



MARCH 2024

In this update, you will find important information about research, education, events, new developments in the community, and more!

Click the icons below to follow us on social media for the most up-to-date news!



HOLLYWOOD Nights

16TH ANNUAL EVERYONE CARES GALA

WHEN: April 27, 2024 **WHERE:** Sony Pictures Studios - Culver City, CA

Please consider joining us for one of our most important nights, the 16th Annual Everyone CARES Gala! This year, we will be heading back to Sony Pictures Studios and are lucky enough to be in their new event space, the Scenic Arts Building! We are looking forward to a night filled with fun, family, and more as we celebrate the achievements and milestones made in the CAH Community this past year, as well as recognize our incredible honorees: Alexandra Dubois, Dr. Patricia Y. Fechner, and Adrenas Therapeutics.

We look forward to seeing you there!

Purchase tickets/sponsorships by visiting the link below or clicking the button in this email:
<https://caresfoundation.org/16th-annual-everyone-cares-gala/>

[VISIT THE GALA SITE HERE](https://caresfoundation.org/16th-annual-everyone-cares-gala/)

JOIN US FOR

Tuesday, October 1, 2024

Patient-Focused Drug Development Meeting

What is Patient-Focused Drug Development?

Patient-Focused Drug Development (PFDD) is a systematic approach to help ensure that patients' experiences, perspectives, needs, and priorities are captured and meaningfully incorporated into drug development and evaluation.

Audience

The key participants in PFDD meetings are patients, patient representatives, patient advocates, caregivers, loved ones, and anyone with a lived experience with the disease or condition. While patients and caregivers share their perspectives, key stakeholders are in listening mode as part of the audience. These stakeholders may include:

- FDA and other regulatory/federal agencies
- Medical product developers
- Academic researchers
- Clinicians and healthcare professionals

How can I participate?

To learn more about how you can participate in this meeting, please contact dina@caresfoundation.org.

For more information please visit <https://caresfoundation.org/pfdd-planning/>.

Preventing Adrenal Crisis Events

PACE App

Have you downloaded it yet?

The Preventing Adrenal Crisis Events (PACE) app is available to patients, parents/caregivers, and medical professionals and is designed to provide readily accessible information and instructions for effectively managing AI (Adrenal Insufficiency). The app will include stress dosing and intramuscular injection techniques as well as other helpful tools.

For the access code, please reach out to: support@caresfoundation.org

Sponsored by:



(Android App Store Only)

https://play.google.com/store/apps/details?id=com.jafproductions.PACEAndroidNew&pcampaignid=web_share



(Apple App Store Only)

<https://apps.apple.com/us/app/pace-by-chaicore/id1490431010>

SPANISH VERSION IS COMING SOON!



CAH Pulse: NEW EPISODE OUT NOW!

Episode 5: Lindsey - I Wish I Had Known More When I Was 16, 15 even 14"

In this impactful episode Lindsey opens up to Dina and Stephanie about many topics, including an overdue conversation that she wishes she had had 20 years ago, as well as a detailed account of her recent life-threatening adrenal crisis, a first on CAH Pulse.

"We can assume kids are gonna have questions; so create a relationship outside of CAH and the rest will follow". said the warm-hearted and outspoken Lindsey.

CLICK THE LINK BELOW TO LISTEN TO EPISODE 5 TODAY!
[CAH Pulse is available at this link & on all platforms!](#)

Please reach out to dina@caresfoundation.org if you would like to be a guest on the podcast!



Make your voice heard through the CAHtalog Registry!

CAHtalog is a patient-powered database focused on classic CAH. Our goal is to enhance our understanding of daily life with CAH, as well as identify gaps in care and treatment. By participating and sharing your unique patient journey, you can play a crucial role in helping improve the lives of the CAH community.

Study Eligibility: The CAHtalog registry is open to adults and children diagnosed with classic CAH who receive medical care in the US. You do not need to be on any treatment(s) in order to participate.



"The more CAH Patients that register, the more real-world data will be available for research. CAH has come a long way from my birth and that is all due to research and patients being willing to share their CAH journey."

Lesley
CAHtalog Registry Participant

What is the CAHtalog Registry?



