

FEBRUARY 2026



RARE DISEASE DAY FEBRUARY 28, 2026

We encourage all those affected by CAH to learn more about Rare Disease Day in 2026, and how you can help advocate for better treatment options and ultimately a cure!

In this month's update, find the latest surrounding important research, community news, upcoming events, support group meetings, and more!



- Community Research & Studies
- 18th Anniversary Everyone CARES Gala
- Upcoming Events & Fundraisers
- and more!

Follow us on social media for the most up-to-date news!



cares
CONGENITAL
ADRENAL
HYPERPLASIA FOUNDATION

www.caresfoundation.org

WHEN

The last day of February ever year.

WHAT

Rare Disease Day is a globally-coordinated, patient-led movement that raises awareness of rare diseases and their impact on the lives of the 300 million people living with them worldwide and their families.

The campaign works towards equity in:

- social opportunity,
- healthcare and,
- access to diagnosis and therapies.

WHERE

Thousands of events happen worldwide and online! EURORDIS – Rare Diseases Europe coordinates the campaign globally, while national alliances and other rare disease organisations host local events.

WHO

Everyone! The Rare Disease Day campaign brings together people living with rare diseases and their families, patient organisations, health professionals, researchers, institutions, drug developers, public health authorities, and policy makers. The more participants, the louder our voice!

HOW

Since its creation by EURORDIS in 2008, thousands of awareness-raising activities have taken place globally, reaching hundreds of thousands of people and generating local, national, and international media attention.

**BE A PART
OF GLOBAL
MOVEMENT!**

Check out our communication materials, including the official video, campaign posters, other downloadable resources, and toolkits that can easily be adapted to your language and needs. Visit rarediseaseday.org and click on 'Resources' in the menu.



Write to us at
rarediseaseday@eurordis.org

OVERARCHING PURPOSE!

Rare Disease Day strives for equity for people living with a rare disease. This goal shapes our annual campaign, letting national partners focus on what's most important in their country, like diagnosis, treatment, or social participation. Visit our website to learn more and how to adapt it locally.

GET INVOLVED

- Contact your local National Alliance or patient organisation
- Become a Friend of Rare Disease Day
- Share your story! Upload a photo, video, or story to our website
- Download and share our communication materials
- Raise awareness among children and teens with our translated toolkits
- Organise or join an awareness event (*find more on our interactive map*)
- Reach out to local media
- Join our Global Chain of Lights by lighting up a building, your workplace or your home in Rare Disease Day colours
- Follow us on social media
- Watch our capacity-building webinars
- Sign up for our newsletters

Rare Disease Day is a registered trademark. Please respect the spirit of Rare Disease Day and do not use the logo for commercial purposes

HOW TO TAKE PART IN #RAREDISEASEDAY! FEBRUARY 28, 2026

SHARING YOUR CAH STORY WITH OUR COMMUNITY

If you would like to share any part/parts of your CAH journey with us, please reach out to john@caresfoundation.org. The stories and perspectives shared can give others a sense of comfort in knowing that they are not alone on their CAH journey.

WAYS YOU CAN SHARE

- *A written entry of any length*
- *A video submission*

Submissions can be any length, and we ask that you also please send a photo to accompany any written entries. Entries can be sent directly to john@caresfoundation.org. If you have any questions about how to share your story via CARES Social Media on **#RareDiseaseDay2026**, please reach out to john@caresfoundation.org.

OR YOU CAN ALSO...

SEND US YOUR ARTWORK TO BE FEATURED ON OUR INSTAGRAM STORY!

