com](http://www.myjiffy.com)**



## Game On: Mudd Volleyball breaks records in its 15th year

There's a ritual. Play. Rinse. Repeat. For many, this is the one day of the year they train for. The 15th Annual Mudd Volleyball Tournament was held on June 13, 2009, and as in years past, this event set new records for participation and funds raised to benefit the children served by Carrie Tingley Hospital Foundation.

Over 7,000 participants playing on 558 teams on the largest ever field of 93 courts made this signature event a success. Over \$412,000 was raised.

Of course, Mudd would not be possible without the many volunteers who make the day happen. For Doug and Dana Bird, brothers and owners of Black Duck screen printing and embroidery, Mudd Volleyball is a family affair. The two have volunteered their time and talents as the Tournament Directors since the 3rd annual event. After Dana played in

the second year, they caught the bug.

Carrie Tingley Hospital Foundation thanks all the participants, the volunteers, and the 2009 Sponsors: AUI, Inc, First Community Bank, Express Scripts, Bernalillo County, Crystal Springs Bottled Water, Premier Distributing (Budweiser), Clear



*Vital Statistics: Over 7,000 participants in 558 Teams, playing on 93 Courts ... raising over \$412,000.*

Channel Radio, Waste Management, Comcast, Clear Channel Outdoor, Schwartzman Properties, Albuquerque Journal, Black Duck screen printing and embroidery, New Mexico Mutual, Sisneros Bros. Mfg., Embassy Suites Hotel, Tempur-pedic, AAA Pumping Service, Airport Parking, The Alibi, Classic Party Rentals, Pepsi, Territorial Scaffolding, Frank's Supply, Chava

Trucking, Guzman Construction Solutions, Enchantment Fences, Highway Supply, United Rentals and Power Generation Service.

The 16th Annual Mudd Volleyball Tournament will be held on June 12, 2010. Registration opens March 1 at [abqmuddvolleyball.org](http://abqmuddvolleyball.org). Interested in sponsoring or participating in Mudd 2010? Please call 505-243-6626.

### Upcoming Calendar of Events

#### October 17th

Legacy Riders Book and Toy Run to benefit CTHF and Make-a-Wish Foundation Starts at 9 a.m. at Harley Davidson on Alameda.

#### October 17th

Jiffy Lube Lubathon at all local Jiffy Lube locations (see above or visit [myjiffy.com](http://myjiffy.com))

#### October 25th

Embassy Suites Hotel Day of the Tread to benefit CTHF and Casa Esperanza. Register now at [dayofthetread.com](http://dayofthetread.com).

#### November 21st—29th

2nd Annual CTHF Festival of Trees—free admission.

#### June 12, 2010

Mudd Volleyball, save the date

For our full calendar, visit [carrietingleyhospitalfoundation.org](http://carrietingleyhospitalfoundation.org).



**Carrie Tingley  
Hospital Foundation**

700 Lomas Blvd. NE, Bldg. 2, Suite 204  
Albuquerque, NM 87102

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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.

**Save the Date: the 2nd Annual Carrie Tingley Hospital  
Foundation Festival of Trees is November 21st—29th!**

***Festival Hours***

Monday through Saturday: 10 a.m. to 9 p.m.  
Sundays, 11 a.m. to 6 p.m.  
Thanksgiving Day: 2 p.m. to 6 p.m.

**FREE ADMISSION**

at Embassy Suites Hotel (I-25 & Lomas)

Enjoy over 150 professionally decorated trees and wreaths, live music and entertainment, contests and more! All proceeds from tree and wreath sales benefit the special needs children served by Carrie Tingley Hospital Foundation.  
*Please mark your calendars now.*



*Media Sponsors*



*Angels Among Us*  
**GALA**

November 20th, 6 p.m. at Embassy Suites Hotel  
Corporate Table for Ten: \$1,250  
Table for Ten: \$1,000  
Individual Ticket: \$100

**Join us for the elegant, black-tie Gala on November 20th.**

The Gala includes cocktails, music, fine dining and a live auction of the most spectacular trees. Tickets on sale now. Visit [www.abqfestofrees.org](http://www.abqfestofrees.org) or call 505-243-6626. Don't miss the first opportunity to select your tree or wreath before the Festival opens to the public on November 21st.

Gala Sponsored by