CARES Foundation, partnering with Neurocrine Biosciences and PicnicHealth, has established the CAHtalog™ (Congenital Adrenal Hyperplasia: Patient and Clinical Outcomes in Real-World Practice Settings) registry. The goal of the registry is to support patient-centered research that will enhance the scientific community's foundational knowledge of classic CAH and ultimately improve the lives of patients who live with it every day. Participants can contribute to classic CAH research and share their unique patient journey and voice without the need for in-person visits - and all information will be kept private and secure. After enrollment, participants will have ready access to their digital medical records in one place.

How it works



Step 1: Tell Us About Your Care

Just answer a few questions about yourself and let us know who your doctors are. With your consent, PicnicHealth will do all the work of collecting your medical records -including paper-based records, imaging, and doctors' notes.



Step 2: Your Records At Your Fingertips

PicnicHealth will organize and digitize all of your child's records in one secure, easy-to-use platform. You can share your records securely with your care team in real-time, even during emergencies. The PicnicHealth team will continue to update your medical records for you on a regular basis.



Step 3: Earn Up To \$150 A Year Completing Short Surveys At Home

When you join the registry, you will be invited to complete paid health and well-being surveys from your PicnicHealth account. These surveys help researchers understand your daily experiences and capture insights that may not be available in your medical records.



Step 4: Help Researchers Further Their Understanding of Classic CAH

We employ our proprietary de-identification technology to extract only the information valuable to researchers and replace personally identifiable information with randomized ID numbers. Your data is then assigned a unique code and combined with others to create a comprehensive data report, accessible to CAHtalog researchers via a secure portal.

Attend a walk near you!

2024 CAH Awareness Walks

If you would like to learn more about how to host a walk in your area, please contact dina@caresfoundation.org



**1st Annual
Iowa CAH Awareness 5k**
Des Moines Water Works - Des Moines, Iowa
May 18, 2024

[REGISTER HERE](#)

CHECK-IN: 9:00AM | 5K BEGINS: 10:00AM

**2nd Annual
Washington CAH Awareness Walk**
Magnuson Park - Seattle, Washington
June 1, 2024

[REGISTER HERE](#)

CHECK-IN: 10:30AM | WALK BEGINS: 11:00AM

**4th Annual
Ohio CAH Awareness Walk**
Highbanks Metro Park - Lewis Center, Ohio
September 14, 2024

[REGISTER HERE](#)

CHECK-IN: 9:00AM | WALK BEGINS: 10:00AM

2024 CAH Awareness Walks/5k sponsored by:



SAVE THE DATES

September 20, 2024

2024 Patient Advisory Summit

New Brunswick, NJ

If you are interested in participating please reach out to john@caresfoundation.org to be notified when registration opens!

September 21 & 22, 2024

2024 Patient Education Conference

Robert Wood Johnson University Hospital, New Brunswick, NJ

Please let us know what you would like to see covered at this year's conference! Email: odaly@caresfoundation.org
If you are interested in participating please reach out to john@caresfoundation.org to be notified when registration opens!



CARES Foundation Endowment Fund

Leave a meaningful gift that will have an enduring impact on the CAH community!

We have created an endowment fund account at the Community Foundation of New Jersey to ensure the longevity of our organization. Please consider giving to it.

A bequest can be arranged in a variety of ways. It can take the form of cash, property, or a part of your estate's remaining value. Including the CARES Foundation Congenital Adrenal Hyperplasia Endowment Fund into your Will could be a beneficial component of your plans, lowering your taxable estate while achieving your philanthropic objectives.

If you would like to name us in your Will or IRA, please add the following as a beneficiary:

*Community Foundation of New Jersey
c/o CARES Foundation Congenital
Adrenal Hyperplasia Fund
EIN 22-2281783*

Ways to Contribute

- Name us in your Will or estate
- Real Estate
- Shares of appreciated stock
- IRA RMDs
- Cash
- Interest or Shares of Operating Business

For more information regarding this process or specific donations, please contact:



Phone: 973.267.5533 Toll-Free: 800.659.5533 Fax: 973.267.2903

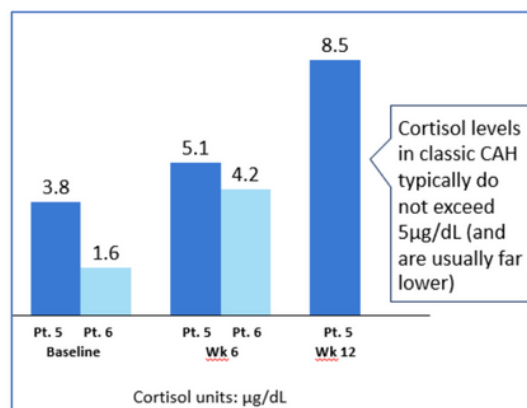
Thank you for considering CARES Foundation!