On the next page, we have included an “**I AM RARE**” coloring sheet. Members of our community can color and have their art displayed on CARES’ social media & website! All you need to do is:

1. Print the next page
2. Color in with crayons, colored pencils, markers, etc.
3. Take a picture of/with the finished product
4. Send the picture to john@caresfoundation.org to be featured on our social media & website

If you post any pictures on your social media accounts, make sure to tag [@caresfoundation](https://www.instagram.com/caresfoundation) and use the hashtags: **#RAREDISEASEDAY #CARESFUNDATION #IAMRARE #CAH**



I AM
RARE



#RAREDISEASEDAY

RAREDISEASEDAY.ORG

18th Annual

EVERYONE CARES GALA SILVER SCREEN SOIREE

Saturday April 18, 2026 | 5:30-10:30PM

Sony Pictures Studios | Culver City, CA

Catering by: Wolfgang Puck | Attire: Black Tie Optional

HONORING

Dr. Richard Rink - Lifetime Achievement Award

Robert Farber, PhD - Pioneer Award

Sue Shirey - Community Partner Award



[CLICK HERE TO PURCHASE YOUR TICKETS!](#)

**EARLY BIRD TICKETS AVAILABLE UNTIL MARCH 13*

INTERESTED IN SPONSORING THIS YEAR'S EVENT?

Visit: <https://caresfoundation.org/18th-annual-everyone-cares-gala/> to learn more.

SILENT & LIVE AUCTION

Once again, we will be having our highly anticipated Silent & Live Auctions at this year's event. If you, or any you know are interested in donating Auction Items, please email: odaly@caresfoundation.org **by no later than April 6, 2026.**

E-JOURNAL ADS, UNDERWRITING & DONATIONS

By purchasing an E-Journal Ad, Underwriting Opportunity, or by donating to this event, you are directly supporting those affected by CAH. Each opportunity grants you or your business visibility at this year's Gala, depending on the level in which you choose.

To learn more, visit: <https://caresfoundation.org/18th-annual-everyone-cares-gala/>.



QUESTIONS?

If you have any questions about the 18th Annual Everyone CARES Gala, please email contact@caresfoundation.org or visit our Gala webpage.

We hope to see you there!



**1st
Annual**

cares
CONGENITAL
ADRENAL
HYPERPLASIA FOUNDATION

Texas CAH Awareness Walk

When: March 21, 2026

Check-In: 9:30AM Starts: 10:00AM

Where: O. P. Schnabel Park, San Antonio, TX

**REGISTER BY 12:00PM(ET) MONDAY, MARCH 2, 2026
TO RESERVE AN EVENT T-SHIRT!**

Learn More/Register

If you would like to register for this event, please visit:

<https://caresfoundation.org/annual-texas-cah-awareness-walk/>

Can't Attend but want to donate?

Donations can be made towards this event by visiting:

<https://caresfoundation.app.neoncrm.com/forms/annual-texas-cah-awareness-walk>



Annual

Pennsylvania CAH Awareness Walk

When: May 16, 2026

Check-In: 9:30AM Starts: 10:00AM

Where: North Park, Allison Park, PA

**REGISTER BY 12:00PM(ET) MONDAY, April 27, 2026
TO RESERVE AN EVENT T-SHIRT!**

Learn More/Register

If you would like to register for this event, please visit:

<https://caresfoundation.org/annual-pennsylvania-cah-awareness-walk/>

Can't Attend but want to donate?

Donations can be made towards this event by visiting:

<https://caresfoundation.app.neoncrm.com/forms/2026-annual-pennsylvania-cah-awareness-walk>



Florida CAH Awareness Walk

When: May 16, 2026

Check-In: 9:30AM Starts: 10:00AM

Where: Sand Point Park, Titusville, FL

**REGISTER BY 12:00PM(ET) MONDAY, April 27, 2026
TO RESERVE AN EVENT T-SHIRT!**

Learn More/Register

If you would like to register for this event, please visit:

<https://caresfoundation.org/annual-florida-cah-awareness-walk/>

Can't Attend but want to donate?

Donations can be made towards this event by visiting:

<https://caresfoundation.app.neoncrm.com/forms/8th-annual-florida-cah-awareness-walk>



SAVE THE DATE!

11TH ANNUAL

CLAY SHOOT FOR CARES

THURSDAY, OCTOBER 8, 2026

LEHIGH VALLEY SPORTING CLAYS

JOIN US for clay-shooting fun in beautiful Lehigh Valley, PA!



SAVE THE DATE!



