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Love the Messenger? Want to be in the Messenger?

IDEAS/SUBMISSIONS/PHOTOS

Submit your feedback, ideas, clubs, and photos for consideration to the Communications Committee.
communications@miralagoshoa.com

PLACE A BUSINESS AD

Reach homeowners with Community News Connection.
info@communitynewsconnection.com
972-396-8855

MAGAZINE DEADLINES / PUBLICATION MONTH

March 29.....May 2023 issue
April 26 June 2023 issue
May 24.....July 2023 issue

Need help finding a senior care community?

Senior Care Authority offers a personalized approach tailored to your loved one's needs:

- In-person evaluation of care needs
- Safety background checks
- Accompanying family on community tours
- Assistance with price negotiation
- No cost to the family

Call, text or email to discuss how our hands-on approach can ease the stress for both you and your loved one:

Paul Morgan

817-307-3234

paul@seniorcareauthority.com

Assisted Living | Independent Living
Residential Care Homes
Memory Care | Skilled Nursing



Association Contact Information

Website: www.miralagoshoa.com

Resident Portal: <https://miralagos.connectresident.com>



On-Site Management

Stacy McGrath
General Manager
manager@miralagoshoa.com

Brent Toncray
Assistant Manager
Brent.Toncray@fsresidential.com

Cynthia Prox
Administrative Assistant
Cynthia.Prox@fsresidential.com

Brandy Roberts
Lifestyle Administrator
Brandy.Roberts@fsresidential.com

On-Site Management Hours

Tuesday - Saturday
8:30 a.m. - 4:30 p.m.
Closed Sunday and Monday

Easter Hours

Saturday, April 8 | Close at 12:30 p.m. • Sunday, April 9 & Monday, April 10 | Closed

Office & Clubhouse

3025 S. Camino Lagos, Bldg. 1
Grand Prairie, TX 75054
(817) 473-6787

FirstService Residential

24/7 Customer Service
(877) 378-2388

Mail Payments to:

Mira Lagos HOA
c/o FirstService Residential
P.O. Box 30343
Tampa, FL 33630-3343

Submit Property Modification

Requests to Architectural
Control Committee (ACC)
via Resident Portal
(above)

Committee Chairs

Chair Meetings: Bi-monthly

Communications

Jeanne Spare
communications@miralagoshoa.com
Meetings: monthly

Landscape

Verna Hicks
landscape@miralagoshoa.com
Meetings: 1st Wednesday, monthly

Pool and Sports

Alex Marques
poolandsports@miralagoshoa.com
Meetings: 3rd Tuesday (Apr-Sept)

Safety

Robert McLain, Chairman
safety@miralagoshoa.com
Co-chair: Cheyenne McLain
Meetings: 1st Tuesday, monthly

Social

Valorie Felix and Anita Walker
social@miralagoshoa.com
Meetings: 2nd Wednesday, monthly

Welcome

Susan Kennedy
welcome@miralagoshoa.com
Meetings: monthly/electronically

**New members are welcome
on all committees!**

Board of Directors

Ken Self, President
Eric Blackwell, Vice President
John Hughes, Secretary
Alex Marques, Treasurer
Kenny Donnell, Director
board@miralagoshoa.com

Mira Lagos Messenger

Is the only authorized and official monthly publication for the residents of the Mira Lagos HOA with news and a calendar of community events endorsed by the Mira Lagos HOA & its members.

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www.communitynewsconnection.com

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Mira Lagos does not in any way endorse or support, nor does it take any credit or responsibility for the services, paid or volunteer, nor the statements made in articles or letters published herein not endorsed by the association or the group decision of the Board of Directors.



Neighbor Snapshot

Say hello to the Byrd family who enjoyed a warm Texas winter day at the Mira Lagos entrance!

The Messenger Neighbor Snapshot features personal family photos taken around our beautiful community. If you would like to see your family featured in this series, please email your photo and address to communications@miralagoshoa.com.

