

ArcHealth

Promoting Wellness. Driving Change. Empowering Voices.

This March, we know we're lucky to have you! Subscribe to ArcHealth to stay connected.

Questions or feedback? Tell us!
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News & Alerts

The Arc of PA invites you to register for the **2026 Disability Health Action Summit from May 19-20**. For more information, visit our website.

Special Outreach Services and Special Smiles are hosting another round of "**Teeth Talk**" on **Thursday, April 16 at 5:30 pm**. Register here.

The United Health Foundation has **open scholarship applications** (till March 24) for students pursuing a certificate or degree in a clinical field. Check out more information on this website.

WELLNESS Corner

Daylight Saving Time begins on March 8, which means we "spring forward" and lose an hour of sleep. Try these tips to make the transition easier:

- Shift your schedule gradually.
- Limit screens before bed.
- Keep your room cool, dark, and quiet.
- Stick to a routine.



Event Calendars

Disability Pride Pennsylvania Events:
Check out their Calendar of FUN to see if there are any events happening near you.

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

PA Autism Events:
A comprehensive calendar of events from different organizations across Pennsylvania.

PA Developmental Disabilities Council Events:
Their calendar includes conferences and events happening statewide.

Temple University Institute on Disabilities Events:
Learning opportunities, training series, and community engagement events hosted by Temple IOD.

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

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



DON'T ASK AI. ASK REAL EXPERTS.



National Task Group on Intellectual Disabilities and Dementia Practices



Submit your real questions to the NTG experts!

- ✓ Brain health
- ✓ Aging in intellectual and developmental disabilities
- ✓ Dementia
- ✓ Caregiver challenges
- ✓ Support strategies



Submit your question at:

FOLLOW NTG'S SOCIALS FOR THE ANSWERS.

