



## New Year, New Dreams and Plans

It's a new year, and as always, a time for making a list of all those dreams we'd like to make come true throughout the year. But, wait now – Isn't this what everyone does at the very beginning of every year, and totally forgets about or gives up on just a few weeks later? No one says dreams are just that, dreams. Sadly; though, this ends up being the case for most, not because they fail to jot down their dreams, but mainly because they fail to come up with a realistic plan to realize them. It's already the first month of 2020, but it's not late at all to come up with a game plan to get working on those dreams.

The first step is to keep in mind is that every plan, no matter how small, is of great importance. Remember that what is trivial to some may be of the utmost importance to others. Making a list of resolutions is step number one. Divide the items into a couple of groups. i.e. "Me", "Family" and "Work". Then take a look at each group and categorize the items according to how achievable they appear. Make a shortlist from each category - no more than two to three items per category, keeping the rest of the list away from sight for later use. Trying to go at things cold turkey is a proven way to fail, so remember, one step at a time.

One of the items that never fails to make it to the list is spending more quality time with family. There's always a "reasonable" excuse: lack of time, too tired, not in the mood, or let's do that later. This is likely the cause for the poor development of a meaningful relationship and almost inexistent communication between

family members. In times in which texting and gaming have become ubiquitous in everyday life, achieving any sort of meaningful human connection makes it just the more difficult.

How do we come up with more time, feel more energized and find the right mood to sit down and play or have a conversation with our children? No one learns how to play Fortnite (well enough), or becomes an interesting children's story reader in one week. Turning off Netflix or Prime for just a few minutes a day to converse with one's spouse can be difficult, but certainly a first and very necessary step to a better relationship.

Humans are animals of habit, and habits are hard to break. It takes a hefty amount of will power and setting feasible expectations. Everyone does exceptionally well when it comes to doing the things they like. The things they dislike; though, not so much. Dislikes are mostly activities that take us out of our comfort zone - activities or subjects we know nothing or little about. Take time to learn about those activities your family enjoys. Don't ask "why" or come in judging what others at home are doing - they do it for a reason. Be curious and inquisitive, show an interest in what your family does. Notice what it is they're interested in – try placing this as one of the first and most important things one can do to start building meaningful family time. It's all about caring for others at home that can help us follow through on this one common but very important new year's resolution.

- Mey-ling Cortinas

## News & Events

### • Happy New Year!

Best wishes from VIVA to you and your family for a new year full of health, happiness and prosperity!

### • 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/events/tyler-tx-fly-day-scheduled-for-may-2-2020/](http://www.challengeair.com/events/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.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

### Teaching Kids About Exercise

January is the month of new beginnings and New Year's resolutions. Make the start of the new year count for your family by encouraging your children to be active and teach them that with the right attitude exercise can be fun!

Running is by far one of the simplest exercises that kids can partake in and is easily doable since little ones love to run about all day long. Challenge your kids to run in various patterns such as diagonally or backwards. For older kids, challenge them to run with high knees or "butt kicks". Running in various ways and directions can help kids work both their muscles and their brains, as well as improve their coordination.

Get your little one's feet off the ground by doing some fun jumping moves. Jumps help kids build muscle strength, cardiovascular fitness and endurance. Kids will have a blast jumping like a starfish or leapfrog. There are also plenty of games to be played that involve jumping like jump-rope and hopscotch. Older kids should try jumping on one foot, side-to-side and backwards. This can help improve muscle strength and coordination as well.

A great, productive exercise session calls for some stretches. After the kids finish with their exercise games, incorporate some simple stretches to help your kids settle down and relax. Stretching is also a great way to prevent any injuries, and having a cool-down period can help transition little ones into nap time or quiet indoor play.

Have a happy New Year!

- Jordyn Ruiz

## Food for Thought



### 30 minute Chicken Marsala

#### Ingredients

- ¼ cup all-purpose flour for coating
- ½ teaspoon salt
- ¼ teaspoon ground black pepper
- ½ teaspoon dried oregano
- 4 skinless, boneless chicken breast halves - pounded 1/4 inch thick
- 4 tablespoons butter
- 4 tablespoons olive oil
- 1 cup sliced mushrooms
- ½ cup Marsala wine
- ¼ cup cooking sherry

#### Directions

- In a shallow dish or bowl, mix together the flour, salt, pepper and oregano. Coat chicken pieces in flour mixture.

- In a large skillet, melt butter in oil over medium heat. Place chicken in the pan, and lightly brown. Turn over chicken pieces, and add mushrooms.

- Pour in wine and sherry. Cover skillet; simmer chicken 10 minutes, turning once, until no longer pink and juices run clear.

*All Done!*

What did one plate say to the other plate?



Dinner is on me!



Just for Giggles!