“I FOUND IT”



Gagan Zaveri of Las Brisas is our March **Something Hidden** winner! The basketball was hidden on page 8.

Slam dunk!
Thank you for reading the Messenger.

Something Hidden



Can you find the rubber ducky hidden in this issue? When you find this item, email manager@miralagoshoa.com to be entered into a random drawing to win a \$25 gift card and have your photo featured in the Messenger.

Put “I FOUND IT” in the email subject line and provide the page number the image is on along with your name, address, and phone number.

Thank you for reading the Messenger!

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✉ INFO@JIFELUXURYCARSERVICE.COM

**BOOK YOUR
RESERVATION
TODAY!**

SCAN HERE



CITY OF GRAND PRAIRIE EVENTS

www.gptx.org



Mayor's Community 5K

Saturday, April 1

9:00 AM - 12:00 PM

Farmers Market, 120 W. Main St. 75050

Join Mayor Ron Jensen as he kicks off the 2023 Cyclin' with the Mayor series with the Mayor's Community 5K. All ages are welcome to participate and walk, run, or move at a leisurely pace. Free t-shirts will be available while supplies last.

Event Schedule

8 AM Farmers Market

9 AM 5K begins

10 AM - 12 PM Activities include: face painting, superhero photo op, health fair, kids activities and more!

Easter Egg-Stravaganza

Saturday, April 8 | 10:00 AM to 12:00 PM

Mike Lewis Park, 2600 North Carrier Parkway, 75050

Free. Children ages 10 and younger are invited to attend the annual Easter Egg-Stravaganza to hunt for thousands of eggs and prizes. Kids will be divided into age groups (0-2 years old, 3-5 years old, 6-7 years old and 8-10 years old) and will participate in different hunts. This free event will feature photo opportunities with the Easter Bunny, arts and crafts, face painting and other entertainment will be featured.

Earth Day Celebration

Saturday, April 15 | 10:00 AM to 2:00 PM

Kirby Creek Nature Center

3303 Corn Valley Rd., Grand Prairie, 75052

Join us for a GRAND Earth Day celebration! There will be a FREE tree giveaway, animal encounters, environmental education, crafts, and other activities! Trees will be available while supplies last.

Grand Prairie Through the Years

Saturday, April 15 | 2:00 PM to 2:45 PM

Main Library, 901 Conover Dr. 75051

Register by email to Josh at jrudd@gptx.org.

Join the Grand Prairie Historical Organization for this engaging program about the history of Grand Prairie. Come and learn about how we became a town and all the history that's been in the making since the 1800s.

Grand Prairie Main Street Fest

Friday, April 21 | 5:00 PM to 11:59 PM

Main Street Grand Prairie, 200 W. Main St. 75050

The City of Grand Prairie Parks, Arts & Recreation Department is hosting the 10th Annual Main Street Fest. The three-day event is scheduled for Friday, April 21 through Sunday, April 23, 2023 on the 200 block of W. Main St. and surrounding areas. Parking and admission are free! The festival will celebrate the fun, festive, family atmosphere that is Grand Prairie with live music featuring a variety of bands. Throughout the event, families can enjoy novelty entertainment, carnival rides, arts and crafts vendors, two entertainment stages, food and beer, a KIDZONE to create a memorable experience for all!

Friday, April 21 | 5:00 PM - 11:59 PM

Saturday, April 22 | 10:00 AM - 11:59 PM

Sunday, April 23 | 12:00 PM - 8:00 PM

Details apply. All city events subject to change. Confirm status before attending.

Filing taxes can be difficult. Let us help you.

Electronic filing and drop off services are available. Call today to find out more!



Keithie Graham, CPA, PLLC

817.471.5379

keithiegrahamcpa.com

info@keithiegrahamcpa.com



Like and follow!

@MiraLagosHOA

on Facebook and Twitter



The Mira Lagos HOA Facebook page and Twitter account are managed by the Communications Committee and are just for fun! A volunteer will reply to comments (when appropriate), but customer service is not provided. For homeowner assistance, please contact FirstService Residential or On-Site Management directly. Association Contact Information is on page 2.



