



CPR AED Awareness Week

The first week of June is National CPR and AED awareness week. As we prepare for warm weather get-togethers or trips, ensure you know what you need to know to keep your friends and family safe this summer and beyond.

Why learn CPR or how to use an AED?

According to the American Heart Association, 436,000 Americans die from cardiac arrest every year. Over 350,000 cardiac arrests occur outside of the hospital annually. Only 40% of the victims of these cardiac arrests receive bystander CPR. Yet if CPR is performed immediately, it can double or triple the chance of survival. 70% of out-of-hospital cardiac arrests happen in homes. That means if you have the opportunity to perform CPR, it will likely be a person whom you know and love.

How will I know when to perform CPR?

If an individual has no pulse or is not breathing for 10 seconds, check their responsiveness. Tap or shake their shoulder and ask loudly, "Are you ok?" If they do not respond, it is time to act. Check to ensure the environment is safe for them to stay where they are. Call 9-1-1 or if possible, send someone to do so. If there is an AED, ask someone to get it or get it yourself.

How do I perform CPR on a stranger or if I am not trained?

The American Heart Association recommends "hands-only CPR" for individuals who have not been trained in CPR, feel rusty on their training, or do not feel comfortable doing rescue

breaths on a stranger. Hands-only CPR is just as it sounds - only the chest compression portion of a typical CPR round. To perform chest compressions, kneel next to the adult's neck and shoulders, while they are on their back on a firm surface. Place your hand, one under the other, in the center of the person's chest. With your elbows straight and your shoulders directly above your hands, press straight down between 2-2.4 inches. Use your entire body weight. Continue making these compressions at a rate of 100-120 compressions a minute. To keep the beat, make the compressions to the rhythm of "Stayin' Alive". Allow the chest to recoil after each push. For hands-only CPR, continue chest compressions until the person recovers or the emergency personnel takes over. The instructions vary for babies and children.

What is an AED and how do I use it?

An AED is an automated external defibrillator, used to revive someone from a heart attack. If you experience an emergency at work or in another public place, the building may have an AED available. AEDs come with extensive instructions and can even determine if a person needs to receive a shock or not, but the best practice is to get trained before using one.

Where can I learn more?

The Red Cross and American Heart Association provide classes in CPR, AED use, and first aid. Free or inexpensive classes may also be found in your community.

News & Events

• Happy Father's Day!

We wish all of our wonderful Fathers a Happy Fathers Day!

• NEW VIVA PODCAST – Renewing Your Passions

It's finally the day. The podcast has been published! All the worries and what-ifs are out there for the VIVA nation to hear. Our hopes for this podcast are that by sharing stories and ideas, we revive our industry and renew our love for our occupation, patients, and goals. Visit www.viva-peds.com/viva-podcast-episode-1/

• Movie Night at The Star – Frisco

Free event for all ages. On Wednesday, June 28, meet at The Star in Frisco for a Movie Night screening of Disney's The Lion King. Showtime begins at 7pm. Don't forget to bring your chair and blanket to enjoy the movie. For more information: www.thestarinfrisco.com/calendar/movie-night-presented-by-monument-realty/

• Austin Central Public Library Store Time

Free event for all ages. Every Tuesday through Friday, Austin Central Public Library has a free story time at 10 a.m. Austin Central Public Library, 710 W. César Chávez St., Austin, TX. Wednesday, June 28th from 10:00am – 10:30am. For more information: <https://austinforkids.com/event/austin-central-public-library-story-time/2023-06-28/>

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

Creating Memories in the Kitchen

Finding interactive activities that entertain and educate your children at home during the summer months can often be challenging. However, a fun idea can be found right in the heart of your home - the kitchen!

Baking is a great place to begin. Turning ingredients into a delicious treat can seem like magic to young eyes. Pizza-making is another fun and educational cooking activity. Allow your child to knead the dough and choose their toppings. These experiences are fun-filled and sensory-rich, fostering your child's tactile, visual, and taste development.

Encourage your children to play a role in meal planning. Maybe they have a favorite dish or want to try a new cuisine. Take the time to discuss the nutritional value of the foods you use. Not only does this instill good eating habits, but it also introduces scientific concepts in a fun and practical way. Explaining how yeast makes bread rise or why eggs change their structure when heated transforms cooking into an interactive learning platform.

This is also an excellent time to talk about safety in the kitchen. Educate your children about safe tool handling and fire safety. Your patience and attentive supervision will go a long way in ensuring their confidence grows alongside their skills.

Establishing regular family cooking days will foster a tradition of joy, learning, and love for the world of cooking. Ultimately, your kitchen isn't merely a room for meal preparation but a lively stage where beautiful (and tasty) memories are made.

Food for Thought



Brownie Batter Dip

Ingredients

1 package (8 ounces) cream cheese, softened
1/4 cup butter, softened
2 cups confectioners' sugar
1/3 cup baking cocoa
1/4 cup 2% milk
2 tablespoons brown sugar
1 teaspoon vanilla extract
M&M's minis, optional
Animal crackers, pretzels and/or sliced apples

Directions

- In a large bowl, beat cream cheese and butter until smooth.
- Beat in confectioners' sugar, cocoa, milk, brown sugar and vanilla until smooth. If desired, sprinkle with M&M's minis. Serve with dippers of your choice.

Enjoy!

* www.tasteofhome.com

What did the mama cow say to the calf?



It's pasture bedtime!

Just for Giggles!