2026 ANNUAL

PATIENT EDUCATION CONFERENCE

Saturday & Sunday, October 17 & 18, 2026

New York Presbyterian-Weill Cornell Medical Center, New York, NY

Please join us for this year's **2026 Annual CARES Foundation Patient Education Conference!**

We are looking forward to a weekend filled with informative speakers & helpful breakout sessions, the chance to meet & connect with other patients, parents, families, medical professionals, and more!





CONGENITAL ADRENAL HYPERPLASIA

PATIENT EDUCATION GUIDE

[CLICK HERE FOR DIGITAL VERSION](#)



[SCAN TO VIEW](#)

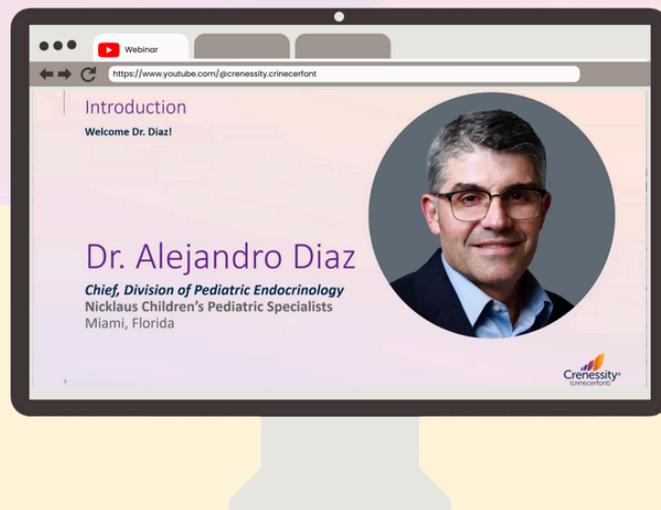
On-Demand Webinar: Learning More About classic CAH and CRENESSITY

Educational Webinar

An on-demand resource for patients, caregivers, and families affected by CAH

We're pleased to share an on-demand recording of an educational webinar now available on the CRENESSITY YouTube channel in the "Patient Webinars" playlist.

Whether you're new to CAH or looking to refresh your knowledge, we hope this webinar is a helpful resource for you and your loved ones.



[Watch it here!](#) →

Watch the webinar anytime on the CRENESSITY YouTube channel.

Approved Uses:

CRENESSITY (crinecerfont) is a prescription medicine used together with glucocorticoids (steroids) to control androgen (testosterone-like hormone) levels in adults and children 4 years of age and older with classic congenital adrenal hyperplasia (CAH).

IMPORTANT SAFETY INFORMATION

Do not take CRENESSITY if you: Are allergic to crinecerfont, or any of the ingredients in CRENESSITY.

CRENESSITY may cause serious side effects, including:

Allergic reactions. Symptoms of an allergic reaction include tightness of the throat, trouble breathing or swallowing, swelling of the lips, tongue, or face, and rash. If you have an allergic reaction to CRENESSITY, get emergency medical help right away and stop taking CRENESSITY.

Risk of Sudden Adrenal Insufficiency or Adrenal Crisis with Too Little Glucocorticoid (Steroid) Medicine. Sudden adrenal insufficiency or adrenal crisis can happen in people with congenital adrenal hyperplasia who are not taking enough glucocorticoid (steroid) medicine. You should continue taking your glucocorticoid (steroid) medicine during treatment with CRENESSITY. Certain conditions such as infection, severe injury, or shock may increase your risk for sudden adrenal insufficiency or adrenal crisis. Tell your healthcare provider if you get a severe injury, infection, illness, or have planned surgery during treatment. Your healthcare provider may need to change your dose of glucocorticoid (steroid) medicine.

Before taking CRENESSITY, tell your healthcare provider about all of your medical conditions including if you: are pregnant or plan to become pregnant, or are breastfeeding or plan to breastfeed.

Tell your healthcare provider about all the medicines you take, including prescription and over-the-counter medicines, vitamins and herbal supplements.