January 8, 2024

Dear CAH Community Members,

Adrenas Therapeutics, a BridgeBio company, appreciates your ongoing interest in our investigational gene therapy for adults with classic Congenital Adrenal Hyperplasia (CAH) due to 21-hydroxylase deficiency. We are pleased to share an update on the phase 1/2 ADventure trial.

- **Participants and Dose Levels:** A total of seven participants have been dosed with Adrenas' investigational gene therapy, BBP-631: two participants at each of Dose Levels 1, 2, and 3. An additional Dose Level 4 has been added in response to encouraging emerging data. One participant has received Dose Level 4, with a second participant planned for early 2024.
- **Observed Safety:** The investigational gene therapy has been well tolerated by all participants. To date there has been a single serious adverse event at Dose Level 1 related to redness at the infusion site, which fully resolved and which was deemed by the treating physician to be unrelated to the gene therapy. No further skin reactions were observed in Dose Levels 2 through 4. Of course, more time and data from more participants are still needed to characterize the safety profile of BBP-631. Based on the detailed evaluation of each participant's safety data, as well the overall safety profile to date of BBP-631, an independent Data Safety Monitoring Committee (DSMC) approved each dose escalation through Dose Level 4. All participant data will continue to be evaluated at regular intervals by the DSMC.
- **Potential Efficacy:** Early data show robust changes in a direct precursor to the production of cortisol, 11-deoxycortisol, in those participants dosed at higher doses. The increase in 11-deoxycortisol reflects 21-hydroxylase activity and is translating into an early, steady increase in cortisol production. While more data are needed to explore the magnitude of cortisol production at higher doses of BBP-631 and also to fully characterize the durability of this effect, the current data represent the first demonstration of an investigational approach allowing people living with CAH to increase their own (endogenous) production of cortisol.



Adrenas' goal for the ADventure trial is to confirm the safety and potential efficacy of Adrenas' investigational gene therapy on adrenal-related hormones at a variety of dose levels, aiming to find an optimal dose level before advancing the program. While we are encouraged by this progress, Adrenas will continue to collect and closely review all data on the potential impact of BBP-631 in people living with CAH. We will continue to update the community with our evolving understanding later in 2024

Adrenas acknowledges the tremendous contributions of those participating in the ADventure trial, as well as the patient advocacy groups, clinical research sites and investigators, and the broader CAH community. We are grateful to all of you for your ongoing collaboration and support.

Sincerely,

The Adrenas Therapeutics Team

For information visit cahgenetherapy.com and <https://clinicaltrials.gov/ct2/show/NCT04783181>



ALKINDI SPRINKLE® (hydrocortisone) oral granules is the first and only hydrocortisone treatment designed to help provide accurate dosing for newborns and children with adrenal insufficiency.¹

Please see Use and Important Safety Information below.

Alkindi Sprinkle is designed to provide the right dose at the right time.

Understand the dosing options for replacement cortisol treatment.

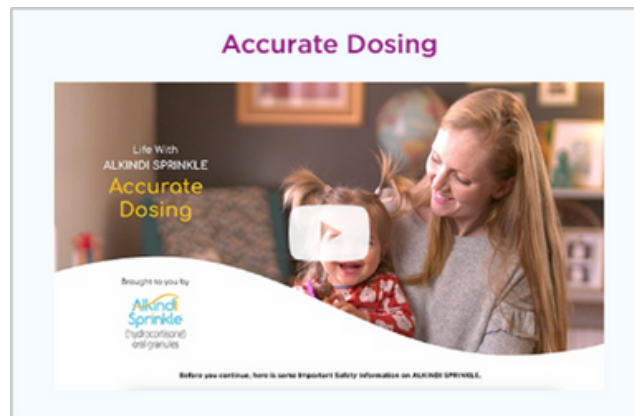
Dosing accuracy in newborns and children with adrenal insufficiency is essential for their cortisol levels.

With too much or too little hydrocortisone, they may experience poor health results that can last years, even into adulthood.

ALKINDI SPRINKLE® (hydrocortisone) oral granules, the first and only FDA-approved treatment designed specifically for children with adrenal insufficiencies.¹

Let's understand how we get dosing right with the flexible dosing options available for your children.

