



HUNGER

Awareness

June is Hunger Awareness Month - How Can We Help?

June is hunger awareness month, and the past few years have demonstrated how much we need community to help end this major crisis in our country. According to the USDA, 38 million people in America suffer from food insecurity, including 12 million children. This food insecurity occurs in every community in the country. The good news is that you can help! Many organizations welcome volunteers to help them assist the food insecure or other vulnerable populations.

Volunteering is not only good for your community, but it's beneficial for your family too. Volunteering can help kids increase their social and relationship skills. Volunteering also helps to counteract the effect of stress, anger, and anxiety. Helping others has been proven to increase happiness, self-confidence, and a sense of purpose.

Now that you know why you should volunteer, how should you and your family get involved? Here are some age-appropriate ways to incorporate your children into volunteer scenarios.

Toddlers - One group that experiences widespread food insecurity is our nation's senior population. Meals on Wheels and similar programs help alleviate this by delivering meals to homebound and invalid seniors. You and your young children can decorate lunch bags for meal-delivery nonprofits so that the seniors have their day brightened by your child's artistic endeavors. This is a nice way to contribute at home and on your own timeline, for children that may not be

ready for an in-person, structured activity.

School-age children - In 2020, over 60 million people turned to food banks and community programs for assistance in finding food for their families. Many of these food banks need help packing boxes of food to send out into the community. This may include sorting, weighing, and bagging food, or packing dry goods into boxes via an assembly line. You can even help with the delivery once the boxes are packed. As long as children are able to stand/move around for the time of the volunteer shift, there usually isn't a lot of heavy lifting so this can be an excellent activity for families.

Middle Schoolers - Once children are ready for a little more responsibility, community gardens can be a great place to grow their neighborhood involvement. These gardens often have easy-to-grow fruit and vegetable crops. The organizations that run the community gardens typically welcome help with planting, weeding, regular care, and harvesting. This is a great way to teach slightly older children both about community participation and helpful gardening skills.

Teens - If your teen is ready to take on a leadership role, perhaps it is time to organize your own fundraiser. Local food banks are constantly in need of extra funding. You and your teen can be creative on how you want to raise the money, whether it's a bake sale, a car wash, or something else!

*Click [here](#) to view citations.

News & Events

• **Dallas Zoo Safari Nights**

This summer, the whole family can rock out to live music after hours, and it's all included with your admission to the Zoo!

Every Saturday May 28 - July 2
9 A.M.-9 P.M.

For more information visit:

www.dallaszoo.com/safarinights/

• **Champion's Day at Hawaiian Falls-**

June 18th & July 25th

Hawaiian Falls is proud to be partnering with Special Olympics to honor Champions with an exclusive morning designed for our families and individuals with special needs. Champions and their families will have exclusive access to the park from 9am-10am. Champions tickets are FREE and family companion tickets are only \$10 (limit 4).

For more information visit: <https://hfalls.com/specials-events.php>

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

For current events visit us on Facebook. 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



• **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

• **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
For more info visit: 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

• **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

Protecting Children from Skin Cancer

As the Texas summer heat makes its way into the 100s, we are reminded that we have to take precautions and protect ourselves and our kids from the heat and the sun. Aside from staying hydrated throughout the day, make sure to always be protected from the sun's harmful UV rays. "Just one or two blistering sunburns double your child's lifetime risk for melanoma. And melanoma is the deadliest form of skin cancer."

Below are some tips to keep in mind:

1. Use sunscreen with SPF 30 or higher.
2. Reapply sunscreen according to the instructions but usually no less than every 2 hours or more often if they have been swimming or sweating a lot.
3. Try to stay out of the sun between the hours of 10 a.m. and 4 p.m. when the UV sunrays are the strongest.
4. If your child will be in the sun, you can also protect their skin with clothing with UV protection.
5. Teach children the habit of always using sunscreen if they will be out in the sun.
6. Teach them the importance of protecting their skin and the danger of repeated exposure to the sun's harmful UV rays. Even when it's cloudy outside, we still need to protect our skin. "While clouds do reduce some of the sun's UV rays, they don't block all of them. UVA rays can penetrate clouds, and they can also reach below the water's surface."*

*Skin Cancer Foundation

Food for Thought



Fizzy Peach Shake

Ingredients

- 3 medium peaches, pitted
- 1/3 cup ginger ale, chilled, plus additional for topping if desired
- 2 tablespoons honey
- 1 quart vanilla ice cream
- Optional: Whipped cream and peach slices

Directions

- Place peaches, ginger ale and honey in a blender
 - Cover and process until smooth. - Add ice cream
 - Cover and process until combined.
 - Pour into serving glasses.
- If desired, top with whipped cream or additional ginger ale and garnish with peach slices.

Serve immediately and enjoy!

*www.tastefromhome.com

Where do pencils spend their vacations?



In Pencilvania



Just for Giggles!