Dues and Amenity Access

Membership has benefits! Mira Lagos HOA Members who are up to date on their dues or payment plan may access the Fitness Center and pool amenities. Members who are current on dues and have a zero balance may rent the clubhouse. Dues must be paid in full to rent the clubhouse.



Members can avoid a \$29 assessment by paying dues in full or establishing a payment plan by January 30th, annually.

To set up a payment plan or inquire about an amenities access card, email admin@miralagoshoa.com.

Get Access to Summer

Get ready for a summer of recreation at Mira Lagos HOA pool amenities and enjoy 24/7 entry to the Fitness Center by getting your Member Access Card before the summer rush!

Residents of the Mira Lagos HOA whose accounts are in good standing without overdue assessments, fees, or violations, are entitled to amenities access. To obtain a new access card, follow these steps:

Step 1: Make sure your account is current with the HOA.

Step 2: Send headshots of the members of your household who are age 14 and up, along with your address, and the names of the people in the photos to Cynthia at admin@miralagoshoa.com.

Step 3: Fill out and return paperwork to Cynthia.

You will be notified once the cards are ready for pick up. One photo ID Member Access Card will be issued per person to members who are age 14 and up. Replacement of a lost or stolen access card is \$25.

**2023 Mira Lagos HOA
Fall Garage Sale
& Blood Drive
September 23**



As a nonprofit hunger relief organization, we distribute donated, purchased and prepared foods through a network of more than 400 Food Assistance Partners in 13 counties. Every day, we support the nutritional needs of children, families and seniors through education, advocacy and strategic partnerships.



North Texas Food Bank
3677 Mapleshade Ln.
Plano, TX 75075
214.330.1396
ntfb.org

Home & auto. Easy & affordable.

Call me for a quote



Cassandra Brown-English
Agent

1275 E. Road To Six Flags Street
Arlington, TX 76011-5045

Bus: 817-385-1783
www.drivewithcbe.com
cassandra@drivewithcbe.com



State Farm Mutual Automobile Insurance Company, State Farm Indemnity Company, State Farm Fire and Casualty Company, State Farm General Insurance Company, Bloomington, IL

State Farm County Mutual Insurance Company of Texas, State Farm Lloyds, Richardson, TX

State Farm Florida Insurance Company, Winter Haven, FL

Spring Fling

WORD SEARCH

X F Z V F V J G Z G B G F K D T E D X Q
 L B K I T E J U R F L O W E R S J O T V
 S U N S H I N E M A F H P Y G U D G E L
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- | | |
|---------------|------------|
| BUBBLES | HUNT |
| BASKET | KITE |
| BUNNIES | PICNIC |
| BICYCLE | PLAYGROUND |
| DUCKLINGS | RAINBOW |
| EASTER SUNDAY | SHOWERS |
| FLOWERS | SPRING |
| GOOD FRIDAY | SUNSHINE |
| GRASS | SWING |
| HIKE | UMBRELLA |

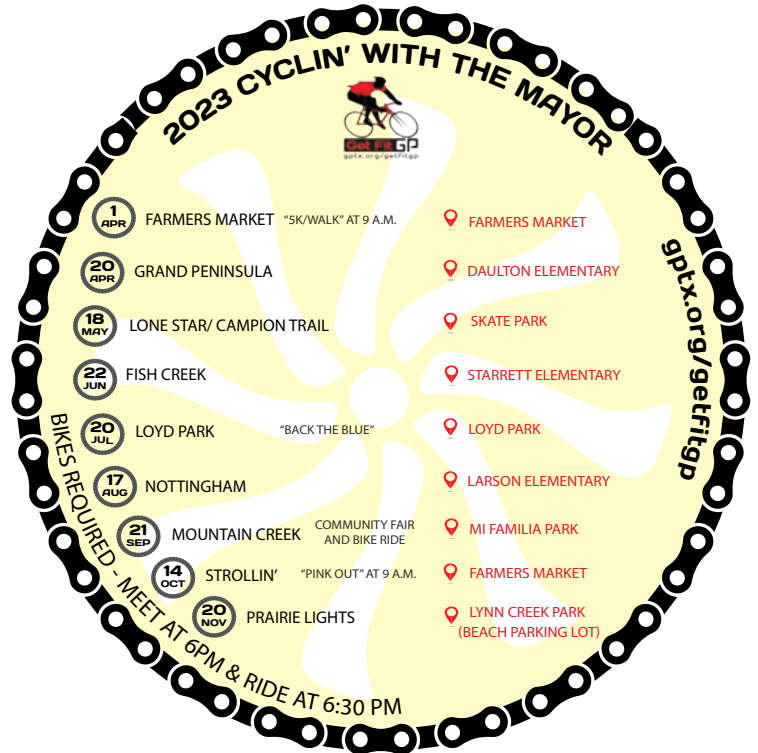
ANSWER KEY ON PAGE 13.

