



**CareStarter**  
PATIENT FOCUSED TECHNOLOGY

## Introducing CareStarter

In our present digital age we've all grown accustomed to finding what we need on the internet, and have grown to expect navigating through an overwhelming list of 'in network' providers and find the best for our child wouldn't be so complicated. The common phrase that comes to mind is, "is there an app for that?" The answer is yes, there is an app for that! VIVA Pediatrics would like to introduce our families to the CareStarter mobile application and its creator, Lamarque Polvado. The CareStarter is an application easily downloaded or shared to your smartphone. Families can use the program as a resource providing a list of local 'in network' providers for 360 degrees of care.

CareStarter was started here in Texas a few years ago by the father of a child with special needs. Lamarque Polvado and his family faced their daughter's diagnosis just like any other family would; overwhelmed with many painful emotions. Most questions were left unanswered by handouts, and overly simple answers regarding his daughter's diagnosis given to the family. With the family in search of answers, Lamarque knew he and his wife were going to need to be the best advocates for their child. From there they were on a mission to ensure other families would not have to encounter the sea of difficulties finding resources for their loved ones, and CareStarter was born.

The primary missions of CareStarter include putting the patient first, empowering families with resources right at their fingertips, and simplifying the search for necessary services. Partnering up with providers has

made all of this possible. With a multitude of categories to search, from navigation to application, the process doesn't just stop at the patient level, but continues to offer resources for the family as well. The CareStarter app encompasses everything from Childcare and Nanny Placement, to finding support groups and local support events. CareStarter truly does offer 360 degrees of care.

If you ever heard the saying, "It takes a village to raise a child," you know it truly does. Within the application, families will be able to search and manage services for multiple children specific to each child's needs and the family's insurance carrier. Mom, Dad and Grandma can work as a team to find the resources that the child needs. It is also easy to keep track of which providers the child is seeing, or other resources that are being looked into.

VIVA Pediatrics is excited to announce through our partnership with CareStarter, we will be able to offer this service to our families. In the coming weeks, you will receive e-mail notifications about how to sign up with CareStarter and start receiving 360 degrees of care. If VIVA Pediatrics does not have your e-mail address on file, please call your local office to ask for more information.

\* Terry White - Contracts & Accounts Payable Coordinator

## News & Events

### • Camp Brave Heart Fund Raising

This month VIVA is collecting donations for Camp Braveheart. Please help us send special needs children to this special camp where they will get a chance to participate in fun group activities. To make your donation please mail a check made out to: Amazing Little Hearts CHD Support Group and indicate Camp Braveheart on memo. Please send checks to VIVA Pediatrics at 3400 Waterview Pkwy. Ste.115 - Richardson, TX 75080. You can also visit one of our offices to make a cash donation. For info visit [www.campbraveheartdallas.com](http://www.campbraveheartdallas.com)

### • Everyone, please join us in welcoming our new office team members!!

#### Dallas Office

- Mark Briscoe - Branch Manager  
- Denisse Escobedo  
Administrative Assistant

#### Ft. Worth Office

- Viveca Frias  
Scheduling Coordinator & Recruiter  
- Jeremy Durham  
Scheduling Coordinator & Recruiter  
- Mary Pate  
Administrative Assistant

#### Richardson Office

- Allison Coleman  
Administrative Assistant  
- Nicholas Dune  
Associate Data Analyst  
- Andre Cruz  
Scheduling Coordinator & Recruiter

### • Trach/Vent Classes for current VIVA nurses.

Join us for the next class at one of our office locations! Contact a VIVA office to sign up.

#### Dallas/Richardson

Tuesday, March 14  
9 am - 4 pm  
3400 Waterview Pkwy. Suite 115  
Richardson, TX

## 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](http://www.vivaped.com/resources)

For current events visit us on Facebook. [www.facebook.com/VIVAPeds](http://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](http://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 necessary supplies & equipment, education, and support they need. While most supplies are covered by insurance, some are not, or not enough supplies are provided. If you have a need for medical supplies or have supplies to donate, please visit their website at [www.theparkerleeproject.org](http://www.theparkerleeproject.org)

### • **Texas Star Kids**

The Texas' Star Kids mandate threatens the lives of our weakest and most vulnerable little citizens. Join us in standing up for those who have no voice. Click this link to sign up: [www.facebook.com/ProtectTXFragileKids](http://www.facebook.com/ProtectTXFragileKids)  
For more info visit: [www.protecttxfragilekids.org](http://www.protecttxfragilekids.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](http://www.dfwchild.com/thrive/directory)

### • **Recognize a VIVA Star**

Viva Pediatrics has an Employee Rewards and Recognition Program to thank and recognize employees that go "above and beyond". Both employees and patient families are welcome to recognize a VIVA employee! Call one of our offices and let us know if a VIVA employee has gone above and beyond!



## Get Healthy with Giggles

### Home Safety

Curious little fingers can get into all sorts of items and places in the blink of an eye. It is so important that caregivers take the necessary precautions needed to ensure each home is a safe place for these little ones to live, grow and play. It is also important to educate the children about dangerous home items to avoid.

#### **Tips to keep your home safe and children free of injury.**

- Use safety latches on cabinets that contain cleaners and other potentially poisonous products. If your child has figured out how to open latches, place those items out on a shelf your child cannot reach by climbing.
- Keep medications in a locked cabinet out of reach of children. Children of all ages can be harmed by ingesting medication that is not taken as prescribed.
- Secure heavy bookcases, shelving and furniture to walls. There is a climber in every household, please secure items to the wall so they do not topple over.
- Use the back burners for cooking, and when using the front burners turn the handles toward the back so that clothing and curious hands cannot knock them off.
- Install safety gates at the top and bottom of stairs to prevent children from falling down the stairs.
- Install doorknob covers and lock outside doors to prevent little ones from wandering into the street or swimming pool.
- Check your smoke alarm batteries on the same date each month to ensure they are working in case of fire. Have a fire escape plan for your family and practice it with fire drills.
- Take home safety seriously. Unintentional injury, i.e. accidents, is the number one cause of death in children ages 1-18 in the United States.

For more information visit [www.cdc.gov/safekid/](http://www.cdc.gov/safekid/)

- Jennifer Ward, BSN, RN

## Food for Thought



### Chocolate Overnight Oats

A great way to start your kids day is with whole grains, fruit and protein. This breakfast can be made in advance, then heated or even eaten cold for breakfast.

#### Ingredients

- 1 cup milk of your choice (can you dairy or your favorite plant based milk, such as almond, soy or coconut)
- ½ cup of plain or vanilla yogurt (can substitute 1 mashed banana if on a dairy free diet)
- 2 tbsp unsweetened cocoa powder
- 1/8 tsp salt
- 1 tbsp honey
- 1 cup rolled oats
- For additional protein, can add 1 scoop chocolate protein powder or 1 tbsp nut butter
- For fun add chocolate chips, strawberries, pecans or shredded coconut

#### Directions:

Combine all ingredients together until thoroughly mixed. Pour into an air-tight and microwave safe container. Recipe serves 2 and can be split into individual servings. Pyrex dishes and mason jars work excellent. Store in refrigerator overnight. Take out when ready to eat next morning. These oats can be eaten cold, or microwaved til warm.

Serve and enjoy!

## Why did the computer go to the doctor?



Because it had a virus!



Just for Giggles!