Accurate dosing in children with adrenal insufficiency is essential.² If a child gets too much hydrocortisone (overdosing) or too little (underdosing), they may experience poor health outcomes that can last for years, even into adulthood.³⁻⁶



Understand the importance of dosing accuracy by meeting families living with adrenal insufficiency.

How do we get the dosing right?

ALKINDI SPRINKLE is designed for accurate dosing*

A combination of 4 low-dose strengths of ALKINDI SPRINKLE allows accurate dosing of **rapidly growing children**.^{1,2†}

For **easy identification**, capsules are color-coded.

Example Dose 0.5 mg	Example Dose 1.0 mg	Example Dose 1.5 mg	Example Dose 2.0 mg	Example Dose 2.5 mg
Example Dose 3.0 mg	Example Dose 3.5 mg	Example Dose 4.0 mg	Example Dose 4.5 mg	Example Dose 5.0 mg

Timing is vital.

Prescribing and treating children with adrenal insufficiency using an accurate dosing regimen is vital, both now and later.

Hydrocortisone treatment has a narrow therapeutic dosing window.³ Treating children outside this window can result in poor health outcomes beyond youth and into adulthood.⁴⁻⁷

ALKINDI SPRINKLE is designed to provide accurate dosing with its flexible dosing options.



ALKINDI SPRINKLE helps you get the dosing right without pill splitting, pill crushing, or compounding.

Just combine the color-coded capsules for the desired dosage amount.

Always give ALKINDI SPRINKLE exactly as prescribed by your doctor.

Just combine the color-coded capsules for the desired dosage amount.

*When the entire dose is administered as directed.

†For eligible, commercially insured patients.

USE

ALKINDI SPRINKLE is a prescription medicine used in children from birth to less than 17 years old as replacement therapy when the adrenal gland is not making enough cortisol.

IMPORTANT SAFETY INFORMATION

Always give ALKINDI SPRINKLE exactly as your doctor has directed.

Do not take ALKINDI SPRINKLE if you are allergic to hydrocortisone or any of its other ingredients.

Adrenal Crisis: giving too low a dose or stopping medication can cause low levels of cortisol, which can result in serious illness or death. Treatment with intravenous hydrocortisone should be started immediately. When switching from another type of hydrocortisone to ALKINDI SPRINKLE, watch your child closely for any changes. If your child doesn't get the entire dose of ALKINDI SPRINKLE because of vomiting or spitting some granules out, contact your doctor to see if another dose is needed.

Infections: all infections should be treated seriously, and stress dosing of hydrocortisone should be started early. Taking ALKINDI SPRINKLE should not stop your child from being vaccinated but let your healthcare provider know prior to vaccination.

Growth Retardation: the long-term use of corticosteroids in high doses may cause growth retardation in children.

Decrease in Bone Density: corticosteroids can affect your child's bone growth and strength.

Cushing's Syndrome Due to High Doses of Corticosteroids: treatment with high doses of corticosteroids can cause Cushing's Syndrome. Treatment should be limited to the smallest dose required, and your child's growth and development monitored appropriately.

Changes in Vision: tell your doctor if your child has blurred vision or other vision problems during treatment with ALKINDI SPRINKLE.

Psychiatric Changes: corticosteroids can change your child's behavior or mood. Tell your doctor if your child has periods of extreme happiness, extreme sadness, hallucinations, or depression.

Gastrointestinal Reactions: tell the doctor if your child has stomach pain, upset stomach, black, tarry stools, or vomiting of blood. These could be signs of ulcers or tears in the stomach or intestines. Taking anti-inflammatory nonsteroidal drugs, like ibuprofen, naproxen, or aspirin, can increase the risk of ulcers or tears.

The most common side effects of ALKINDI SPRINKLE include retaining fluids, changes in glucose tolerance, high blood pressure, behavioral and mood changes, greater appetite, and weight gain.

Please visit [ALKINDISPRINKLE.com/patient](https://www.alkindisprinkle.com/patient) for more information.

You are encouraged to report negative side effects of prescription drugs by contacting Eton Pharmaceuticals, Inc. at 1-855-224-0233 or the U.S. Food and Drug Administration (FDA) at www.fda.gov/safety/medwatch or call 1-800-FDA-1088.

Please see [Prescribing Information](#) for more information.