2023 Cyclin' with the Mayor Series Kick-Off

Join Mayor Ron Jensen as he kicks off the 2023 *Cyclin' with the Mayor* series with the *Strollin' with the Mayor 5K* on Saturday, April 1st at the Grand Prairie Farmers Market. The Farmers Market, at 120 W. Main Street, will open at 8:00 a.m. and the walk will begin promptly at 9:00 a.m.

The *Strollin' with the Mayor 5K* is a free community event for every resident and all ages are welcome to walk, run, or stroll at a leisurely pace.

See the full 2023 *Cyclin' with the Mayor* schedule here:



April 7: Spring Holiday

May 25 Last Day of School; End of Second Semester

May 26 Teacher Workday [Last day for teachers]

May 29 Memorial Day Holiday

Following the inclement weather that caused school closures in February, Mansfield ISD has determined there will be no makeup days required.

The district builds instructional hours into the academic calendar to accommodate inclement weather events, including designating bad weather makeup days. Barring any additional need to cancel school, our students will still receive more than the required educational hours this year.

#WeAreMISD | mansfieldisd.org

Calendar subject to change.





Under the Sea

Father Daughter Dance

Saturday, February 11, 2023



WHAT'S HAPPENING

Mira Lagos HOA Upcoming Events & Activities

MIRA LAGOS HOA 2023

Members Only Upcoming Events


Spring Fling
April 1


**Father & Son
FISHING**
April 15


**Mother
Son
Dance**
May 6


Summer Pool Party
June 24

MOVIE NIGHT
AT THE
pool


JULY 8

Wildlife
on the **Move**
July 1


ROARING 20'S
**ADULT
PROM**
AUG. 26


**Jazz
Night**
Sept. 30


Fall Fest
Oct. 21



**Veteran's Day
Brunch**
Nov. 4


Santa Brunch
Dec. 2

WHAT'S HAPPENING

Mira Lagos HOA Upcoming Events & Activities



Spring Fling

Egg-stravaganza and Chili Cook-Off

Saturday, April 1st
11:00 AM – 1:00 PM

The Egg Hunt will start promptly at 11:00 AM.
(Don't be late, the eggs go fast!)

The Easter Bunny will make an appearance!

Activities include:

- Egg Hunt • Euro Bungee
- Fun House Maze • Face Painters • Easter Bunny
- Food & Drinks • Fun & Family



Registration is required for the chili cook-off.
Sign up today! admin@miralagoshoa.com



fitness CLASSES

Join neighbors for fitness and fun at these Mira Lagos HOA Members-only classes at the Clubhouse.
Your HOA Photo ID Access Card is required upon arrival.

Yoga - Monthly
1st Mondays | 6:30 PM
April 3, May 1, June 5

Register: schedulicity.com/scheduling/CYBDEW

Reservations required. No walk-ins. Reservations, cancellations, and questions are accepted by the instructor via Schedulicity.

