



## Women's History Month



### Celebrating Women's History Month

March is Women's History Month. This time can be an excellent opportunity to reflect on how influential women have shaped the course of history in sports, arts, science, and politics. These women have transcended society's expectations and limitations to push all of humanity into the future. We honor trailblazers like Rosa Parks, Marie Curie, and Sandra Day O'Connor every year. These women are great examples of courage and vision. However, there are so many more women to celebrate. Here are a few influential women that don't get as much press:

#### Babe Didrickson Zaharias

Before Billie Jean King and Flo-Jo, there was Babe Didrickson Zaharias. Zaharias who excelled in several sports, including basketball, track, tennis, swimming, baseball, and golf. In 1932, Babe competed in the Summer Olympics in track and field events. She won two golds and a silver medal and broke two world records. Her golf career was also storied, as she won every golf title available. She frequently competed against men in PGA tournaments. In 1950, she co-founded the Ladies Professional Golf Association (LPGA). In 1999, ESPN honored Zaharias as the tent best athlete of the 21st century.

#### Hedy Lamarr

Lamarr is best known as an actress, starring in movies like 1949's Samson and Delilah. But she was also an innovator, devising wing designs for Howard Hughes, improvements to stoplights, and a tablet to turn water into soda. However,

her most significant innovation is the precursor to something you may be currently using. In the 1940s, Lamarr pioneered a communication system that utilized frequency hopping among radio waves to allow American torpedos to reach their targets during the war. This invention helped lead to modern Wi-Fi, GPS, and Bluetooth. In 2014, Lamarr was posthumously inducted into the National Inventors Hall of Fame as "the mother of Wi-Fi."

#### Rev. Dr. Pauli Murray

Everyone knows that Brown v. Board of Education was a pivotal moment in the Civil Rights Movement, but most people do not know about the book that provided the evidence to win the case or the author of that book. Rev. Dr. Pauli Murray was a lawyer and activist. In 1950, Murray published States' Laws on Race and Color, a critique of segregation laws replete with sociological and legal evidence to oppose "separate but equal" policies. Murray was also the first black deputy attorney general in California, the first African-American woman to become an Episcopal priest in the U.S., and a co-founder of the National Organization for Women (NOW).

When you feel discouraged by the burdens of your daily life, remember these women. You can be strong, beautiful, and courageous, just like these women were. We hope that this Women's History Month, you use the example of pioneering women to motivate you.

### News & Events

#### •Dallas Playdate at the Park

Hosted by the Down Syndrome Guild of Dallas  
Bring the entire family to a playdate at the park! All ages are invited to attend this informal playdate to meet other local families while enjoying some outdoor fun (weather permitting) over Spring Break.

- Tuesday, March 15

2:00 p.m. - 4:00 p.m.

Flag Pole Hill Park

8015 Dorian Circle, Dallas, TX, 75238

To register visit:

[www.downsyndromedallas.org/calendar/dallaspark?fbclid=IwAR0Z-pSvdGB09yJIVJ2D5EtKpc4gXs3IU-Vm0k5il3fLBABvbr01qcZHEf\\_U](http://www.downsyndromedallas.org/calendar/dallaspark?fbclid=IwAR0Z-pSvdGB09yJIVJ2D5EtKpc4gXs3IU-Vm0k5il3fLBABvbr01qcZHEf_U)

#### •Family Day at UMLAUF Sculpture Garden and Museum - Austin

Join the UMLAUF for a free day of crafts, games, and independent activities! Free and open to the public.

Sunday, March 13

11:00 a.m. - 4:00 p.m.

605 Azie Morton Rd, Austin, TX 78704

For more information visit:

<https://family.do512.com/events/2022/3/13/family-day-tickets>

#### •Deaf History Month

March 13 - April 15

Please join us and celebrate the amazing achievements of our predecessors who advanced our civil, human, and linguistic rights throughout our country's history during Deaf History Month For more information visit:

[www.nad.org/2012/03/16/celebrate-deaf-history-month-march-13-april-15-2012/](http://www.nad.org/2012/03/16/celebrate-deaf-history-month-march-13-april-15-2012/)

## 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

### Welcome Spring!

Spring feels like a new beginning and a fresh start. Let the sunshine and warm weather restore you and inspire you to spring-clean your world. It's a great time to refocus yourself and your family toward making healthy choices.

Try these simple ways to jumpstart your spring cleaning.

1. Shake up your fitness routine

Take advantage of a warm spring weekend to rethink your attitude toward exercise.

Instead of dreading it, think of exercise not as a workout, but as a chance to play and have fun Get back to basics and re-discover activities or sports you used to enjoy, but haven't done in a while.

2. Rethink your diet

"It's important to make sure you're getting a balance of nutrients. Keep your food choices simple in the midst of conflicting nutritional and weight-loss messages. Most nutrition experts agree that choosing whole, unprocessed foods, and reducing added sugars and portion sizes will improve your nutrition.

3. Schedule time for yourself

Time alone helps you recharge and replenish your energy. Schedule some "me" time every day and make it a priority, just as you would a doctor's appointment or picking up the kids from school. What you choose to do doesn't have to be complicated. Try soaking in the tub with a good book, enjoying a morning cup of coffee, taking a walk or planting in the garden.

4. Do a digital detox

Don't let phones, laptops and tablets distract you from living your life. "Unplug" from social media, check out new activities or hobbies that interests you. Time away from technology can help you feel more productive and boost your mood. - Happy Spring!

## Food for Thought



### Spring Time Crepes

#### Ingredients

- 1 cup all-purpose flour
- 2 eggs
- 1/2 cup milk
- 1/2 cup water
- 1/4 teaspoon salt
- 2 tablespoons butter, melted
- Berries (optional)
- Nutella (optional)

#### Directions

- In a large mixing bowl, whisk together the flour and the eggs. Gradually add in the milk and water, stirring to combine. Add the salt and butter; beat until smooth.

- Heat a lightly oiled griddle or frying pan over medium high heat. Pour or scoop the batter onto the griddle, using approximately 1/4 cup for each crepe. Tilt the pan with a circular motion so that the batter coats the surface evenly.

- Cook the crepe for about 2 minutes, until the bottom is light brown. Loosen with a spatula, turn and cook the other side.

- Serve with sliced strawberries and mixed berries and/or drizzle with nutella.

*Enjoy!*

## Does February like March?



No but April May!

Just for Giggles!

