



Cool Weather, Cool to Be Outdoors!

Fall is almost here! Although the Texas hot summer days seem to be lingering longer than we'd like, cooler days are just around the corner! We can all start looking forward to spending more time outdoors and enjoying the many fall events and activities that Texas has to offer. As we wait for the sweltering heat to subside, take time as a family to plan your next outing. Search for the many events and activities coming up soon in your area.

Some of the most popular Fall events in Texas include the [State Fair of Texas](#) in Dallas, [Oktoberfest](#) in Fredericksburg, [Chappell Hill Scarecrow Festival](#), [Texas Renaissance Festival](#) in Todd Mission, [Barton Hill Farms Fall Festival & Pumpkin Patch](#) in Austin, and the [Plano Balloon Festival](#) among many others.

In addition to the various events offered throughout the Fall, plan to enjoy the beautiful Texas Fall colors and foliage. Some of the best places to enjoy the season colors include Garner State Park with its breathtaking views of oak, cypress and persimmon trees. Lost Maples State Park is another great spot to see the leaves turn and is located on the Sabinal River. Take advantage of the beautiful views and go camping, hiking, exploring and/or fishing. Enjoy the many bike trails around you or simply go for a walk! Take a deep breath and enjoy nature.

Texas also has beautiful lakes full of opportunities

for outdoor activities. Some of the best lakes in Texas include Cedar Creek Lake, Lake Travis, Possum Kingdom, Caddo Lake or Lake O' the Pine, Lady Bird Lake, Lake Texoma and Sam Rayburn Reservoir to name a few. [Planetware.com](#) offers great information about some of the best lakes to visit in Texas.

Regardless of whether you plan for a trip or simply go for a hike around your neighborhood park, take advantage of everything the Fall has to offer! Remember that being outside is good for the mind and it promotes healthy, active lifestyles. No matter where you live in Texas, you will surely find a great outdoor experience. What's important is that you make it a goal to spend more time outside especially now that the Texas summer heat won't be an excuse!

As you can see, there is no shortage of outdoor family friendly events and activities around Texas this Fall. It's just a matter of doing a little research and planning together as a family to ensure you get the most out of the season and the soon to come cooler weather. Just remember to continue monitoring the Coronavirus Disease situation in your area prior to making plans and verifying that your events and activities haven't been cancelled. We can all enjoy the upcoming season, but don't forget to maintain social distancing and enjoy a safe and fun outdoor experience!

News & Events

•North Texas Giving Day

- September 1 - 23, 2021

Early Giving is now open!

Now through NTX Giving Day, you can support your favorite nonprofits! Search from among over 3,350 nonprofits, 27 cause areas and 20 North Texas counties to #BeTheGood and give.

During North Texas Giving Day, everyone has the opportunity to be a philanthropist to build a stronger and more vibrant community. For more information visit: <http://northtexasgivingday.org/>

•2021 Northeast Tarrant County Kiwanis Club Butterfly Festival

- September 11 and 12, 2021

- Southlake Town Square - 1400 E Southlake Blvd, Southlake, TX

Enjoy a walk with hundreds of butterflies, contained in a 600 square foot tent, along with local flowering plants. Butterfly experts will be on hand to answer questions from all ages. Watermelon is provided to allow children of all ages the opportunity to feed and interact with the butterflies.

For more information visit: www.netckiwanis.org/butterflyfest.html

•State Fair of Texas

September 24 - October 17, 2021

As a nonprofit organization, the Fair advocates for the community and is committed to preserving Fair Park – building on its legacy as a National Historic Landmark. For more information visit: <https://bigtex.com/about-us/>

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

Back to School during a Pandemic

With increasing cases of Covid-19 infections among children since returning to the classroom, many parents are eager to get their younger children vaccinated.

Covid-19 Vaccines for younger children seem to be right around the corner. Although at this time, the vaccines are currently only approved for patients 12 and up, FDA Emergency use approval for the Pfizer vaccine is anticipated as early as the end of September. Pfizer and Moderna are both running large pediatric trials to study the effectiveness and safety of using their COVID-19 mRNA vaccines for children under 12. It is also imperative to find the optimal dose for younger children. This is still being tested during clinical trials, but early findings from the Pfizer clinical trials suggest that the dose should be approximately 1/3 of the strength of the adult dose.

Even with the emergence of new variants, the risk of severe illness from COVID-19 remains quite low for younger children compared to the adult population. But with so many infections each day in the U.S., a huge number of children are now being exposed to the virus and testing positive.

With such high numbers of infections nationally and no protection from a vaccine if they do get infected, more children are at risk of becoming one of the unlucky few who do get seriously ill or face long-term symptoms post-infection or "long covid".

Until these vaccines are available for younger children, the best course of action that parents can take is being vaccinated themselves and practicing good hygiene to try to keep from bringing Covid-19 into their home.

- Kristine Dodge

Food for Thought



Crunchy and Delicious! Roasted Brussell Sprouts

Ingredients

- 1 ½ pounds Brussels sprouts, ends trimmed and yellow leaves removed
- 3 tablespoons olive oil
- 1 teaspoon kosher salt
- ½ teaspoon freshly ground black pepper

Directions

- Preheat oven to 400 degrees F (205 degrees C).
- Place trimmed Brussels sprouts, olive oil, kosher salt, and pepper in a large resealable plastic bag. Seal tightly, and shake to coat. Pour onto a baking sheet, and place on center oven rack.
- Roast in the preheated oven for 30 to 45 minutes, shaking pan every 5 to 7 minutes for even browning.
- Reduce heat when necessary to prevent burning. Brussels sprouts should be darkest brown, almost black, when done. Adjust seasoning with kosher salt, if necessary.
- Serve immediately.

Enjoy!

www.allrecipes.com

How does a cucumber become a pickle?



It goes through a jarring experience.



Just for Giggles!