



Spread Holiday Cheer Through Gifts That Give Back

The holiday season is a time to spread cheer, spend time with loved ones and give back to those in need in both small and big ways. Individuals are often inspired this time of year to help transform the world into a better place by contributing, donating and fundraising for communities, both locally and abroad.

This year, this global movement of generosity and compassion is all the more significant. The COVID-19 pandemic, ongoing conflicts and escalating crises around the world have had devastating impacts on children. In its historic 75th year of lifesaving work, UNICEF has made gifts available this holiday season that can help make the world better for children.

Through UNICEF Market, an online collection of gifts including jewelry, apparel, home decor, holiday decor, kitchenware and unique gifts handcrafted by talented artisans from around the world, you can purchase gifts for your loved ones that play a significant role in supporting small businesses around the world and aiding the organization's mission to relentlessly pursue an equitable world for every child.

One of the many artisans your purchase can support is Made Wardika. He was born and raised in a small town in Central Bali on farmland amidst beautiful natural landscapes. The artisan learned to carve at the age of 11 and spent his childhood working to perfect his craft

in order to put himself through school. Created from scratch, Wardika's unique jewelry is centered around Bali's art, traditions and culture. The thriving business supports his wife, two sons and daughter.

"Being responsible for my small family has encouraged me to work harder," Wardika said. "I decided to work with UNICEF in the hopes that this would help expand my workshop, help my children go to school and help me provide for their daily needs."

Beyond helping artists like Wardika support their families, keep traditional skills alive and help local economies thrive, a portion of every purchase goes toward helping UNICEF scale up response to its global efforts. By purchasing the "Modern Sound" wooden phone speaker from Thailand, you could provide 22 packets of lifesaving nourishment for children suffering from malnutrition. By purchasing the "Tropical Nature" Curate Brazilian cotton hammock, you could provide 126 doses of the measles vaccine to protect children from this deadly disease.

You can also donate items such as therapeutic food, newborn kits, school supplies and shelter materials in the name of a loved one alongside a personalized card or e-greeting.

Celebrate this holiday season and find more gifts that give back at www.market.unicefusa.org.

- UNICEF

News & Events

• Happy Thanksgiving!

We would like to thank all of our VIVA family! We appreciate each and every one of you! We wish you a wonderful Thanksgiving!

• Sensory Sundays at Crayola Experience

- 3rd Sunday of every month:
Coming up - November 21 & December 19

The Shops at Willow Bend
6121 W Park Blvd, Suite A100,
Plano, TX

Join this special morning designed for kids and families with sensory needs to experience the arts and craft activities inside the Crayola Experience Plano attraction. These families get exclusive access to the entire 60,000-square-foot attraction from 10-11am.

For more info visit: www.crayolaexperience.com/plano

• Storytime on the Lawn

- November 13 - 10 - 11:30 a.m.
The Arboretum - 10000 Research Blvd, Austin, TX 78759

free story time with our friends from Literacy Coalition of Central Texas for a fun morning of storytelling and activities! For more information visit: <https://thearboretum.com/events-news/event/2021/09/11/default-calendar/story-time-on-the-lawn>

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

Staying Healthy This Fall

We are officially in Autumn now and with that comes an increase of the potential of infection. As the weather cools down, we are spending much more time indoors and viruses and bacteria infections increase.

Data that is showing a decrease in Covid infections, hospitalizations, and deaths is promising, but it is likely that we will see some spikes over the holiday season. We also are seeing outbreaks of other illness, both viral and bacterial. Diligence in infection control and vaccinations are critical in helping combat this.

Recently, the FDA authorized the Pfizer Covid vaccine for children ages 5-11. Some parents are very eager to protect their children with these vaccines, however the logistics of production and distribution are causing experts to advise parents to be patient, and to understand that it may take some time to get this protection for their kids.

For adults, booster vaccines are available for some already that fit certain criteria and these boosters are much more readily available than the first doses that were offered at the beginning of 2021. This means it is even easier to get them at your local Walgreens or CVS, rather than having to drive to a testing and vaccine site miles away. Flu shots are even being offered at the same time.

As far as the upcoming holidays, we are in a better place than we were last year, but planning for smaller events, or outdoor Thanksgiving feasts are not a bad idea.

Stay well, Viva Family.

- Kristine Dodge

Food for Thought



Awesome and Easy Creamy Corn Casserole

Ingredients

- ½ cup butter, melted
- 2 eggs, beaten
- 1 (8.5 ounce) package dry corn bread mix
- 1 (15 ounce) can whole kernel corn, drained
- 1 (14.75 ounce) can creamed corn
- 1 cup sour cream

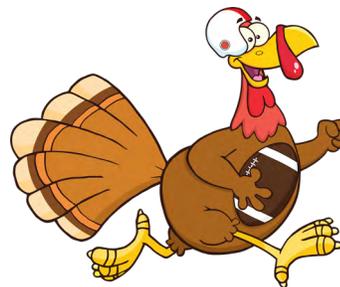
Directions

- Preheat oven to 350 degrees F (175 degrees C), and lightly grease a 9x9 inch baking dish.
- In a medium bowl, combine butter, eggs, corn bread mix, whole and creamed corn and sour cream. Spoon mixture into prepared dish.
- Bake for 45 minutes in the preheated oven, or until the top is golden brown.

Enjoy!

www.allrecipes.com

Why was the turkey arrested?



It was suspected of fowl play!

Just for Giggles!