References:

<https://caresfoundation.org/wp-content/uploads/2024/02/References-for-CARES-Foundation-Monthly-Update-March-2024.pdf>



ASK THE EXPERT

Dr. Karen Lin Su

CARES Medical Director

Do you need expert medical advice before your next appointment?

Do you have unanswered questions about your treatment?

Then, **DON'T FORGET** about our program!

Questions answered, worries alleviated, suggestions offered, CAH medical advice for you and your loved ones.

You must be registered with CARES to use this service. To join, click: <https://caresfoundation.org/join-the-cares-community/>
CLICK HERE: <https://caresfoundation.org/ask-the-expert/> to visit this page



PREGUNTA EL EXPERTO

Dr. Alejandro Diaz

Director of the Division of Endocrinology at Nicklaus Children's Hospital in Miami

¿Necesita asesoramiento médico experto antes de su próxima cita?

¿Tiene preguntas sin respuesta sobre su tratamiento?

¡NO TE OLVIDES de nuestro programa!

Preguntas respondidas, preocupaciones aliviadas, sugerencias ofrecidas, consejos médicos de CAH para usted y sus seres queridos.

Debe estar registrado en CARES para utilizar este servicio.
Para unirte, haz clic en: <https://caresfoundation.org/join-the-cares-community/>
Haga clic aquí: <https://caresfoundation.org/pregunta-el-experto/> para visitar esta pagina.

VISIT BOTH YOUR HOME'S AND SCHOOL'S EMS/FIREHOUSE!



TO BE PREPARED FOR AN EMERGENCY, YOU MUST MAKE SURE YOUR LOCAL FIREHOUSE AND/OR EMS STATION IS AWARE OF YOUR OR YOUR CHILD'S ADRENAL INSUFFICIENCY/CAH STATUS! WE URGE YOU TO VISIT YOUR FIREHOUSE/EMS STATION RIGHT AWAY!

[CLICK HERE](#) FOR OUR EMS ADVOCACY PAGE, WHERE YOU WILL FIND HELPFUL RESOURCES AND DOCUMENTS!

MAKE SURE TO VISIT THE **WHAT'S HAPPENING NOW & EVENTS PAGES ON OUR WEBSITE TO STAY UP TO DATE ON IMPORTANT INFORMATION AND EVENTS!**

WHAT'S HAPPENING NOW

&

EVENTS

Medically-Safe Summer Camps



For more information regarding the below Summer Camps, please visit: <https://caresfoundation.org/cah-medically-safe-camps/>



This summer at Double H Ranch, hundreds of kids living with serious illnesses will have the chance to experience camp in a unique way—purposefully designed, fully adapted, and medically safe. Our team of trained staff and licensed medical professionals ensure a safe environment so your camper can focus on having fun. All programs are FREE of charge.

Camper activities

- o Archery
- o Arts & Crafts
- o Boating
- o Fishing
- o High Ropes Course
- o Horseback Riding
- o Swimming
- o Talent Show
- o And So Much More!



2024 CAMP DATES

- SESSION 1: JUN 20-25
- SESSION 2: JUN 28-JUL 3
- SESSION 3: JUL 6-11
- SESSION 4: JUL 15-20
- SESSION 5: JUL 23-28
- SESSION 6: JUL 31-AUG 5
- ALUMNI: AUG 8-12

BASIC CAMPER ELIGIBILITY

- o Medically Qualifying Diagnosis of one of the following... CAH, Cancer, Collagen Vascular Diseases, Congenital Cardiac Defects, Hemophilia/von Willebrand's, Inflammatory Bowel Diseases, Immune Disorders/HIV, Mitochondrial or Metabolic Diseases, Select Neuromuscular Disorders, Select Rare Diseases, Shunt Dependent Hydrocephalus, Solid & Visceral Organ Transplant, or Sickle Cell Anemia
 - o Campers aged 6-16 years old for Sessions 1-6. Campers aged 17-21 who have previously attended a Double H program for the Alumni Session.
 - o Cognitive age of at least 6 years old.
- Campers are asked to submit an online application with a current physical form and immunization record.



Scan to visit doublehranch.org for details & application.

QUESTIONS? CONTACT: **Tara Bogucki, Admissions Director** tbogucki@doublehranch.org 518-696-5676 x 222



Double H Ranch, located in New York's Adirondack park, provides specialized programs and year-round support for children and their families dealing with life-threatening illnesses. All programs are FREE of charge. Founded by Charles R. Wood & Paul Newman

COME TO SUMMER CAMP!



