



— Spring Time Namaste —

As we enter into the new season welcoming Spring - flowers start blooming, days get warmer and sunshine is more abundant, we also start welcoming a change in body and spirit. Spring is a great time to embrace the mind and body's need for rejuvenation and replenishing. As you start venturing outside more now that the weather is warmer, take in more sunshine, revel in the beauty of nature, and focus on yourself, your family and your health - both mental and physical. Jump start your body and refuel taking advantage of nature and the positive energy all around you. Find ways to relax, slow down, nurture your body and let your mind disconnect from everyday chaos.

First thing's first! Have you taken a mental break lately? Winter blues are no joke. Combined with every day routine, chaos, bad habits and constant stimulation, our brain can easily go into overdrive. You have the potential to relieve stress, physical ailments and mood swings by being more cognizant of your body's need to relax. Practices such as yoga and meditation can greatly improve symptoms and have been linked to benefits such as improved blood circulation, less anxiety, deeper relaxation, better focus, and an overall feeling of well-being.

Create new good habits by adding meditation and/or yoga into your routine. Train your body to relax. Do it as a family! You'd be surprised how much kids actually enjoy participating and are curious about these practices. Many schools around the world are starting to adopt meditation or yoga practice as part of their curriculum to bring calmness and better focus to the classroom. Go ahead! Try it! Start with baby steps maybe meditating 5 minutes every morning or

night. Keep adding time and get your body used to relaxing on a daily basis. Your well-being is definitely worth the time and the longer you do it the better results you will see.

Next, think about nutrition. During the winter months, many of us tend to eat more because of the holidays and we are indoors for longer periods of time. As a result, we may gain weight and become sluggish. This is a good time to rethink your eating habits! For example, when going to the grocery store below are a few tips to help you make better choices:

- Plan and make a list - and stick to it!
- Shop the perimeter of the store as that's where the freshest food tends to be displayed
- Eat foods that are in season
- Stay away from processed foods. If it comes in a box or can, it is probably processed!
- Take advantage of the great weather and visit the local farmer's market
- And of course, always remember to stay hydrated

Finally, keep moving! Many of us are looking to get into shape for the summer or simply want to be healthier. Now that the weather is warmer and days are brighter, get out more. Go out for a walk and enjoy the new blooms and beauty of Spring! Take the kids to the park or go for a run with your dog. Breathe in the fresh air, take in positive energy and realize you are the key to a healthier and happier you.

Remember to always give your body what it needs to feel refreshed as you will be grateful you did. Use this time as an incentive for you to continue on this path. Relax into the Spring, love your mind, love your body and Namaste!

- Mey-ling Cortinas

News & Events

• **Happy Easter!**

• **World Autism Day**
April 2 – Wear Blue to Show Support!

• **Especially Needed 2019 Easter Egg Hunt and Resource Fair**

April 20 | 1:00 - 4:00 p.m.
McKinney National Airport 1500 Industrial Blvd McKinney, TX
Registration required
www.eventbrite.com/e/especially-needed-2019-easter-egg-hunt-resource-fair-42019-tickets-58135323317

• **Rabbit Hunt Easter Event - Grapevine**

April 20 | 12:00 - 4:00 p.m.
Benefits several Lions programs, including Texas Lions Camp, which provides a week-long camping experience for children with disabilities. Face painting, bounce houses, photos with the Easter Bunny, live music and free vision screenings.
<https://familyguide.com/event/rabbit-hunt-easter-event-grapevine/>

• **Easter Seals Advocacy Day - Austin**

For self-advocates, family members, and community members from across the state who are interested in disability advocacy in Texas .
April 18 | 9:00 a.m. – 3:00 p.m.
Texas Capitol - 1100 Congress Ave. Legislative Conference Center Room E2.002 , Austin, TX 78701
www.eventbrite.com/e/easter-seals-advocacy-day-2019-tickets-58397075224

• **2019 DFW Congenital Heart Walk**

April 13 | 8:00 a.m. – 1:00 p.m.
Katherine Rose Memorial Park
303 N Walnut Creek Dr, Mansfield, TX 76063
www.walkforchdresearch.org/dallasftworth

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 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 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

• **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
For more info visit: 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

• **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

Spring is in the Air

The birds are chirping, the trees are turning green and flowers are blooming. This must mean spring is in the air. That also means pollen, mold, grasses and tree allergens are all freely floating in the sweet spring breeze. For many, this means seasonal allergies are on the rise. If you have had sneezing, coughing, wheezing, and itchy watery eyes, this might mean that you suffer from seasonal allergies and could benefit from spring cleaning.

You are probably scoffing at that last statement, "spring cleaning... right who wants to do that or who has time for that?" The reason for its mention is many are not aware that spring cleaning can actually help reduce the effects your seasonal allergies and also decrease asthma exacerbations.

Along with new allergens in the air, dust and pet dander tend to gather more during the winter months. The combination of the dust left over from winter and new spring allergens are enough to make anyone with the slightest allergy or asthma symptoms start to sneeze and cough. Those with severe allergies and asthma might notice a need for more PRN medications, and possibly an increase in illness, feeling tired, and possibly a low grade fever.

Spring cleaning such as dusting blinds, ceiling fans, picture frames, base boards and so forth, can help rid your home of winter's dust and reduce spring allergens. Did you know that cleaning actually can boost our endorphins, reduce stress and help us sleep better at night? Though the task of spring cleaning may not sound fun, it certainly is a great way to protect ourselves and families from dust, dander, and the many allergens that gather. So let's join Giggles this weekend as he breaks out the dusting cloths and turns on the radio to have a spring cleaning party!

- Jennifer Ward, BSN, RN

Food for Thought



Colorful French Macarons

Ingredients

- 3 egg whites
- 6 tablespoons superfine (castor) sugar
- 1 cup finely ground almonds
- 1 1/2 teaspoons finely ground almonds
- 1 1/3 cups confectioners' sugar
- Food coloring of your choice

Directions:

- Preheat oven to 320 degrees F. Line baking sheets with parchment paper.
- Whisk egg whites in a metal bowl until thick, about 5 minutes; whisk the superfine sugar into the egg whites until thick, glossy, and the mixture holds stiff peaks, 5 - 8 more minutes. Place a sieve over the bowl containing egg whites and sieve both amounts of almond meal and confectioners' sugar into the egg white mixture. Gently fold the almond meal and confectioners' sugar into the egg whites, retaining as much air as possible.
- Separate meringue into separate bowls to flavor and color. Spoon meringue into a piping bag fitted with a 3/8-inch tip. Pipe 1-inch disks of meringue onto baking sheets, leaving about 2 inches between cookies.
- Let cookies stand at room temperature for 15 minutes to form a thin skin. Pick up the baking sheets and let drop from several inches above the work surface to adhere cookies to the baking sheets.
- Bake in preheated oven until tops are dry, about 15 minutes; let cool on the baking sheets before peeling off the parchment paper.

What's worse than finding a worm in your apple?



Half a worm!



Just for Giggles!