The most common side effects of CRENESSITY in adults include tiredness, headache, dizziness, joint pain, back pain, decreased appetite, and muscle pain.

The most common side effects of CRENESSITY in children include headache, stomach pain, tiredness, nasal congestion, and nosebleeds.

These are not all the possible side effects of CRENESSITY. Call your healthcare provider for medical advice about side effects. You are encouraged to report negative side effects of prescription drugs to the FDA. Visit MedWatch at www.fda.gov/medwatch or call 1-800-FDA-1088.

Dosage Forms and Strengths: CRENESSITY is available in 50 mg and 100 mg capsules, and as an oral solution of 50 mg/mL.

Please see full [Prescribing Information](#) and [Patient Information](#).

Be a hero for the CAH community!



Help improve treatment and care for others with CAH by participating in the CAHtalog[®] Registry. CAHtalog is a comprehensive collection of clinical data from medical records from those living with classic congenital adrenal hyperplasia (CAH), designed to drive advancements in CAH research.

CAHtalog is open to adults and caregivers on behalf of their children living with classic CAH and who receive medical care in the United States.

Sign up on CAHtalog.com in less than 10 minutes. Here's what you can expect:



After signing up, sit back and relax

Nothing else is required. PicnicHealth will collect your medical records on your behalf.



We take your privacy seriously

All personal identifying information will be removed from your medical records



Receive comprehensive access to your medical history as a benefit of participating in CAHtalog:

-  PicnicHealth will organize your records from multiple providers so you can easily track your lab values, medications, images, and doctor's notes—all from your electronic device.
-  Share your medical history with anyone you trust, anywhere, anytime.
-  You'll earn \$50 for joining once you qualify, with the option to participate in additional compensated surveys.



Expectations when administering ALKINDI SPRINKLE

Many caregivers understand the challenges of giving medication to children, especially when it involves compounding medicine or splitting or crushing tablets. ALKINDI SPRINKLE® (hydrocortisone) oral granules is designed to help provide accurate dosing, but it's important to know what to expect.

How to administer ALKINDI SPRINKLE

ALKINDI SPRINKLE is designed to be given in a way that supports ease of use and accurate dosing.

 <p>Pour granules directly onto a small amount of soft food or directly into your child's mouth.</p>	 <p>Do not crush, dissolve, or have your child chew the granules, as this may affect absorption.</p>	 <p>Ensure your child swallows the full dose by giving a sip of water or formula immediately after.</p>
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For additional guidance on administering ALKINDI SPRINKLE, download the full [Administration Tips Guide](#), which offers helpful insights to support accurate dosing.

Taste and texture of ALKINDI SPRINKLE

While ALKINDI SPRINKLE makes administration easier, its texture may be new for some children:

- **Taste:** Neutral, with no strong flavor, but the feeling of granules may be unfamiliar to some children
- **Texture:** Granules may feel slightly gritty, different from the smooth textures of foods like applesauce or yogurt

Knowing what to expect can help make each dose a smooth and successful experience for your child.



\$0 copay*

Covered by Medicaid in all 50 states

*Commercially eligible patients can pay \$0 per month. Restrictions, limitations, and/or eligibility requirements may apply.

Watch this video to learn how to dose and administer ALKINDI SPRINKLE



USE AND IMPORTANT SAFETY INFORMATION

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.

Immunosuppression and Increased Risk of Infection with Use of a Dosage Greater Than Replacement: Use of a greater than replacement dosage can suppress the immune system and increase the risks of new infections or exacerbation of latent infections with any pathogen, including viral, bacterial, fungal, protozoan, or helminthic infections. Monitor patients for signs and symptoms of infections.

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.

Vaccination: Administration of live vaccines may be acceptable in ALKINDI SPRINKLE-treated pediatric patients with adrenocortical insufficiency who receive replacement corticosteroids.

Please visit 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 full Prescribing Information for more information.

Reference: 1. ALKINDI SPRINKLE. Package insert. Eton Pharmaceuticals, Inc; 2024.

Are You or Your Child Facing Challenges Due to CAH?

