

ArcHealth

Promoting Wellness. Driving Change. Empowering Voices.

This month, you'll meet Alexa and read about her experience living with a Baclofen Pump. We're exploring an accessible fall activity, highlighting a resource for nutrition, and spotlighting September awareness events and ways to get involved. Plus, see a call for RFPs!

Activities Without Barriers

We're officially in the *-BER* months, which means it's the perfect time to embrace the season.

With the leaves about to change, now's the moment to plan a trip to see the fall foliage. Wonders Within Reach has a great article highlighting some of the best wheelchair-accessible trails. Prefer to stay cozy in the car? You can always enjoy the colors on a scenic drive nearby.



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

As the days get shorter this September, don't forget to soak up the sunshine! Just 15–20 minutes outdoors can lift your mood, improve sleep, and give your body a natural boost of vitamin D. Whether it's a walk, a roll, or simply sitting outside, those small moments in the fresh air can go a long way for your well-being.



Meet Alexa

and the Device That Helps Her Do It All



Food for Thought

Looking for ways to support healthy eating and independent living? Accessible Chef is a great place to start. It offers visual recipes and simple tools to help individuals with IDD make basic meals and snacks.



Not only can you browse a wide selection of step-by-step recipes, but you can also create your own using the Recipe Creator - a free tool that lets you customize picture recipes to meet individual needs and preferences.

Hi, I'm Alexa Brill, Social Media Manager at The Arc of Pennsylvania. I have Cerebral Palsy, a neurological disability that affects my muscle tone and movement, including the tightness of my muscles. To help manage this, I use a very helpful device called a Baclofen Pump.

The Baclofen Pump delivers a precise amount of Lioresal® Intrathecal (a liquid form of baclofen) directly into the fluid surrounding my spinal cord, known as the intrathecal space. A surgeon places the pump just under the skin of the abdomen, and it's wirelessly programmed to release the medication when needed.

To learn more about the Baclofen Pump, check out this article from Medtronic.

Before I had this device, my muscles were extremely tight. I couldn't operate my power chair as well, or as independently, as I can now. Because I rely on my chair for so many things, that also meant I couldn't use my computer as effectively.

Without the pump today, I would not only continue to battle with my power chair, but I also wouldn't be able to:

- Use my iPad (which I rely on to control my entire house)
- Do my job
- Take care of my dog
- Go places by myself without requiring someone to stay with me

I am incredibly grateful for this advancement in medical technology and can't wait to see what comes next!

Do you have a personal health story or tip? Tell us!

Monthly Observances

Baby Safety
 Blood Cancer Awareness
 Childhood Cancer Awareness
 Craniofacial Acceptance
 FASD Awareness
 Healthy Aging
 National Emergency Preparedness
 National Guide Dog
 National Recovery
 National Sickle Cell Awareness
 National Suicide Prevention
 Newborn Screening Awareness
 Ovarian & Prostate Cancer Awareness
 Spinal Cord Injury Awareness
 World Alzheimer's

SEPTEMBER Awareness Round-Up

September is buzzing with health observances, from month-long campaigns to daily reminders. Each one is a chance to spark awareness, share resources, and celebrate healthier communities.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4 World Sexual Health Day	5	6
7 World Duchenne Awareness Day	8	9 International FASD Day	10 World Suicide Prevention Day	11 National Assisted Living Week Malnutrition Awareness Week Direct Support Professional Recognition Week	12	13
14	15 International Myotonic Dystrophy Awareness Day	16	17	18 World Mitochondrial Disease Week	19	20
21 World Alzheimer's Day	22	23 International Day of Sign Languages	24	25 International Ataxia Awareness Day	26 International Week of the Deaf	27
28	29	30				



RFPs Now Open!



The Arc of PA has released a Request for Presentations for the **2026 Disability Health Action Summit**. Due to great interest, the summit has expanded to 1.5-days, from March 10-11. The theme for this summit is *Beyond Barriers, Toward Solutions*. For more information and RFP submission, [visit our website](#).

