

ArcHealth

Promoting Wellness. Driving Change. Empowering Voices.

No tricks, just treats - thanks for being a part of our community! Subscribe to ArcHealth to stay connected.

Questions or feedback? Contact us!
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Accessible Activities

Spooky season in Pennsylvania means plenty of fall festivals and seasonal events. Many are accessible, with parking options, paved paths, and even sensory-friendly spaces. Check your local community calendar for events near you, and don't forget to call ahead to confirm accessibility details. You can also browse a statewide events list from PA Travel.



You don't have to travel far to enjoy the season. Try pumpkin decorating with paints or stickers (much less messy than carving!), cozy up for a Halloween movie night, or bring autumn indoors with a fall craft or scented candle.

Get Involved

The Arc of PA Events:

Activities hosted by The Arc of PA, including ACRE trainings, IncludeMe series, and more!

MyODP Events:

Opportunities hosted by ODP for support groups, virtual physical education classes, and more!

Temple University Institute on Disabilities Events:

Learning opportunities, training series, and community engagement events hosted by Temple IOD.

Events Calendar from PA Autism:

A comprehensive calendar of events from different organizations across Pennsylvania.

Looking to get involved at your local Arc chapter? See information here.

WELLNESS Corner

With evenings growing darker, October is the perfect time to focus on restful routines. Try dimming the lights, turning off screens, or sipping a warm drink before bed. Small signals like these help your body wind down, making it easier to relax and get the deep, refreshing sleep you need.



Meet CADEN

A Journey of Persistence and Strength



For most of his childhood, Caden Capitani lived with pain that went undiagnosed. As a preschooler, he had an unusual running gait that people described as “cute” but was due to a vague pain in his leg. When he started school, he could not use stairs by alternating his feet and could not chew certain foods well which caused him to choke. Doctors attributed these initial symptoms to developmental delays. As the years went on, multiple areas of his body, such as his wrists and neck, became stiff. His toes became so swollen and misshapen that finding comfortable shoes was difficult.

Despite visiting multiple specialists in multiple healthcare systems, doctors often struggled to look beyond Caden’s primary diagnosis of Down syndrome. Many had no idea how to interact with him in a way that would allow him to describe what he was experiencing. One doctor told Caden’s mother, “Well, mom, he has Down syndrome. That’s just the way he is.” Frustrated, she asked, “Would that still be your reply if he had forty-six chromosomes? Or would you then at least treat his pain?” Caden spent years in physical therapy and was shuffled from one specialist to another without finding an answer as his immobility increased. He eventually used a wheelchair for activities requiring much walking or standing.

The turning point came in an unexpected place: the orthodontist’s office. After Caden received initial x-rays, his orthodontist noticed arthritis in his jaw. She referred him to a rheumatologist who quickly diagnosed him with juvenile idiopathic arthritis (JIA), an autoimmune disease. The rheumatologist was shocked by the ableism Caden had experienced and commented that it is possible to diagnose arthritis in infants with little patient feedback.

After receiving proper treatment (with weekly injections that Caden gives himself), the JIA is now in remission, and he is thriving. Though the years of uncontrolled disease left him with some permanent joint damage, Caden is busy making up for lost time. Now 20, he loves sports and being active. He has participated in bocce, ice hockey, field hockey, baseball, soccer, swimming, and Zumba. He enjoys music, dancing, and performing in musical theatre. He is in his final year of high school and is thrilled to have job placements in the middle school cafeteria and a neighborhood grocery store. Asked how he feels about his arthritis journey, Caden states, “I am healthy and strong now. I am Superman!”

Food for Thought

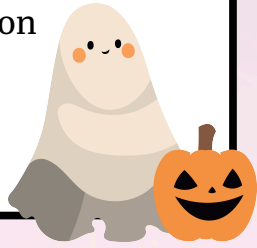
October brings the many flavors of fall - pumpkins, apples, cranberries, kale, squash, and more. Adding seasonal foods to your routine is a simple way to bring color and variety to meals.



We recommend taking a look at the [Pennsylvania produce calendar](#) to help you see what’s likely in harvest in your area. *(Keep in mind: the timing may vary a bit depending on where in PA you are and the year’s weather.)*

Monthly Observances

ADHD/ADD Awareness
Breast, Colon, & Liver Cancer Awareness
Depression & Mental Health Awareness
Down Syndrome Awareness
Dyslexia Awareness
Learning Disabilities Awareness
National Dental Hygiene
National Disability Employment Awareness
National Dwarfism Awareness
National Physical Therapy
National Sensory Processing Awareness
Organize Your Medical Information
Rett Syndrome Awareness
Spina Bifida Awareness
Talk About Prescriptions
Vision & Blindness Awareness



OCTOBER Awareness Round-Up

October isn't just about pumpkins, costumes, and trick-or-treating - it's also a month full of important health and wellness observances. Each observance this month helps us chase away stigma and build stronger support systems.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 International Day of Older Persons	2	Dysgraphia Awareness Day	4
5 National Primary Care Week Mental Illness Awareness Week	6 World Cerebral Palsy Day	7	8	9 World Sight Day National Depression Screening Day	10 World Mental Health Day	11
12 National Braille Week Bone and Joint Action Week	13	14	15 Global Handwashing Day	16 Sudden Unexpected Death in Epilepsy (SUDEP) Action Day	17 National Mammogram Day Developmental Language Disorder Awareness Day	18
19 Respiratory Care Week National Health Education Week National Healthcare Quality Week Invisible Disabilities Awareness Week	20	21 National Check Your Meds Day	22 International Stuttering Awareness Day	23	24 	25 Spina Bifida & Hydrocephalus Awareness Day
26	27	28	29	30 World Hypophosphatasia Day	31	

RFPs Closing Soon!

The Arc of PA has released a Request for Presentations for the **2026 Disability Health Action Summit** from March 10-11. For more information and RFP submission, [visit our website](#). RFPs are due on **October 17, 2025**.

ODP Health Alert

Office of Developmental Programs (ODP) has released a Health Alert with updated guidance for **respiratory illnesses and recommendations on the Flu, RSV and COVID-19 Vaccines**. You can review the alert [here](#).