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October / 2026

AMDA Newsletter

Celebrating Value and Talent

October is National Disability Employment Awareness Month (NDEAM), and this year's national theme — Celebrating Value and Talent — is a good fit for our community. This issue features our editor's guide to the programs that can support working with a disability, introduces new employment resources on the AMDA website, and gives you a first look at the AMDA's Patient Educator Network (PEN), coming soon. We also have a reminder that Letters of Intent (LOIs) for the AMDA Research Grant are due October 15. However work fits into your life, we're glad you're here with us this month.

Featured Content

Working With a Disability: Programs That Can Help

Every October, National Disability Employment Awareness Month (NDEAM) puts a spotlight on the workers, and the barriers, that often go unnoticed. According to the U.S. Department of Labor, people with disabilities are unemployed at roughly twice the rate of people without a disability. But a hurdle is not a dead end. In this month's article, AMDA's editor Lucas Garrett walks through Vocational Rehabilitation

programs, Ticket to Work, and ABLE accounts, and explains how they can help people with disabilities enter the workforce without putting essential benefits at risk.

The process can feel confusing, and that's completely normal. The article is a good place to start.

[Read the Article](#)

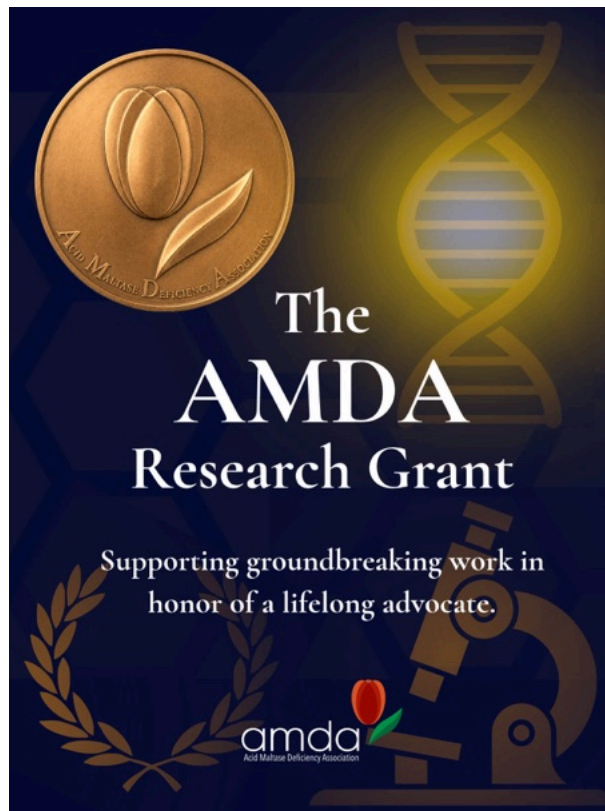
AMDA Updates



New Employment Resources

To mark NDEAM, we've added a set of employment resources to our newly designed Resources page. Whether you're looking for your first job, returning to work, or trying to understand how earnings interact with your benefits, you'll find a place to begin.

[Explore the Resources](#)



AMDA Research Grant: Letters of Intent Due October 15

A reminder for researchers: the deadline to submit a Letter of Intent (LOI) for the AMDA Research Grant is October 15, 2026. The process has two steps:

- Step 1: Submit an LOI by the deadline.
- Step 2: After the LOIs are reviewed, selected investigators will be invited to submit a full proposal.

Know a researcher who should apply? Please pass this along.

[Learn More and Apply](#)

Coming Soon:
The AMDA's Patient Educator Network (PEN)

SHARE YOUR VOICE. SHARE YOUR EXPERIENCE.

We have something new in the works. The AMDA's Patient Educator Network (PEN) will bring together members of the Pompe community who want to share their experiences with health care professionals, researchers, students, industry representatives, and others, helping them better understand the impact of Pompe disease.

The network will be open to people living with Pompe disease, parents, caregivers, and other family members. You won't need to be an experienced speaker or an expert on Pompe disease; you bring your unique experience and perspective.

Participation will be 100% voluntary.

Volunteers may be contacted about opportunities. These opportunities include speaking with medical and health care students, taking part in AMDA programs like Talking With Your Pompe Peeps, sharing stories in interviews or educational materials, joining advocacy and awareness activities, and offering patient input on research and educational materials.

Members can accept or decline any opportunity, and the AMDA will not share contact information with a requesting organization without permission.

We are still reviewing the program documents, so PEN is not open for sign-ups yet. If you think you might want to take part, stay tuned. We will share the details in a future newsletter and on our website as soon as the program goes live.

Your Medical Alert Card Goes Where You Go



An emergency can happen anywhere — for example, work, errands, travel, or a weekend away. You may not be able to explain your diagnosis when it does. The AMDA Medical Alert Card puts essential anesthesia and respiratory guidance in your wallet. The card contains a QR code that links care teams to the AMDA's Emergency Medical Information page. It is free for Pompe community members in the United States, and an international printable version is available for families outside the country. If you haven't picked one up yet, October is a good time.

