



Where Kids Come Home!



JULY | 2017

VIVA NEWSLETTER



WELCOME to our new VIVA Newsletter. We are pleased to provide the same great information, just in a new format. We hope you enjoy it as much as we do. As always, thank you for being part of the VIVA family AND for letting us be a part of yours.

Getting Healthy With Giggles

Sleep.. Ah, the joys of a good night's rest. This simple practice sets our bodies up for a successful day in many ways. During sleep the brain creates new pathways that allow it to maximize how we learn, pay attention, problem solve and even increase our emotional health. Fascinating, right? Ever wonder what our bodies are doing at a cellular level during sleep? This process allows our cells to repair, rejuvenate and also increases the health and productivity of the cells. One example, is that our bodies are busy healing and repairing blood vessels. Healthy blood vessels decrease the risk of stroke, diabetes, heart disease and even obesity. Cellular health is important for all ages of life, as it is beneficial in growth and development, hormone regulation, increases immune protection, and decreases risk for chronic diseases. Now that we know how important sleep is, what can we do to make the most of our sleeping hours? Kids and adults can benefit from a routine sleep schedule. Making it a priority to go to bed at the same time each night, creates a positive, healthy habit for your body and allows you to fall asleep more easily. Shutting off TV's, phones, computers and tablet devices one hour or more before bed allows are bodies to utilize its natural melatonin regulation and circadian rhythm allowing for more restful and deep sleep. Rather than playing a game on your phone or falling asleep to the TV, wind down in a calm, dimly lit environment with some stretching, tai chi or yoga. Sleep is a vital part of our overall health. Practice good sleep hygiene for a healthier, happier self.

Jennifer Ward BSN, RN, - Intake Nurse Coordinator



Autism/SpecialNeeds Playgroup
at The Little Gym of Southlake
Sat, July 29,2017 3:30pm-5pm
RSVP@shapeofbehavior.com

Sensory Story Time at
The Austin Public Library (Carter
Branch)
Every Thursday in July from
11:15am-12:15pm

Night Owls Out
Fri July 21, 2017 6pm-10pm
A free,faith based respite
program provided on the 1st and
3rd Friday nights of each month
for children with special needs
and their siblings. Children (to
age 13) are paired with a helper
for the evening.
www.hpumc.org
214-523-2278

VIVA Pediatrics

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

OUR MOST VALUABLE RESOURCE

As our daytime temperatures heat up, we are reminded that Summer officially started June 20 this year. The Summer Solstice happens when the sun is at its highest point in the sky, its northernmost point from the equator. This also happens

again in the southern hemisphere. We feel the heat more in August because it takes that long for the ground temperatures to rise. Fortunately we are blessed with the most valuable resource during these challenging months; Water.

Source of Life Multiple theories exist that all life in our world evolved from microbial cells in the oceans. There's a reason they are called theories. There is no denying our lives wouldn't exist without water, and very few resources that can contribute in so many beneficial ways.

Cooking and Nutrition Water has contributed to our two strongest needs throughout history. Without it, our bodies can dehydrate in only a few days and die. With it, we can cook some of the most delightful meals. It would be impossible to boil eggs, pasta, or hot dogs without it. After a delicious dinner, its versatility reveals we can clean our dishes with it.

The Sounds Water can be found in three forms. As a steamy vapor it can make hissing noises or whistle from tea kettles. While in a frozen state, ice makes a wide range of crackling sounds or the familiar sounds it makes going into containers. As a liquid, we can enjoy a babbling brook, a mini-waterfall for our back patio, the rushing sounds of white water rivers, or waterfalls roaring like a freight train. No one can forget the sounds of the ocean crashing as the breakers strike the sand, or the giggling sounds of our children enjoying waves as they are knocked down again and again.

Aquatic Activities and Safety Stay close, be alert and watch children in and around the pool, regardless of the size or depth. Take time to review safety tips, but never leave them unattended. With our modern cellphones, it has become more convenient to keep one nearby in case of emergency. Just remember not to be distracted by your phone and forget to watch your kids. These guidelines apply near a pool, lake, or at the beach. We are enriched with renewing joy watching our children enjoy the water. Don't miss a moment of those memories. Although May was considered 'Water Safety Month', we can't afford to let our guards down. The price is just too high.

Wealth Beyond Measure Just how should we assign value to anything tangible? If you had a gold brick you could do nothing with, would it not just be a great door stop, or through the refining process become worth thousands? Diamonds are just shiny rocks until they

are cut and polished. Faced with my last days on earth, I would most certainly prefer the love of family and friends over a box of rocks, or a glass of water. You've probably guessed, by now, that as wonderful and versatile as it is, water is not the most valuable resource we have. It is actually the lives of those we love, our children, our families, and our friends.



TERRY WHITE -
CONTRACTS & ACCOUNTS PAYABLE COORDINATOR

Just for Giggles

Why do seagulls fly
over the sea?



If they flew over the bay they would
be bagels.