Consider Joining a Clinical Research Study



Crinetics is a pharmaceutical company that develops much-needed therapies for people with endocrine diseases. We are currently enrolling adults and children who have been diagnosed with classic congenital adrenal hyperplasia (CAH).

The Calm-CAH (adult) and Balance-CAH (pediatric) studies are looking to understand the safety and effectiveness of an investigational study drug, atumelnant, whether it may reduce the dosage needed for steroid medications like glucocorticoids (GCs), and how it may help manage symptoms of CAH.

To participate in these studies, you or your child must:

- Be 1 to 74 years of age
- Have received a diagnosis of classic CAH
- Be on a stable GC regimen (for example: modified-release hydrocortisone, cortisone acetate, prednisolone, prednisone, methylprednisolone, and dexamethasone)

Additional requirements apply, which the study team will discuss with you.

Atumelnant is an investigational study drug, which means it has not been approved by any regulatory authority and is still under investigation as a potential treatment for CAH.



Balance-CAH



Calm-CAH



To learn more or to see if you or your child may qualify, scan the QR code or visit CrineticsCAH.com.

Crinetics Pharmaceuticals released results from cohort 4 of their phase 2 TouCAHn study, along with interim findings from their Open Label Extension (OLE) study of the investigational medication atumelnant in people with classic CAH.

Please read the full press release by clicking [HERE](#)



NP-ATM-0001-1 1/2026



Online Survey Opportunity for Adults Living with Classic Congenital Adrenal Hyperplasia (CAH)

A new research study is recruiting adults living with classic CAH to participate in an online survey study. Eligible participants are adults in the United States who have been diagnosed with classic CAH by a healthcare provider. Participants will use their computer or mobile device to complete 2 online surveys that ask about their **symptoms and experiences living with CAH**. The surveys will take less than an hour. Participants will receive payment for completing the surveys. If you are interested in participating in this study, please contact Global Perspectives at eirini.kamperou@iqvia.com. Please include this subject line in your email: CAH Online Survey.

Contact: eirini.kamperou@iqvia.com





CARES Foundation's Podcast...

CAH Pulse

Season 2 | Episode 12:

Non-Classical CAH - Fertility Treatment and the Importance of Genetic Testing

In this final episode of Season 2 – Stephanie and Dina are joined by leading CAH experts, Drs. Witchel and Auchus. This episode was made to provide a deeper understanding of the differences between salt-wasting CAH (classical) and non-classical CAH which is often misunderstood, frequently under-diagnosed, and highly individualized.

The experts share their thoughts on if and when treatment makes sense, how this condition is often diagnosed, the risks of early puberty, fertility considerations, and much more! You will learn about the genetics and inheritance of non-classical vs classical and most notably the importance of expert care given the wide spectrum of variables in non-classic CAH.

Enjoy this poignant episode where Stephanie and Dina will unlock the mysteries of non-classical CAH.

Catch up on all of the latest episodes from Season 1 & 2 of CAH Pulse!

Recent Episodes:

Season 2 | Episode 11

Dimitri: The Long Game of Drug Discovery

Season 2 | Episode 10

Brittany: Demanding Change After a Lack of Answers and Getting Nowhere

Season 2 | Episode 9

Kristina: We're going to call your baby... 'Baby'" - Removing the Stigma from CAH

Season 2 | Episode 8

Lesley and Louise: No Shame! Putting an End to the Secrecy of CAH

Season 2 | Episode 7

Tim: "Go Live Your Life as Normally as Possible" But...Nothing About CAH is Normal



To listen to these episodes and all past episodes, **scan the QR Code** or visit: cahpulse.podbean.com.

Do you want to be a guest on CAH Pulse?

If you have any interest on being a guest on our podcast, please contact: dina@caresfoundation.org.



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



Did you know that most ambulances do not carry Solu-cortef®?

Furthermore, that they are not allowed to administer the shot even if you have it? We are at work to develop EMS protocols for emergency medical treatment of CAH and other adrenal insufficiencies. Too many people suffer from delayed medical care in emergency situations.

