



## Declutter Your New Year

Do you ever wonder how you ended up with so much “stuff”? Every year it just seems to get worse, but somehow there never seems to be enough time to declutter. Between clothes that you haven’t worn in years (with hopes it will fit again someday...) or the extra set of China you keep for those extra guests you never seem to have, possessions keep growing and growing! Why wait until your next Spring cleaning when you can work on decluttering your space at the beginning of the year? This is a great way to start the year and hopefully make it easier to maintain an organized and clutter-free space.

First things first. Make a plan! Get excited about finally getting rid of everything you don’t need. Even better, donating to those who have a need. In order to get started, here is a list of steps to get you on your way to a less cluttered year and finally be able to park your car in your garage - where it belongs (if you’re one of those people who now uses their garage as storage...).

**Step 1:** Make a plan. Decide what spaces/rooms you want to start with. Take your pick. You may want to start with the smaller mess in order to avoid getting overwhelmed and feeling accomplished as you finish organizing each space.

**Step 2:** Enlist the help of family and/or friends. Decide on a weekend (or weekends) to get started. It’s always good to have someone help you, especially on making final decisions on what to keep or get rid of. Hopefully you have a good minimalist friend to sway you in the right direction! Make it fun by bringing your favorite snacks and beverages. Also make sure you have some good tunes! Find a good playlist to keep you motivated!

**Step 3:** Take everything out! This may sound like the opposite of what we’re trying to achieve, but you first need to see what you have before you can decide what to do with it.

**Step 4:** Sort your clutter into 4 different piles - Keep, Donate, Think About It and Trash. The Keep pile will be items that you want to keep but may just need putting away or relocating. The Donate pile is for anything you’re willing to donate or give away to family or friends. The Think About It pile will be for those items that you are on the fence about getting rid of. Finally, the trash pile which is self-explanatory.

**Step 5:** Organize everything into each pile accordingly. Once you’re done, look over the “Think About It” pile and make a final decision on those items. My motto is: If you haven’t used it or worn it in the last year - you probably don’t need it! Take the trash out and take your donations to your favorite charity or distribute accordingly.

**NOTE:** If you have a storage unit, calculate what you pay for that unit every year vs the cost of the items you’re storing. A lot of times, the items being stored are not worth the cost.

**Step 6:** Time to put away or relocate everything in your keep file and make everything beautiful! Once done, go celebrate! Just make sure not to celebrate by treating yourself to more “stuff”!

Try to keep an organized space by decluttering at least twice a year. You will be amazed at how much easier it will be to find things as well as maintain a clean space and possibly a safer environment for you and those around you.

- Mey-ling Cortinas

### News & Events

#### • 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)

#### • 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>

## 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

### Healthy Holiday Season

Happy New Year!!!! With the New Year rang in many are looking for their New Year's resolutions to change their life. Did you set a New Year's resolution? Have you been successful in the past? So often resolutions are set and then Poof! They are gone before the first month is even over. Why do we do this? We set goals and then...life. One way to stay on track is to create realistic goals and then set a plan of how to work towards them daily. Several inches towards your goal each day will add up over time. Setting a family goal is another way to get everyone in the household working towards a common mission and also teaches valuable life lessons to your children. The goal could be as simple as everyone eats dinner together X amount of days per week, or on Saturdays have a family night where you all can share about your week, life, and most of all laugh! Once you have the goals in mind, write them down and post them somewhere you will see them each day. This could be a sticky note on your bathroom mirror, the heading of your marker board on the fridge, or even the screen saver on your phone. When we write down our goals and put them in sight, we have reminders throughout the day. Then write down or talk about your victories towards the goal with your family, friends, co-workers. Talking about our goals out loud is another way to get them to stick in our life. Giggles challenges you to come up with 2-3 attainable goals, write them down, reflect on them, speak them out loud and then hare them. This process will allow you to crush your goals! Cheers to you and yours and may 2019 be your best year yet!

- Jennifer Ward, BSN, RN

## Food for Thought



### Yummy Egg Drop Soup

#### Ingredients

- 1 (49.5 fluid ounce) can chicken broth
- 1 bunch chopped green onions
- 1/4 teaspoon white sugar
- 2 tablespoons soy sauce
- 3 tablespoons cornstarch
- 1/3 cup cold water
- 3 eggs
- 2 tablespoons cold water

#### Directions:

Heat chicken broth and green onions in a large pot over medium-high heat.

Mix sugar, soy sauce, cornstarch, and 1/3 cup of cold water in a bowl until smooth.

Reduce heat and stir soy sauce mixture in to the broth. Boil soup on high for 1 minute, then reduce heat to medium-low.

Beat 3 eggs with 2 tablespoons of cold water. Using a fork, stir egg mixture in to soup and cook until eggs are opaque, about 2 minutes.

*Easy as 1-2-3 and ready to warm you up on a cold day! Enjoy!*

What time is it when the clock strikes 13?



Time to get a new one!



Just for Giggles!