Camp Korey is more than a camp, it's a place where children with life-altering medical conditions can just be kids, completely free of charge.

At Camp Korey kids receive the specialized medical care they need, while also enjoying a fun and unforgettable camp experience! Our unique combination of camp fun and pediatric medical care provides parents, guardians, and campers with peace of mind.

ELIGIBLE CAMPER CONDITIONS INCLUDE BUT ARE NOT LIMITED TO:

- Genetic Bone Disorders
- Reconstructive Pelvic Medicine
- Cancer and Blood Disorders
- Bone Marrow + Solid Organ Transplants
- Cardiac Disorders
- Genetic and Chromosomal Abnormalities
- Neurologic Conditions
- Craniofacial Abnormalities
- Bladder Extrophy

Please reach out to admissionsteam@campkorey.org or call (360) 416-4113 to see if your camper is eligible.

Apply today at campkorey.org!

CAMPER + FAMILY SESSIONS

Jun 30-Jul 3
General Conditions

Aug 18-21
General Conditions

CAMPER + BLOCK SESSIONS

Jul 7-11
Respiratory + Neurologic + General Conditions

Jul 14-18
Solid Organ Transplant + Cardiac

Jul 21-25
Skeletal Dysplasia + Metabolic Bone Disorders

Jul 27-30
Sibling Camp

Aug 4-8
Reconstructive Pelvic Medicine + Differences in Sex Development + Bladder Extrophy

Aug 11-15
Sickle Cell + Blood Disorders + Bone Marrow Transplant



Kidney Disease & Transplant and Adrenal Insufficiency Summer Session

This 5 day Summer Session is free for all who attend! (June 16-June 20)

Program Highlights

Enjoy activities like swimming, archery, fishing, ropes course, horseback riding, arts & crafts, and more! Each activity is designed with campers in mind.

- Cozy Cabins of up to 8 campers
- Cabin Counselors to ensure camper safety and fun!

Camper Requirements

- Between the ages of 7 & 16
- Have a minimum developmental age of 5 years
- Be able to function and participate in a group setting
- Able to communicate needs independently
- Can be without family members for the duration of the camp session (summer camp)

The following conditions are served during this session:

- Adrenal Insufficiency
- Congenital Adrenal Hyperplasia
- General Nephrology-decreased kidney function
- Kidney Disease and Transplant
- Peritoneal Dialysis

For more information please contact **Camper Admissions** at admissions@thepaintedturtle.org or 661-724-1768



Experience the mischief and magic of Over The Wall's free and transformative activity camps. Over The Wall help children and young people reach beyond the boundaries of their health challenge. We offer both residential camps and Camp in the Cloud, which is our camp-at-home experience. All of our services enable our campers to build confidence by trying new things, creating friends, having fun and making lifelong memories!

To find more information about Over the Wall and their upcoming activity camps, please visit: <https://www.otw.org.uk/types-of-camp/>

Dream Street

JUNE 30-JULY 3, 2024

APPLY ONLINE

dreamstreetfoundation.org
Call for more information:
(424) 333-1371

SUMMER CAMP
AGES 4-14

Doctors and nurses at camp all week!

Open to patients who are on treatment or have recently finished. Siblings welcome.
Camp and transportation provided free of charge.



A camp for children with chronic and life threatening illnesses



EXPERIENCE MORE AT CAMP! 2024

Campers with congenital adrenal hyperplasia generally qualify for the Rare Disease camp session held between July 20-25, 2024. They are also likely eligible for family camp weekends, as well as the Ranger or Trailblazer programs. For a full list of camp dates, please visit: <https://flyinghorsefarms.org/come-to-camp/camp-schedule/>

CAMP AT A GLANCE

- \$0 Cost to campers & families
- 200+ acres to explore
- An average of 90+ volunteers at each session
- 24/7 onsite medical care
- Located 40 minutes north of Columbus, Ohio and 90 minutes southwest of Cleveland, Ohio right off I-71

FIVE FAST & FUN REASONS TO EMBRACE CAMP

1. **WellNest Wellness:** For campers to experience all camp has to offer, their health and safety needs must be met—as a medical specialty camp, Flying Horse Farms prioritizes safety first.
2. **Challenge By Choice:** Campers are given the opportunity to embrace new experiences like exploring the ropes course, taking aim at archery, and diving in with friends at the pool.
3. **Sense of Belonging:** Campers build lasting bonds with peers who understand and see them beyond their diagnosis and form lifelong friendships.
4. **Self Advocacy:** Campers learn to navigate their medical conditions, confidently gain skills, and find new independence that is carried beyond a camp session.
5. **More Smiles:** Camp is a place where more smiles happen because kids get to be kids.