A well-planned visit to your firehouse and/or EMS station could save your life or the life of a loved one.

While on this visit, give them printed out materials that you can download from our website. These include helpful tips for your visit, our emergency instructions brochure, and advice on how to call attention to CAH/AI treatment by having them flag your residence for this condition.

Visit: <https://caresfoundation.org/be-prepared-in-an-emergency/>

Be Prepared for Travel! **Stay prepared in the event of an emergency**

We want to remind you that there are great resources for travel, emergency situations, and available in our shop to ensure that you are well-prepared no matter where you are.

We encourage you to visit both of our [Be Prepared in an Emergency](#) and [EMS Advocacy](#) pages on the CARES Website. Here you will find a variety of tools such as:



- Information regarding signs of adrenal crisis
- [CARES Emergency Instructions Brochure](#)
- Printable Medical ID Cards
- [Medication Safety Alert Letter](#)
- [Emergency Instruction Video](#)
- [The PACE \(Preventing Adrenal Crisis Events\) App](#)
- Links to many helpful items in [the CARES Shop](#)

If you have any ideas for helpful tools/resources that we may be able to offer/provide, please do not hesitate to reach out to contact@caresfoundation.org.

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.

Now Available in Spanish

SCAN TO DOWNLOAD!



(APPLE APP STORE)

This application can also be found on the Apple App Store, by searching “PACE by ChaiCore”.



(GOOGLE PLAY STORE)

This application can also be found on the Google Play Store, by searching “PACE by ChaiCore”.





SHARE YOUR STORY WITH CARES! EMERGENCY CRISIS/EMERGENCY ROOM EXPERIENCES

We ask that you please share any negative/unacceptable experiences you have had at while in a crisis situation/emergency room visit concerning you/your loved one's congenital adrenal hyperplasia (CAH).

WE NEED YOUR VOICE! We intend to compile these experiences together and share them with providers and legislatures in an effort to improve the nature of these situations going forward. Stories can be shared anonymously, and we encourage you to share as much as possible.

If you are interested in submitting your **Emergency Experience** with CARES, [please submit your story here](https://caresfoundation.app.neoncrm.com/survey.jsp?surveyId=41&) (<https://caresfoundation.app.neoncrm.com/survey.jsp?surveyId=41&>) reach out to dina@caresfoundation.org with your story.



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.

Register 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 unirse, haz clic en: <https://caresfoundation.org/join-the-cares-community/>

Haga clic aquí: <https://caresfoundation.org/pregunta-el-experto/> para visitar esta pagina.



Mon.	Tues.	Wed.	CARES Event Calendar	Thurs.	Fri.	Sat.
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Stay up-to-date on everything happening in our community, by visiting the [Event Calendar!](#)



1st Annual
Texas
CAH Awareness Walk



Annual
Pennsylvania
CAH Awareness Walk



8th Annual
Florida
CAH Awareness Walk



3rd Annual
Iowa
CAH Awareness 5K



6th Annual
Ohio
CAH Awareness Walk

**Stay tuned for more CAH Awareness Walks in 2026*

See more upcoming events, support group meetings, and family fundraisers by clicking below!

[Click here to see the full CARES Foundation Event Calendar](#)

CARES Foundation's Support Groups via Zoom

Thursday, February 12

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

Wednesday, February 25

Young Adults (Ages 17-19), 9:00PM(ET) via Zoom

Thursday, March 5

Parents of CAH Children (School-aged, Teens, Young Adults), 8:30PM(ET) via Zoom

Thursday, March 12

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

If you are interested in participating in any of the above meetings, please reach out to: support@caresfoundation.org. **YOU MUST BE PART OF THE CARES COMMUNITY TO JOIN.**

(Free to join) Join by visiting: <https://caresfoundation.org/join-the-cares-community/>

Please remain active on CARES social media, and make sure you are checking your email/ the [CARES Event Calendar](#) regularly for any support group updates. If you have any questions regarding support groups, please contact: support@caresfoundation.org.

