



## — World Kindness Day —

November 13 is World Kindness Day, so what better time to press the reset button and focus on what matters most? Dive right into the spirit of the Holidays by engaging in activities that foster love, gratitude and kindness. Children are naturally compassionate and are eager to learn of ways that they can help others, so lead by example and offer them opportunities to shine and make a difference one kind act at a time!

There are so many opportunities for everyone both big and small to be kind not just on Kindness Day but all year round! Many schools are promoting not just Kindness Day but Kindness week along with various charity events and volunteer opportunities.

A wonderful thing to try with our children are random acts of kindness. Everyone can do this, and it doesn't have to be for any particular reason other than to be kind and possibly brighten someone's day. These acts of selflessness are sure to bring about a generation of model citizens! Below are some examples of simple acts of kindness that children can try:

- Make kindness cards and drop them off at the nearest senior center.
- Bake cookies and give them to firefighters at your nearest fire station.
- Hold the door open for someone.
- Share toys with a friend or sibling.
- Let someone else go first in line.
- Help with chores without being asked to do so.
- Give someone a compliment at least once a day.
- Play with someone new on the playground.

- Collect food and canned goods for a local food bank.
- Make a friend laugh.
- Pick up garbage when you see it.
- Donate used clothes and toys.
- Volunteer for a local non-profit organization
- Write a thank you note for the mailman.
- Write a giving list instead of a wish list.
- Make a gift or card for a teacher.
- Help tip a food or service person.
- Smile and wave to cheer someone up.
- Give someone you love a hug.
- Encourage others to do random acts of kindness.
- Challenge yourself to do one good deed every day.

Remember that we all can get caught up in our daily routine and forget that the most simplest of things can make a big impact on someone else. Remind yourself and your family that it isn't hard to do something kind for someone else. It doesn't necessarily have to be money, gifts or other material things to make a difference in someone's life.

The spirit of giving, love, and kindness during the is something we should carry on all year round. Don't let everyday life take away from such a wonderful opportunity to make this world a little better one kind act at a time.

- Mey-ling Cortinas

## News & Events

### • Happy Thanksgiving Day!

We wish you and your family a wonderful Thanksgiving! VIVA is thankful for each and every one of you!

### • World Kindness Day

November 13, 2019  
To get inspired visit [www.ran-domactsofkindness.org/world-kindness-day](http://www.ran-domactsofkindness.org/world-kindness-day)

### • Pumpkin Patches, Farms and Mazes coming soon this Fall!

For a great list of pumpkin patches and fall events in the DFW area visit <https://fortworth.citymomsblog.com/guide-to-fall-activities-fall-events-2019/>

### • Holiday at the Arboretum

November 9 - December 31  
8525 Garland Road, Dallas  
The Dallas Arboretum and Botanical Garden presents The 12 Days of Christmas. For more information visit [www.visitdallas.com/things-to-do/events/view/9784/Holiday-at-the-Arboretum.html](http://www.visitdallas.com/things-to-do/events/view/9784/Holiday-at-the-Arboretum.html)

### • Zilker Holiday Tree Lighting Ceremony

December 1 at 5:30 p.m.  
2100 Barton Springs Rd., Austin  
Austin's annual Zilker Holiday Tree Lighting kicks off the season of festivities in Zilker Park the first Sunday after Thanksgiving. Its complimentary and open to anyone to enjoy! For more information visit <https://austintexas.gov/zilkerholidaytree>

## 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

### Sanitize those hands and bundle up tight because flu season has officially arrived!

Be sure to get your flu shot early for you and your family. The flu season runs from September to March and the sooner you get it, the sooner you are protected.

There are some people who really need a flu shot. Babies, children with asthma, other lung diseases, heart problems, weakened immune systems, or other chronic illnesses are at a higher risk of health complications if they do not receive a flu shot. If your child falls into one of these groups, you should get in touch with your doctor about getting your child vaccinated before they contract the flu virus.

There are only a few select groups of people who shouldn't get a flu shot. These groups include children less than six months old or who have a definite allergic reaction to the flu shot. The only other time that the flu shot would be postponed for a child would be if the child was significantly ill, but children with a minor illness like a cold can still be vaccinated.

Even though it's not 100% effective, it's still the best way to prevent the flu. Maintain healthy hand washing practices and try to stay away from as many sick people as you can to limit your risk of exposure to the flu virus.

Despite those who claim otherwise, you cannot catch the flu from the flu vaccine. The vaccine itself contains an inactivated virus and with any vaccine, there can be side effects. The most common side effects of the flu vaccine are pain at the injection site or fever, but it cannot give you the flu. Stay warm, stay healthy!

- Jordyn Ruiz

## Food for Thought



### Easy & Delicious Creamed Corn

#### Ingredients

- 2 (10 ounce) packages frozen corn kernels, thawed
- 1 cup heavy cream
- 1 teaspoon salt
- 2 tablespoons granulated sugar
- 1/4 teaspoon freshly ground black pepper

#### Directions

- In a skillet over medium heat, combine the corn, cream, salt, sugar, pepper and butter.
- Whisk together the milk and flour, and stir into the corn mixture.
- Cook stirring over medium heat until the mixture is thickened, and corn is cooked through.
- Remove from heat, and stir in the Parmesan cheese until melted.
- Serve hot.

*Enjoy!*

What happens when you make cranberries sad?



They turn into blueberries!



Just for Giggles!