



## — Raising a Generation of Thanks —

Many of us as parents want our children to be good Samaritans, giving, caring and charitable individuals. Life can be hectic and there never seems to be enough time, so we sometimes tend to get on autopilot and volunteering or thinking about actively giving gets pushed down in our list of “things to do”. The idea is that this shouldn’t be something on a to do list. When families reach out to help others, their children learn that this is a natural response.

How do we teach our children to not only appreciate what they have, but also to be cognizant of what others don’t? How do we teach them to be caring and giving? “When we make service work a normal part of our lives we don’t simply teach our children strong core values, we demonstrate these values in action.”\* There are many ways to instill the spirit of giving, not only during the holidays, but also throughout our daily life.

A lot of us try our best to give our children “everything” they need, but many times we may end up going overboard. We live in a consumer society where it is easy to get carried away buying that new toy or those extra pair of jeans, the extra food we end up throwing away, etc. We can make positive changes to get rid of bad habits while at the same time, adding new good habits. One of those good habits include making giving and caring for others a natural part of our life. We can start by teaching our children about volunteering and being charitable based on their interests. Below are just a few ideas for families to get involved and to instill a life of giving and appreciation.

- Instead of birthday presents, ask your child to choose a favorite charity so that guests can

bring donations instead. Here’s some good charities you may want to consider:

- SPCA - [www.sPCA.org/supportlanding](http://www.sPCA.org/supportlanding)
- St. Jude Children’s Hospital - [www.stjude.org](http://www.stjude.org)
- Local Food Bank - [www.ntfb.org/donate](http://www.ntfb.org/donate)
- Toys for Tots - [www.toysfortots.org](http://www.toysfortots.org)
- Red Cross - [www.redcross.org](http://www.redcross.org)
- Ronald McDonald House - [www.rmhdallas.org](http://www.rmhdallas.org)

- Volunteer as a family
- Operation Kindness - fostering animals or taking dogs for walks - [www.operationkindness.org](http://www.operationkindness.org)
- Habitat for Humanity - [www.habitat.org](http://www.habitat.org)
- Wee Volunteer - Various volunteer opportunities for children - [www.weevolunteer.org](http://www.weevolunteer.org)
- Operation Turkey - Providing Thanksgiving meals to the homeless - [www.operationturkey.com](http://www.operationturkey.com)

- Donate toys and clothing
- Have your child help look for toys they no longer play with and gently worn clothes they’ve outgrown. Go with them to Goodwill, The Arc of Texas, The Family Place, Salvation Army, or any other local charity to drop off donations.

- Show others you appreciate them!
- Have your child make little thank you cards to take with them when out and about, so they can give out whenever there’s someone they would like to thank. i.e. the grocery clerk, the garbage truck man, the mailman, a teacher, etc.

There are many opportunities for us to help raise a generation of selflessness - a generation that gives without expecting something in return. Being thankful, giving and appreciative is a wonderful virtue we can all strive for, and what better way than to teach by example!

*“How wonderful that no one need wait a single moment to improve the world.” Anne Frank*

- Mey-ling Cortiñas  
\* [www.lauragraceweldon.com](http://www.lauragraceweldon.com)

## News & Events

• **VIVA is celebrating its 10 year VIVAversary!** Attention all VIVA families and employees: Don’t forget to join us for our 10 year VIVAversary family picnic which will take place on Saturday, November 17 from 3:00 to 5:00 p.m. at 3400 Waterview Pkwy. Richardson, TX 75080. We will have Kona Ice, train rides, petting zoo, great food and much more!

• **Save the Date!**  
The VIVA Holiday party for patients and staff is coming up on Saturday, December 1 for Austin and Saturday, December 8 for DFW!

• **JumpStreet Special Needs Hours**  
First Saturday of every month from 9:00 a.m. - 11:00 a.m. The first hour (9:00am-10:00am) is exclusive to children with special needs and their families only, the second hour is open to the public. To find a location near you click link below: [www.go4jump.com/](http://www.go4jump.com/)

• **Alamo for All Sensory Friendly Showings**  
All shows starting before 2 pm on Tuesdays follow Alamo for All rules, with more shows on the weekends. Click link below for showings. <https://drafthouse.com/program/alamo-for-all>

• **Rays of Light Night Lights**  
Giving parents of special needs children 4 parent night out hours. 1st, 2nd and 3rd Friday of every month - 6:00 to 10:00 p.m. at Lovers Lane United Methodist Church, at White Rock United Methodist on the 1st Friday, and at Christ Foundry United Methodist Mission on the 3rd Friday for Spanish - speaking families. [www.raysoflightdallas.org/programs](http://www.raysoflightdallas.org/programs)

## 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!

## Save the Date! VIVA Holiday Party!



Please join us for our Annual VIVA Holiday party as we celebrate with our VIVA family, patients and nurses. Please rsvp to [jward@vivaped.com](mailto:jward@vivaped.com) or [kpile@vivaped.com](mailto:kpile@vivaped.com).

We will have food, fun, gifts, pictures with Santa and much more!

### AUSTIN HOLIDAY PARTY

Saturday, December 1, 2018  
2:00 p.m. - 4:00 p.m.  
Double Tree Austin NW Arboretum  
8901 Business Park Drive  
Austin, TX 78759

### DFW HOLIDAY PARTY

Saturday, December 8, 2018  
11a.m. - 1p.m.  
Double Tree Dallas Campbell Centre  
8250 N Central Expressway  
Dallas, TX 75206

## Food for Thought



### Honey Roasted Carrots

#### Ingredients

- 8 peeled carrots
- 3 tablespoons of olive oil
- 1/4 cup honey
- 1 tbsp raw honey
- Salt and ground black pepper to taste

#### Directions:

Preheat an oven to 350 degrees F  
Place the whole carrots into a baking dish, and drizzle with olive oil. Mix until the carrots are completely covered with olive oil.  
Bake in the preheated oven until just tender, or cooked to your desired degree of doneness, 40 minutes to 1 hour.

*Enjoy!*

What is a turkey's favorite dessert?



Peach Gobbler!



Just for Giggles!