2026 **SPRING** SCHEDULE

FEB-MAR | ► **VJ FAMILY WEEKEND (GENERAL SESSION)***
27-1 | *Fri. - Sun.*

MAR | ► **GOLDEN TICKET FAMILY WEEKEND #1***
6-8 | *Fri. - Sun.*

APR | ► **GOLDEN TICKET FAMILY WEEKEND #2**
10-12 | *Fri. - Sun.*

APR | ► **AUTISM FAMILY WEEKEND**
17-19 | *Fri. - Sun.*

*Flu shots are required for this program.

Golden Tickets mean all things new at VJ! We want to extend a special invitation to all families who have never attended a VJ program and/or those that have never attended a family weekend.

At Victory Junction, we enrich the lives of children who are living with complex medical and physical needs by providing life-changing, fun, and empowering camp experiences at no cost to families. During Family Weekends we serve ages 3-17.

Questions?: camperadmissions@victoryjunction.org | (336) 495-2069



IT'S FREE!



✦ **Grow in CONFIDENCE. Gain INDEPENDENCE.** ✦
✦ **Make your new BEST FRIEND** ✦



Become a Camper!

- ✦ Summer independent camps and seasonal family retreats
- ✦ Accessible programming and facilities
- ✦ Every camper attends CCK completely FREE of charge

Adventure, Friendship, and Fun Await at Camp!

With activities like fishing, boating, horseback riding, arts and crafts, woodshop, mini golf, bowling, swimming, and more, every day at camp is a new adventure! Your child will try new things, build confidence, and form lasting friendships in a safe, supportive, and fun-filled camp environment.

24/7 Supervision by Caring Experts

At CCK, your child's safety and well-being are our top priorities. While they laugh, play, and explore, they are supported around the clock by a dedicated team of medical and camp professionals who understand their needs.

Scan here to see our 2026
schedule and camper
application!



Questions? Call 270-618-2900
and ask for a Camper Recruiter.

Grow in CONFIDENCE. Gain INDEPENDENCE. ✨
Make your new BEST FRIEND ✨



2026 Camp Schedule

Spring Family Retreats:

- Feb. 27th-March 1st-Physical Disabilities
- March 6th-8th: Diabetes
- March 13th-15th: Autism
- March 20th-22nd: Down Syndrome
- March 27th-29th: Narcolepsy
- April 17th-19th: Visual Impairment
- May 1st-3rd: Sickle Cell

Summer Independent Camps:

One sibling may attend independent camp along with the diagnosed camper

- June 2nd-6th: Hematology, Oncology, & Sickle Cell
- June 9th-13th: Cardiology & Pulmonology
- June 17th-20th: Physical Disabilities
- June 23rd-27th: Hearing Loss
- June 30th-July 2nd: Autism
- July 7th-11th: Epilepsy, Neurological Disorders & Narcolepsy
- July 14th-18th: Diabetes

Summer Family Camps:

- July 21st-25th: XLH & Rare Bone Disorders
- July 28th-Aug. 1st: Pediatric Pain
- Aug. 4th-8th: Trisomy 13 & 18

Fall Family Retreats:

- Sept. 11th-13th: SpinaBifida
- Sept. 25th-27th: DeafBlind/Dual Sensory Loss
- Oct. 2nd-4th: Epilepsy
- Oct. 9th-12th: Rett Syndrome
- Oct. 16th-18th: Muscular Dystrophy
- Oct. 23rd-25th: Cardiac
- Oct. 30th- Nov. 1st: Osteogenesis Imperfecta
- Nov. 13th-15th: Diabetes



Have you joined any of our Private Facebook Groups?

CARES Foundation's private Facebook groups are a great way to connect with members of our community and share your experiences.