[Get Yours Today](#)



Pompe Kitchen: Pumpkin Protein Baked Oatmeal

Pumpkin season is here, and this month's Pompe Kitchen recipe puts it to good use. This baked oatmeal blends pumpkin, warm fall spices, and a touch of maple with cottage cheese and eggs for a protein boost, then finishes with a creamy glaze and a sprinkle of pecans. Make it once, and breakfast is ready for days. It's cozy, comforting, and just right for a crisp October morning.



PROTEIN PUMPKIN BAKED OATMEAL

Servings: 6 | Prep Time: 10 minutes | Bake Time: 35 – 40 minutes

Ingredients

Oatmeal

- 1 cup pumpkin puree (not pumpkin pie filling)
- 1 cup cottage cheese
- 3 large eggs
- ½ cup pure maple syrup
- ¼ cup 2% milk
- 1 tsp vanilla extract
- 2 ½ cups old-fashioned rolled oats
- 2 tsp baking powder
- 2 tsp pumpkin pie spice

Cream Cheese Glaze

- 2 oz cream cheese, softened
- 3 tbsp plain Greek yogurt
- 1 ½ tbsp pure maple syrup
- Optional topping: ¼ cup chopped pecans

Instructions

1. Preheat oven to 350° F. Grease a 9x9-inch baking dish.
2. In a large bowl, whisk together the pumpkin, cottage cheese, eggs, maple syrup, milk, and vanilla until well combined.
3. Stir in the oats, baking powder, and pumpkin spice until evenly mixed.
4. Pour the batter into the prepared dish and spread it evenly.
5. Bake for 35 to 40 minutes, until the edges are golden and the center is set.
6. Let cool for 10 minutes.
7. For the glaze, warm the cream cheese in the microwave for 10 to 15 seconds until soft, then whisk in the Greek yogurt and maple syrup until smooth.
8. Spread the glaze over the cooled oatmeal and top with chopped pecans, if using. Cut into 6 servings.

Tip: This is a great make-ahead breakfast. Cover and refrigerate leftovers for up to 4 days, and reheat individual squares in the microwave for a warm start to the day.

Adapted from Protein Pumpkin Baked Oatmeal by Megan Byrd, RD, The Oregon Dietician

Advocacy & Science

EveryLife Foundation for Rare Diseases is Now the RARE Foundation

The EveryLife Foundation for Rare Diseases has a new name: the RARE Foundation. The name stands for "Relentless Advocates, Robust Evidence," reflecting the patients, caregivers, advocates, researchers, industry leaders, and policymakers who come together to drive science-based policy change. Along with a new look, the organization has adopted a new tagline — "Redefining Rare Disease" — and says its mission remains the same: accelerating diagnosis, improving access to treatments, advancing equitable health care, and strengthening the rare disease community.

Explore the new website, updated programs, and ways to get involved at rareadvocates.org.

Watch RARE Foundation Announcement Video

Observances



Monthly Observances

[National Disability Employment Awareness Month](#): National Disability Employment Awareness Month began in 1945 as a one-week observance and grew into a full month recognizing what workers with disabilities bring to every workplace. This year's theme, Celebrating Value and Talent, says it well. This issue's Featured Content and new employment resources are our way of marking it.

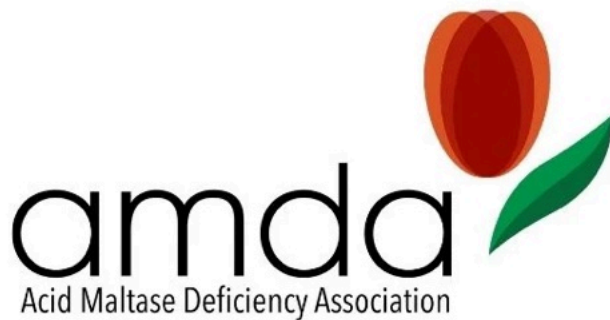
Daily Observances

[National Spread Joy Day](#) | [October 11](#): Joy doesn't have to be big to count. A text to an old friend, a favorite song, or a laugh shared over a video call can be enough. Today is a nudge to spread a little of it around, in whatever size your energy allows.

[National Emergency Nurses Day](#) | [October 14](#): Emergency nurses are often the first to hear about a patient's medical history, sometimes in the most stressful moments. Today is a chance to thank the nurses who show up for us, and a good reminder to keep your AMDA Medical Alert Card where you can reach it.

[Scar Appreciation Day](#) | [October 22](#): Many in our community carry marks from surgeries, ports, feeding tubes, or other medical care. Today invites us to see those marks as part of a story of resilience, and not something to hide.

[Making A Difference Day](#) | [October 24](#): Making a difference can be as simple as sharing your experience. If you've thought about lending your voice, keep an eye out for news about the AMDA Patient Educator Network, coming soon.



<https://amda-pompe.org>



Instagram: @amda_association



FB: Acid Maltase Deficiency Association – AMDA



Email: info@amda-pompe.org

passionate
On
matters
pompe
everyday

Pompe Disease is rare, support shouldn't be.

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AMDA

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