



Where Kids Come Home!

December | 2017

VIVA NEWSLETTER

Getting Healthy With Giggles

The holidays are here. There are so many fun things to do this time of the year. Some people live for the hustle and bustle and others will be snug as a bug in a rug all cozy in their pajamas watching holiday movies. Whether you and your family are busy bees, enjoy taking some time to relax or a combo of both, there is one thing Giggles wants you to include in your holiday festivities. STRETCHING.

Stretching is so important for our bodies. Have you ever noticed that your cat or dog stretches as soon as they wake up? Animals know just how important stretching is to their health. We could definitely take some pointers from our furry friends.

Giggles has some facts about stretching that he wants to share.

- * Stretching allows our bodies to release tension by relaxing our muscles and therefore decreasing stress.
- * Stretching increases blood-flow, energy levels and enhances mood.
- * Stretching decreases soreness and also decreases risk of injury.

This holiday season, Giggles challenges each of you to incorporate stretching into your morning routine, or after a long walk around the mall, or even before bed.

Happy Holidays

Jennifer Ward, BSN, RN
Intake Nurse Coordinator



It's Time for the Annual VIVA Holiday Party!!!!

Come have your picture taken with Santa, get your face painted, and have a balloon animal made. We will have hot cocoa, lemonade, and yummy snacks. It's fun for the whole family!

VIVA Pediatrics Holiday Party - DFW

Saturday December 16, 2017

2:00pm - 4:00 pm

8250 N Central Expressway Dallas, TX

RSVP info@vivaped.com

VIVA Pediatrics

Dallas (972)861-1000 | Richardson (469)341-7772 | Ft. Worth (817)564-0107 | Austin(512)518-2310

Making a List...

The holiday shopping season is upon us again, with so many ways to fulfill the dreams and desires of those we love. It has only been a few days since our family Thanksgiving gathering took place, but so many memories linger. The scents from all the different foods that loved ones shared are still so fresh on our minds. Being thankful for all they shared, food and life experiences can never be measured, but those thoughts will remain for a lifetime.

Memories -

Are there activities we can do together as a family? The variety is only limited by our imagination. Often, churches will gather small groups to assemble Christmas dinners, during early morning hours. They put together complete meals, enough for well over a hundred families. There are so many groups set up to deliver dinners to people unable to get out. Participation in this with our children gives such deep meaning to sharing with others, and it costs nothing but the time you spend together. Priceless.

"Better to give..." -

We've all heard those words and they ring especially true around the Christmas holidays. How many toys can children play with? So many times we've seen the kids enjoy playing with the boxes the gifts came in, even more than the toys. I have been blessed so many times watching parents teach their own children not to ask for gifts for their birthday parties, but ask for donations to the local animal shelter. Another young lady was raised so well, that whenever she says, "Trick or Treat" she gives her candy away to other children.

Other ways to share -

In every major shopping venue, there are "Angel Trees" and other alternatives for giving. Taking advantage of these opportunities to give can reap lasting rewards. The measure of the gift is the impression it leaves in your heart. You will never know the joy that child feels when they open the gift you donate. You will never see their smile, but your heart will know someone's life changed because of your unselfish gift of love. VIVA will participate in 'Operation Christmas Child' again this year. If you would like to join our efforts, simply click on this website.

<http://www.samaritanspurse.org/what-we-do/operation-christmas-child/>

Bringing back the Joy -

You never know which memories will resurface because of the wonderful food aromas, visions of decorations, the sight and sounds of a fireplace, or music that hasn't been heard in a long time. Even writing this article brings back a flood of loving memories of family members from several generations. Spend as much time with your families as possible. Each year brings new opportunities and having your entire family present to share these becomes more difficult with the passage of time.

True meaning -

It wouldn't be the holidays without those key elements we all recognize. Sharing food and conversation is so important, but the real value in this world is the people themselves. They are the true gifts from our Creator, and are priceless. So many times we hear, "If we could only spend one more day with..." Holiday gatherings are often the best chance to create lasting bonds. Enjoy those you love while the time is right. All we ever have is right now.

TERRY WHITE

CONTRACTS & ACCOUNTS PAYABLE COORDINATOR

VIVA Pediatrics

Dallas (972) 670-0000 | Richardson (469) 341-7772 | Ft. Worth (817) 564-0000 | Austin (512) 518-2310