



Gifts of Love

Only one month has passed since our season of giving, and for many, our thoughts have turned to our next holiday, Valentine's Day. In the minds of most, this celebration represents an opportunity to share gifts that reflect our deepest emotion, love, with those we care the most about. More marriage proposals occur on this day than any other. Our candy, greeting card, and flower industries rely heavily on sales during this period. And like our previous holiday, those gifts that hold the most meaning are thoughtful ones given with deep and sincere love.

Giving Flowers and Candy

Tradition leads most to buy candy, flowers, or both. There is absolutely nothing wrong with being thoughtful and rewarding those we love with these items. The real treat is extending the love beyond the Valentine's Day. Our family loves roses, but not the short time on display. Chocolate releases endorphins (good feelings) into our body, but tend to remain as part of the anatomy for many years. "A moment on the lips, forever on the hips."

Giving of Ourselves

Looking back, most of the gifts we remember receiving were from the heart of someone that took the time to find an item holding deep meaning to us. It may not have been expensive, but the emotional ties we associate with the gift are permanent and strong.

Changing Lives

It may seem like a simple thing, but our lives touch others so deeply in ways we rarely see. How many times have you heard something that was said or done many years ago that had a profound effect in someone's life? There was a great saying a while back, "People don't always remember what you said, but they will forever remember how you made them feel."

Recent Events

Those terrible storms that tore through our area the day after Christmas left permanent scars on our

landscape, many of our homes, and our hearts. The only positive results of that moment in history were the thousands of souls willing to reach out and help rebuild. Through wonderful groups like the Red Cross and Churches, food, water, and supplies were delivered to needy families. There were numerous stories of families, unable to return to their homes, being placed in hotels while they tried to gather their thoughts and plan for a new future. It may take a year or two for those areas to rebuild, but with the help of so many, we know lives will return to normal.

Changed Forever

VIVA is blessed to have so many wonderful employees, willing to share their hearts with us all. One of these beautiful souls is Shrocka McCleary, Scheduling Coordinator. She and her family were touched directly by the tornadoes. In her words, "There is a picture that continues to replay in my mind of a woman walking away from what used to be her home toward the sidewalk crying, and hugging a bear. Her house and car were destroyed, and she lost everything in a matter of minutes. She must have been home alone because at that moment it seemed all she had left was the stuffed animal she clung to. She looked helpless and hopeless. This lady was not the only person to lose everything that night, there were many others as well."

Hope

It is often said that the only thing people cannot live without is hope. This month let's find ways to help someone who may have lost hope, find ways to renew dreams and excitement in the lives of others. A simple word of encouragement or even a hug goes a long way. Living our lives like others depend on us for inspiration just may be our ultimate expression of love. And probably most important of all, never hesitate to say "I love you" to those you cherish.

- Terry White

News & Events

• Happy Valentine's Day!

• **Our Ft. Worth office is moving!**
Our new office location as of February 6 is 6100 Western Place, Suite 320 - Fort Worth, TX 76107

• **Everyone, please join us in welcoming our new office team members!**
Ft. Worth Office
April Gordon
Scheduling Coordinator & Recruiter

Dallas Office
Marsha Graves
Scheduling Coordinator & Recruiter

• **Rays of Light Family Resource Fair**
February 27 from 1:00 - 3:00 p.m.
United Methodist Church on Lovers Lane in Dallas

• **Rays of Light Night Lights**
Unique evening for children with special needs and their siblings on the 1st, 2nd and 3rd Fridays of every month (excluding January and July) from 6:00 to 10:00 p.m. Gives parents opportunity to have 4 free hours and children get 4 hours of socialization and interaction through structured, fun and educational activities.
www.raysoflightdallas.org/#!/programs/c21kz

• **JumpStreet Special Needs Hour**
FIRST Saturday of every month from 9:00 a.m. -10 a.m. (private hour) for ALL AGES special needs children and siblings
www.gotjump.com/events/kids-special-needs-event-locations-9am-1st-saturday-every-month/

Resources

• **VIVA Pediatrics Resources**

In an effort to help our families, we constantly strive to provide them with relevant and helpful resources and information. Visit our resources page online at: www.vivaped.com/resources

For current events and opportunities, also visit us on Facebook. www.facebook.com/VIVAPeds

• **Care Starter App**

The Connections App is a complete resource guide for families of kids, teens and adults with special needs. Their goal is to help you find providers, organizations and other resources in your community to help you along your path of care. Download the CareStarter App now! www.carestarter.co/connectionsapp



• **The Parker Lee Project**

The Parker Lee Project is a non-profit organization dedicated to helping families of children with medical needs obtain the supplies/equipment, education, and support they need. While most supplies are covered by insurance, some are not or not enough supply is provided. If you have a need for medical supplies or have supplies to donate please visit their website at www.theparkerleeproject.org

• **Thrive Magazine**

Need Resources for your child with special needs? Thrive Magazine shares resources and stories of other families in the DFW area who are living and thriving with special needs. www.dfwchild.com/thrive/directory



Get Healthy with Giggles

Happy Valentine's Day. Be good to your heart this month! A healthy heart starts with a healthy breakfast. Before you start your shift make sure you take care of yourself. Many of our patients can be challenging and good care begins with YOU.

Keep your heart health by enjoying a physical activity. Sometime with a busy work schedule this is hard to do. But adding 20mins every other day will turn into a daily activity and a life time of heart health!

Chocolate lovers can still indulge! Eat antioxidant-rich, heart-healthy organic dark chocolate! Love is in the air for Valentine's Day so remember to keep your heart hearty and encourage your patients family's to do the same.

- Tracy BScN, RN

Food for Thought



Spaghetti Squash with Meat-sauce

Ingredients

1 Spaghetti squash
Ground Beef or Ground Chicken (sauteed on stove)
1 Can tomato sauce
1 Yellow onion (diced)
Salt (1 teaspoon)
Pepper (1/2 teaspoon)
Parmesan cheese

Optional:

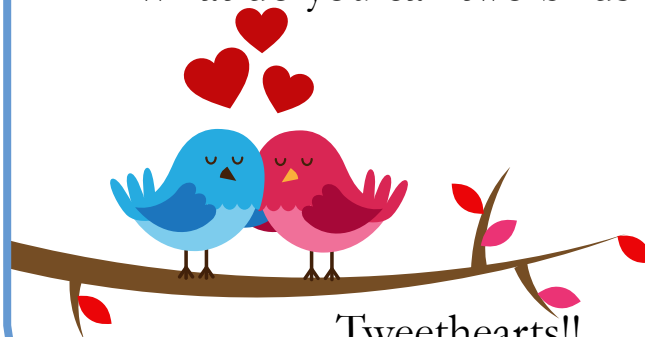
Garlic powder
Garlic
Bell peppers
Fresh basil

Directions:

- cut (lengthwise) spaghetti squash in half and remove seeds
- place squash (face down) in baking dish and add 1/2 cup water
- bake at 375 degrees for 25 minutes (or until soft throughout)
- chop onion and place in skillet with butter or olive oil over medium heat
- add ground meat and saute until cooked over medium heat
- add salt & pepper, tomato sauce (and optional spices)
- once squash is cooked, scoop out with a fork (making noodles)
- combine squash into pan with meat sauce and stir
- sprinkle parmesan cheese on top and add basil (optional)

Enjoy a healthy and low calorie meal!

What do you call two birds in love?



Tweethearts!!

Just for Giggles!

