

arcHealth

Promoting Wellness. Driving Change. Empowering Voices.

Grateful for you in every season - thanks for being a part of our community! Subscribe to ArcHealth to stay connected.

Questions or feedback? Tell us! sebelhar@thearcpa.org (717) 234-2621



This November, celebrate gratitude and togetherness with a Friendsgiving that welcomes everyone to the table! Whether you're hosting at home, virtually, or at a community space, there are plenty of ways to make your gathering inclusive. Try soft lighting, quiet corners, and flexible seating options.

Not up for cooking? Gather for crafts, a gratitude board, or a movie night instead! However you celebrate, what matters most is creating space where everyone feels included.



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!

<u>Temple University Institute on</u> Disabilities Events:

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

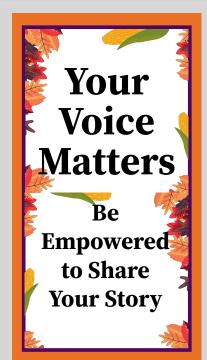
Events Calendar from PA Autism:

A comprehensive calendar of events from different organizations across Pennsylvania.

Looking to get involved at your <u>local Arc</u> <u>chapter</u>? See information here.

WELLNESS Corner

As we head into Thanksgiving season, remember to pause and give yourself a moment of gratitude. Each evening, think of three things that made your day brighter. Gratitude doesn't just lift your mood; it helps reduce stress and strengthen connections with others. A little thankfulness goes a long way toward a healthier, happier fall!



Every story has power, especially when it comes to healthcare. When people with intellectual and developmental disabilities speak up about their experiences, they help doctors, policymakers, and community members understand what true accessibility looks like.

Your story can highlight gaps in care, spark new ideas, or reassure someone who's just beginning their own healthcare journey. You don't need to be a writer or public speaker - advocacy starts with something as simple as telling your doctor what works best for you, or sharing feedback with your local Arc chapter.

If you've ever struggled to be heard in a medical setting, know that your perspective could make the next person's visit better. The Arc of PA and partners across the state are committed to lifting those voices.

Want to share your story? Email us at <u>sebelhar@thearcpa.org</u>. You might be featured in a future issue of ArcHealth!

Tips for Self-Advocacy in Healthcare

Know your condition.

Learn the basics of your diagnosis, treatment options, and any supports that help you manage daily life. Understanding your condition helps you explain your needs clearly.

Prepare before each visit.

Write down your questions, symptoms, and goals ahead of time. Having a list keeps the conversation focused on what matters most to you.

Bring support if you need it.

Ask a trusted friend, family member, or advocate to join you. They can help take notes, clarify details, and ensure your concerns are addressed.

Ask for what helps.

Whether it's extra time, clear communication, or a quieter waiting area, requesting accommodations isn't special treatment, it's your right to accessible healthcare.

Follow-up and share feedback.

After your appointment, make sure you understand next steps. Don't hesitate to ask for written instructions or follow-up calls. Your feedback helps improve care for others, too.

Food for Thought

] 2 3

Cook with confidence this Thanksgiving! No matter your ability, there are ways to help you be more independent in the kitchen. Not all utensils are created equal, and you might benefit from using adaptive tools.

Explore the <u>National</u> Center on Health, Physical Activity and Disability (NCHPAD)'s Guide for Adapted Kitchen Tools & <u>Utensils</u> to hear others' experiences and learn if something might help you.



Monthly Observances

Assistive Technology Awareness Bladder Health

COPD Awareness

Diabetic Eye Disease

Lung Cancer Awareness

Men's Health Awareness

National Alzheimer's Disease Awareness

National Diabetes

National Epilepsy Awareness

National Family Caregivers

National Healthy Skin

National Hospice and Palliative Care

National Marrow Awareness

Pancreatic Cancer Awareness

Prematurity Awareness

Stomach Cancer Awareness



November reminds us to appreciate caregivers, protect our health, and prepare for the winter season ahead. It's a month filled with awareness - use this as an opportunity to learn something new or pass along resources to your community!

Su	nday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
							1
	2	3	4	5 National Stress	6	7	8
				Awareness Day	National Diabetes Education Week National Radiologic Technology Week		
Diabet	tional 9 tes Heart	Global Usability Day	11	World Pneumonia Day	13	World Diabetes Day	International 15q Day
Conr	Connection	Junior 2 dy				•	Care Aide Week
	16	World ¹⁷ Prematurity Day	18	World COPD Awareness Day	Great American Smokeout Day	21	22
		Day				U.S. Antibiotic	Awareness Week
	23	24	25	26	National ²⁷ Family Health History Day	28	29
V.					HISTORY Day	GERD	Awareness Week
	30						

Save the NEW Date!

The Arc of PA invites you to save the date for the **2026 Disability Health Action Summit from** March 24-25. For more information, <u>visit our website</u>. We are currently welcoming organizations interested in sponsorship opportunities!

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.