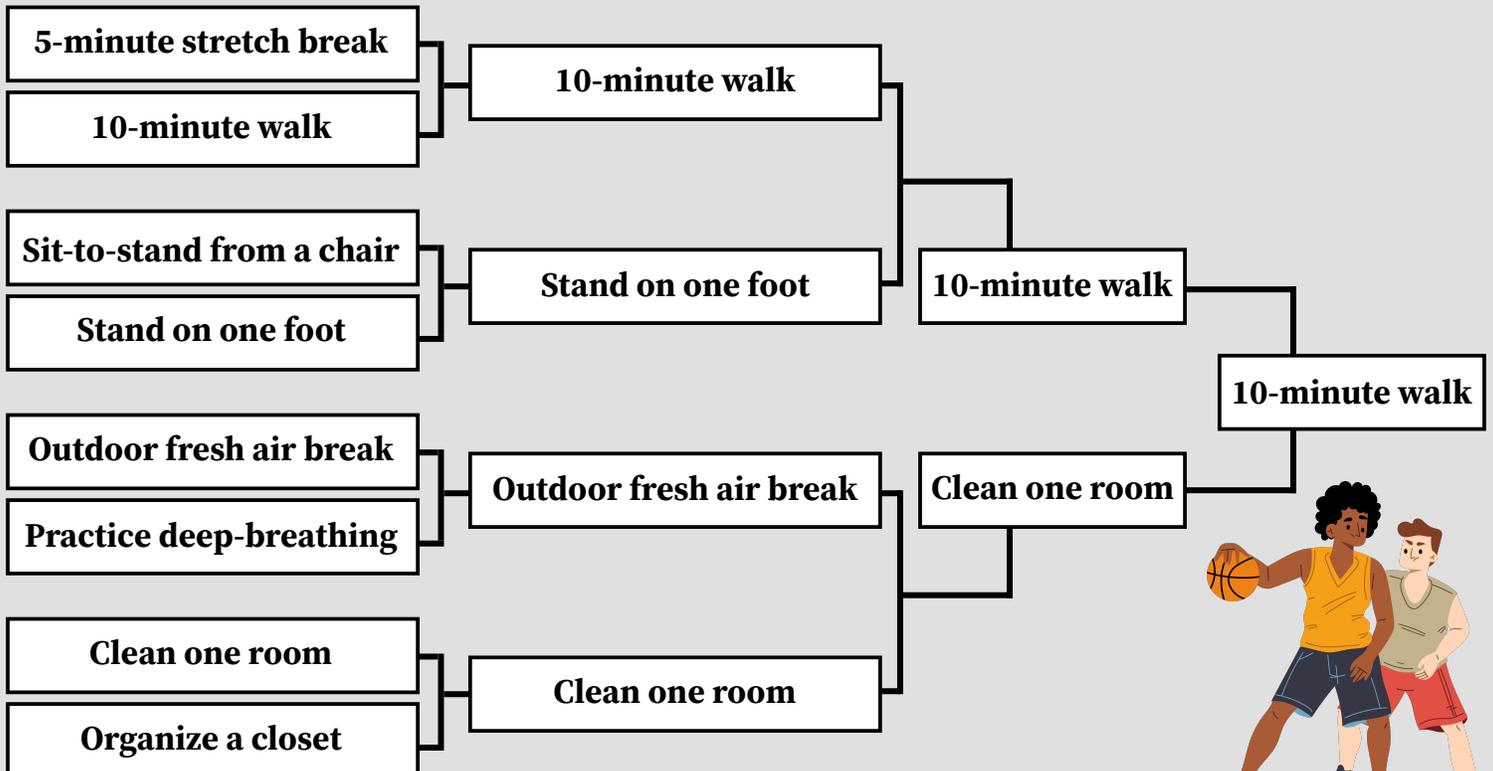
www.surveymonkey.com/r/VNGT79Q



March "Mini-Movement" Madness!

In the spirit of March Madness, we encourage you to create your own "Mini-Movement" bracket! You can use our example bracket below for ideas, or download our blank bracket here and write in activities you enjoy.

Pick any activities that fit your abilities and schedule: walking, stretching, chair exercises and breathing exercises are just a few ideas. Each week, look at your match-ups. Pick one of the two activities and complete it at least once that week. The activity you complete is your "winner" and moves on to the next round in your bracket. Keep going each week until you reach your final "Movement Champion"!



Monthly Observances

- Bleeding Disorders Awareness Month
- Brain Injury Awareness Month
- Cerebral Palsy Awareness Month
- Colorectal & Ovarian Cancer Awareness Month
- Developmental Disabilities Awareness Month
- Endometriosis Awareness Month
- Multiple Sclerosis Awareness Month
- National Kidney Month
- National Nutrition Month
- Trisomy Awareness Month



March provides the opportunity to raise awareness and advocate across all types of health topics - for us here at The Arc of PA, we are raising our voices that it's Developmental Disabilities, Trisomy, and Cerebral Palsy Awareness Month!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday			
International Wheelchair Day	2	World Birth Defects Day World Hearing Day	3 International HPV Awareness Day	4	5	6	7		
8	9	10	11 	12 World Kidney Day	13 World Sleep Day	14			
Patient Safety Awareness Week			15	16	17	18	19	20 World Oral Health Day	21 Down Syndrome Awareness Day
Brain Awareness Week National Poison Prevention Week			22	23	24 World Tuberculosis Day	25	26 Purple Day for Epilepsy	27	28
29	30 Bipolar Awareness Day	31							

Food for Thought

National Nutrition Month is an annual campaign established by the Academy of Nutrition and Dietetics. For a plate-load of resources about nutrition, visit eatright.org. To get us started, we're sharing some **Myths vs Facts** about healthy eating.

Myth: Carbs are bad for you.

Fact: Your body **NEEDS** carbs for energy - especially for brain function!

Myth: You have to give up your favorite foods to follow a healthy diet.

Fact: Healthy eating is about **balance and moderation**, not restriction.

Myth: Skipping meals helps with weight management.

Fact: This leads to **low energy and increases the risk for overeating** later.