



— **Bringing Cheer for the Holidays** —

The holiday season is finally here! So full of joy and excitement, parties, shopping excursions, and home decorating. It can be the most wonderful time of the year to many, but with everything we have endured this year, many may find this time stressful and exhausting. There are many ways for us to bring cheer back to the holidays especially for those who need it most.

How can we support others when we ourselves may feel stretched to the maximum? If you are planning on buying gifts there are ways to support others while doing so. First, buy local! By purchasing from a small business, you may be supporting your neighbor and their family. It can mean the world (and their home, bills, food, etc.) to the business owner. Many towns have a small downtown area that is often full of cute boutiques. These stores are filled with items that you cannot find at a chain and while they may be a bit pricier, they are more meaningful than an item worn or used by thousands. The local boutiques are also full of other small business owner's items such as homemade scarves, jams, hot sauce, dog treats and the like. Local restaurants need support too! Ask if they have gift certificates to give the gift of a night out. Think local!

Second, you can give the gift of time. The Salvation Army always has a need for bell ringers to support the local homeless population. It is easy to sign up and if you bring your children, they help bring extra donations with their sweet faces!  
<https://salvationarmysouth.org/ways-you-can->

[help/volunteer/](#) You can also check with your local food bank to see how you can help with their holiday meal bagging or look at Meals on Wheels to help the elderly and shut ins. Volunteering with your children is a great way to remind them that holidays aren't just about getting presents but are important times to remember those who have less.

Third, consider giving to charity in your loved one's name. There are many organizations that offer sponsorships for the gift that keeps giving, or they offer the option of a one-time gift like helping purchase a farm animal for a family in a poor country. Check out where your money is going by first comparing it on [www.charity-watch.org/](http://www.charity-watch.org/).

Finally, know and teach the difference between happiness and joy. Many gifts can bring a child happiness, but soon become a chore when they are overwhelmed with choices, less space, and the need to pick up more toys. Joy, however, comes from time well-spent together or on adventuresome outings. Give gifts of joy and consider giving memberships to zoos, museums, or botanical gardens. Classes to learn a new skill, sport, or craft are also joy bringing as they continue to bring excitement of learning and having an activity to attend.

"Remember that the happiest people are not those getting more, but those giving more."  
H. Jackson Brown, Jr.

**News & Events**

• **From our VIVA Family to Yours - Happy Holidays!**

VIVA wishes you and your family a blessed holiday season and a Happy New Year!

• **VIVA Holiday Drive Through Event**

Dec. 11, 2020 • 2PM-4PM  
Where: Parking Lot at Richardson, Fort Worth and Austin VIVA Offices. Dallas employees and families can attend the Richardson location. We may not be able to celebrate in a traditional way this year, but we wanted to show some holiday spirit and will be having a drive through event at our office. You can come by to say hello and get some holiday goodies from us!

• **Fun Christmas Light Displays in the Dallas/Fort Worth area.**

To view a great list of Christmas and Holiday Light Displays in the Dallas / Fort Worth Metroplex! click below:  
<https://familyguide.com/christmas-light-displays-dfw/>

• **Movies in the Park**

Grab a space on the lawn, enjoy a food truck picnic and let the cinematic fun begin. Klyde Warren Park - Ginsburg Family Great Lawn.  
- Elf: Saturday, December 19 7:00 - 9:00 p.m. For information visit:  
<https://klydewarrenpark.org/things-to-do/events/2020/the-lego-movie.html>

• **Blue Genie Art Bazaar - Austin**

November 13 - December 24  
6100 Airport Blvd., Austin  
Open again for more than 15 years, the free Bazaar features handmade artwork and gifts from more than 200 local and regional artists - with a portion of proceeds going to Make-A-Wish® Foundation. For more information visit:  
[www.bluegenieartbazaar.com](http://www.bluegenieartbazaar.com)

## 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

### Staying Healthy During the Holidays

This holiday season may look a little different for your family but, there are still plenty of ways to celebrate Christmas while having fun and remaining safe.

Bake cookies. Baking cookies is a quintessential Christmas tradition and is the perfect way to kick off the holiday spirit. This activity is great for all ages and can be done in a variety of ways. There are tons of healthy sugar cookie and icing recipes that can be found online that are great alternatives to store bought cookie dough and icing. Baking cookies is also a fun way to make your home smell amazing!

Host an online Christmas Party. This would be a perfectly safe way to celebrate the holiday with many friends and family while remaining socially distant and still having fun. You can even make your online Christmas party even more special by having a theme like Ugly Christmas Sweaters and Grinchmas.

Go on drive-by Christmas light viewings. There are several neighborhoods hosting Christmas light drive-throughs in and around the DFW area. All of the Christmas light fun can be enjoyed through the comfort and safety of your own car. Pile in and bring along hot cocoa and other Christmas goodies and enjoy all the bright Christmas displays.

We here at VIVA hope you and your family have a happy and healthy holiday!

- Jordyn Ruiz

## Food for Thought



### Candy Cane Cocoa

#### Ingredients

- 4 cups milk
- 3 (1 ounce) squares semisweet chocolate, chopped
- 4 peppermint candy canes, crushed
- 1 cup whipped cream
- 4 small peppermint candy canes
- mini marshmallows

#### Directions

- In a saucepan, heat milk until hot, but not boiling.
- Whisk in the chocolate and the crushed peppermint candies until melted and smooth.
- Pour hot cocoa into four mugs, and garnish with whipped cream and mini marshmallows.
- Serve each with a candy cane stirring stick.

*Happy Holidays!*

Why was the little boy so cold on Christmas morning?



Because it was Decembrrrrr!



Just for Giggles!