



## Finding the Balance

As we dive into the new year and we work on our resolutions, let's take the time to focus on achieving our best without sacrificing balance and harmony. We've had the chance to settle into our after the holidays routine and back into the rat race. Let's remember our priorities and stay on track. What is of most importance to us and how can we continue through the year both achieving our goals and actually getting to enjoy the results?

Many of us may tend to prioritize money above all other things, because although we'd like to believe love, health and friendship are the most important things in life, having a good lifestyle, maintaining good health and spending some quality time with family and friends, may just not be possible if we are constantly pre-occupied about money. We may forget, that like anything else that is positive, pleasant, and long-lasting, a good balance of all of the above is of the essence.

The Chinese Ying-Yang teaches us of the need of complementing the opposites in order to achieve balance: too cold or too hot, too fast or too slow, too much or too little, all can make for unpleasant extremes, bad experiences and even worse results – learning how to balance these opposites to produce that much-desired harmony in our lives is by no means an easy task, yet a necessary one.

Money is important, yes, but so is taking care of ourselves and of our loved ones and enjoying

our time on this earth. We all hear about the pursuit for “work-life balance” nowadays as the new generations are beginning to understand the importance of leading a happy and healthy life. Money comes and goes, and plenty of it will remain in this world after we're gone. None of us will live forever regardless of the size of our bank account! Finding fulfillment beyond material objects can sometimes be hard to do as we get lost in trying to achieve the wrong goals.

Trying to find balance by somewhat detaching ourselves from the material world may sound a bit radical, but the results may be far beyond one's expectations. It seems that no matter how much money we make, it is never enough. If making more money is one of your goals, there is nothing particularly wrong with that. Just beware of falling into a vicious cycle which can derail your ultimate goal of achieving balance and harmony.

Always remember that quality is not quantity, and that sometimes true fulfillment of the soul comes from giving rather than receiving. Time goes by sooner than later and what worse feeling than to realize you've spent an entire life trying to achieve your goals and never getting to truly enjoy the results. Take time to understand what you want the end results to be and find the balance that is best for you and your loved ones.

- Mey-ling Cortinas

## News & Events

- **Follow us on Facebook for useful articles and the latest VIVA news!**  
[www.facebook.com/VIVAPeds](http://www.facebook.com/VIVAPeds)
- **Challenge Air Fly Day**  
Saturday, May 2, 2020 at the Tyler Historic Aviation Memorial Museum  
  
Due to the size of the museum, this event is limited to the first 50 kids with special needs. Kids who have never flown with Challenge Air will get priority over kids who have experienced the gift of flight. For more information visit:  
[www.challengeair.com/events1/tyler-tx-fly-day-scheduled-for-may-2-2020/](http://www.challengeair.com/events1/tyler-tx-fly-day-scheduled-for-may-2-2020/)
- **Miracle League - DFW**  
Provides children with disabilities or special needs the opportunity to play in an organized youth baseball league. For more information visit:  
[www.miracleleaguedfw.com/](http://www.miracleleaguedfw.com/)
- **Chuck E. Cheese Sensory Sensitive**  
Offers a sensory-friendly experience on the first Sunday of every month at participating locations, opening stores two hours before their normal opening time. Events include a trained and caring staff that work to ensure each guest has a fun-filled visit. For more information visit:  
[www.chuckecheese.com/events/sensory-sensitive-sundays](http://www.chuckecheese.com/events/sensory-sensitive-sundays)

## 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.vivapedcs.com/resources](http://www.vivapedcs.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

### Happy Heart Month!

Happy Heart Month! Every year, the National Heart, Lung, and Blood Institute (NHLBI) marks American Heart Month by raising awareness about heart health and disease. Here are some tips to help your family live a heart-healthy lifestyle.

Plan a couple weekend activities with your family that involves getting active, such as taking a hike, playing a family-friendly game of football or soccer or going to an indoor trampoline activity park. A routine of outdoor activities can be the start of a solid foundation for your children to learn how to keep their bodies strong and healthy while also making special family memories.

Being active and eating healthy go hand in hand. Another way to promote your family's heart health would be to incorporate fruits and vegetables that have been proven to improve it. Types of food include green leafy vegetables, such as spinach and kale, berries, avocados and tomatoes. Simple family-friendly recipes that include these ingredients can be found all over the internet for free and cooking them would be a great way to learn about heart-healthy foods as a family.

Make sleep a priority. If you don't sleep enough, you may be at a higher risk for heart disease no matter your age or your healthy habits. It is recommended that you get at least 7-8 hours of sleep every night to keep your heart healthy and strong.

Have a safe and healthy February!

- Jordyn Ruiz

## Food for Thought



### Easy Chocolate Covered Strawberries

#### Ingredients

- 16 ounces milk chocolate chips
- 2 tablespoons shortening
- 1 pound fresh strawberries with leaves

#### Directions

- In a double boiler, melt the chocolate and shortening, stirring occasionally until smooth.

- Holding them by the toothpicks, dip the strawberries into the chocolate mixture.

- Insert toothpicks into the tops of the strawberries.

- Turn the strawberries upside down and insert the toothpick into styrofoam for the chocolate to cool.

*All Done!*

What did one light bulb say to the other light bulb on Valentine's Day?



I wuv you watts and watts!



Just for Giggles!