3 Beta Women

11 Beta

17 Hydroxylase

Adoption & CAH

Bereavement Support Group

CAH Athletes

CAH Partners/Spouses

CAH Women 50+

CAH-X (CAH + EDS)

CARES Support Group Leaders

Classic CAH Women

Grandparents of CAH Children

LGBTQIA+

Men w/ CAH

Men and Dads with Sons with CAH

Mexico CAH

Newborns

Parents/Caregivers of Girls with NCAH

Parents/Caregivers of Teens with CAH

Parents of College Students with CAH

Parents of Kids with CAH

Parents of Kids with NCAH

Parents of Young Adults (Ages 20-35)

Surgery

Teens with CAH

Young Adults with CAH (Ages 21-35)

To join our private Facebook groups, you must **request access** by visiting [Congenital Adrenal Hyperplasia Support Network on Facebook](#). From our page, select **MORE**, then **GROUPS**. (If on a mobile device: **ABOUT**, then **GROUPS**). You should now be able to view and click on the group/groups that you are interested in, and can then request access to join those specific groups/groups.

If you are having trouble accessing a certain group, or have any outstanding requests for access, please do not hesitate to contact john@caresfoundation.org.

JOINING THE CARES COMMUNITY

We encourage patients, family members, relatives, medical professionals, and others who are impacted by CAH to join our community. This account is completely free to create, and the best way to stay up-to-date on all important information, news, research, events, and more within the CARES Community!

[JOIN THE CARES COMMUNITY](#)

PLEASE UPDATE YOUR ACCOUNT!

Without the proper fields completed, **you may be susceptible to missing out on important information and events!** Please [click the link below to login](#) to your account with CARES to edit any incomplete fields in your profile.

If you are having trouble accessing your account, or have any questions surrounding your profile, please do not hesitate to reach out to: contact@caresfoundation.org.

[LOGIN TO YOUR ACCOUNT HERE](#)





THE CARES SHOP

STOCK UP SOME OF THE IMPORTANT EMERGENCY ITEMS & RESOURCES THAT CAN BE FOUND IN OUR SHOP!

View our full catalog at: <https://caresfoundation.org/the-cares-shop/>

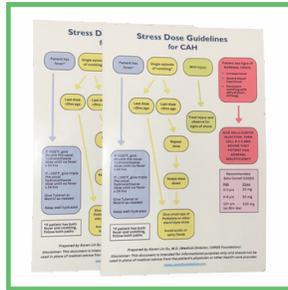
CHECK OUT OUR NEWEST ITEMS!



CAH PULSE COFFEE MUG

\$8.00

New CARES Foundation coffee mug (17oz.) with CARES and CAH Pulse Podcast Logos, CARES Website, and Phone.



CARES STRESS DOSING MAGNET

\$2.00

Stress dosing guidelines in a convenient 4" x 6" magnet to be placed in your home.



ADRENAL INSUFFICIENCY

CAR SEAT STRAP

\$12.00

Velcro pullover strap to go over seatbelts to identify adrenal insufficiency in an emergency



MEDICAL I.D.

LUGGAGE TAGS

\$6.50

Medical Alert I.D. for luggage, backpacks, and other items when traveling



EMERGENCY

SYRINGE BAG

\$5.50

Durable semi-translucent carry-case for syringe or other emergency items



EMERGENCY RESPONSE

KIT (SET OF 3)

\$5.00

Includes 3 semi-translucent kits, and emergency instructions brochure & checklist

If you are having any trouble with your order, we ask that you please do not hesitate to reach out to our office via phone (toll-free) or email.

Email: contact@caresfoundation.org | Phone (Toll-Free): (866) 227-3737

PLEASE NOTE (INTERNATIONAL ORDERS ONLY):

If you are shopping outside of the Continental U.S., please contact us at contact@caresfoundation.org before making any purchases. Shipping rates will vary.



CAH PARTNER 2026

A special thank you to Neurocrine Biosciences,
for partnering with CARES Foundation in 2026!

www.neurocrine.com



2414 Morris Avenue, Suite 110, Union NJ 07083
(908) 364-0272 Toll Free (866) 227-3737

[MAKE A DONATION](#)

[JOIN OUR COMMUNITY](#)

Gold
Transparency
2025

Candid.

If you have any questions about this update or the contents inside, do not hesitate to reach out to john@caresfoundation.org with more information.

Thank you!