Flying Horse Farms is a medical specialty camp that provides healing, transformative experiences for children with serious illnesses and their families - free of charge. Campers range from 7-21 and have diagnoses including cancer, heart conditions, rheumatologic diagnoses, blood disorders, lung conditions, gastrointestinal disorders, craniofacial diagnoses, rare diagnoses, spinal cord diagnoses, and mental health conditions.

UPCOMING SUPPORT GROUPS

If you are interested in participating in any of the below meetings, please reach out to: support@caresfoundation.org

March 7

Parents of CAH Children (School-Aged/Teens/Young Adults), 8:30PM(ET)

March 14

Parents of CAH Children (Newborn-Age 5), 9:00PM(ET)

March 27

Spanish Speaking CAH Parents/Patients, 8:30PM(ET)

April 11

Parents of CAH Children (Newborn-Age 5), 9:00PM(ET)

May 9

Parents of CAH Children (Newborn-Age 5), 9:00PM(ET)

CARES Foundation plans to host more support group meetings via zoom in 2024. Please stay up to date with our calendar and social media for more information regarding upcoming support groups. If you have any questions regarding support groups, please contact: support@caresfoundation.org

If you have not already, make sure to like and follow our Facebook Page. Here you can also find a variety of our Private Facebook Support Groups.

[Congenital Adrenal Hyperplasia Support Network](#)

[VISIT HERE](#)





KRISPY KREME DONUTS TO SUPPORT **CARES Foundation**



**\$15
PER DOZEN**



**OVER 50%
DONATED BACK**



**ENDS
MARCH 12**

CARES Foundation is giving you the best reason to indulge in a dozen (or two) Krispy Kreme doughnuts this February. Place an order and pick yours up today! From now until March 12, 2024, 50% of your order will be donated back to CARES Foundation when you purchase via our fundraising sales page!

Simply buy online, visit your local store & redeem using your code.

<https://www.groupraise.com/offer-campaigns/38926>

Stay prepared with items from the CARES shop !!



Getting Ready for School/Camp Packet \$4.00

Medications to keep track of, signs and symptoms of illness to look for, and the need for appropriate and immediate action in case of emergency. This packet assists you in ensuring the health & safety of your child CAH while at school or camp.



Emergency Response Kit (Set of 3) \$5.00

Perfect for school, camp, clubs, sports, and leaving with the baby sitter! Clear, plastic, water-resistant bags just the right size for your Emergency Response Kit. Emergency wallet card and Emergency Instructions brochure are included.



Medical I.D. Shoe Tags -

\$5.50

Medical ID Shoe Tags are 2-ply red plastic oval tags (1"x1 1/2") with two holes (each 3/16" diameter). Laser engraved with medical ID logo on front side and personal info on back side for privacy.



Medical I.D. Luggage Tags

\$6.50

Luggage tag good for a purse/bag, backpack or suitcase. Includes emergency instruction card.



CARES Foundation Mug

\$13.00

Beautiful 17 oz. ceramic mug with CARES logo, website and signature heart! Use at home or at the office - a conversation starter for CAH awareness.



CARES Tote Bag

\$8.50

This RuMe® packable tote is made from 190T polyester. Features 4" bottom and side gussets for increased storage. Size: 15-1/2" x 15-1/2" x 4". Dark Gray/Black.

*For access to the full CARES Shop, please visit
<https://caresfoundation.org/cares-shop-ii/>*

PLEASE UPDATE YOUR ACCOUNT INFORMATION!

Without the proper fields completed, you may be susceptible to missing out on important information and events! You can click the link below to log-in and edit any incomplete fields.

Please contact john@caresfoundation.org if you are concerned about your account's status

[LOGIN TO YOUR ACCOUNT HERE](#)

CAH PARTNER 2024



Platinum
Transparency
2024

Candid.



2414 Morris Avenue, Union NJ 07083
(908) 362-0272

[MAKE A DONATION](#)

[JOIN OUR COMMUNITY](#)

[VISIT OUR WEBSITE HERE](#)