Zumba - Weekly
Weekly | 6:00 - 7:00 PM
Tuesdays & Wednesdays

Bring only what you need: your water, a towel, and your enthusiasm! Waiver required upon arrival for first-time participants.

*Class sizes limited. Schedules may vary on holiday weeks.
Details subject to change. Guest restrictions apply.*



APRIL 15, 2023

8AM-12PM

FATHER & SON FISHING WITH DARRYL WILLIAMS

Enjoy some quality father-son time and a little friendly competition!

There will be gifts, prizes, and trophies for the best fishers. The Tackle Bag Team will be available to help those who need assistance or want to learn to fish. Chairs and tents are welcome and encouraged.

Registration is required. admin@miralagoshoa.com

Event will be at the pond on England Parkway at Grand Peninsula.

All ages are welcome.

Sack lunches & drinks provided.

Bait will be provided.

Mira Lagos HOA residents only.



CPR Class

April 20 | 6:00 PM

Adult | Child | Infant | AED

Limited to 10 people.

RSVP to admin@miralagoshoa.com

WHAT'S HAPPENING

Mira Lagos HOA Upcoming Events & Activities



POOL & SPORTS COMMITTEE

Alex Marques, Pool and Sports Committee Chair

Let's Enjoy Sports Together

The Mira Lagos HOA Pool and Sports Committee is offering residents a chance to experience sporting events for a reduced price!

BASKETBALL:

DALLAS MAVERICKS VS SAN ANTONIO SPURS

Sunday, April 9 | 2:30 p.m.

American Airlines Center, Dallas

TOP GOLF

Saturday, April 29 | 7:00 p.m. | Fort Worth

GO KARTS + MINI GOLF

Saturday, May 20 | 6:00 p.m. | Rockwood Go-Karts

PICKLEBALL - FREE

Saturday, May 27 | 6:00 p.m.

Chicken N Pickle, Grand Prairie

SOCIAL BOWLING - FREE

Thursday, June 29 | 7:00 p.m.

Main Event, Grand Prairie

A limited number of tickets to these events are reserved for Mira Lagos HOA Members and are first come, first serve. Purchase tickets or pay entry fees at the HOA office or email Alex at poolandsports@miralagoshoa.com to reserve a spot.



Games at the Clubhouse

BOARD GAME NIGHTS

Friday, July 14 | Time TBD

Friday, November 17 | Time TBD

Mira Lagos HOA Clubhouse

Social Media Surprise Events

Join over 150 residents who are a part of Mira Lagos Pool and Sports groups on **GroupMe** and **Facebook**. In addition to the events already planned for this year, we are organizing surprise events that will only be shared on social media.

Scan these codes to join our groups.



GroupMe



Facebook

Pool and Sports Committee events are for Mira Lagos HOA Members only. Events are subject to change and can be canceled/postponed based on community interest.

All events are for Mira Lagos HOA Members only. Events are subject to change.

Updates may be found in your homeowner eNews and on the Mira Lagos HOA Facebook page at www.facebook.com/MiraLagosHOA.

POOL & SPORTS ACTIVITIES FEBRUARY 2023



Mira Lagos Pool and Sports organized a great event where residents enjoyed an all-you-can-eat dining experience and a hockey game between the Dallas Stars and the Tampa Bay Lightning.

See Pool and Sports Committee Activities in **What's Happening** for future events and activities. Please send an email to poolandsports@miralagoshoa.com, and you will be added to our group to receive more information.



How to keep bugs away from your FLOWERS AND HERBS

Here are a few plants which insects will typically avoid as the essential oils of these particular plants are a natural pest repellent.

BASIL

Houseflies, Mosquitos, Thrips



BAY LEAVES

Flies

CATNIP

Ants, aphids, flea beetles, Japanese Beetles, Mosquitos, squash bugs, weevils

CHIVES

Aphids, Carrot Rust Flies, Japanese Beetles

CHRYSANTHEMUMS

Ants, Bedbugs, Fleas, Japanese Beetles, Lice, Roaches, Silverfish, Ticks

CITRONELLA

Mosquitos

DAHLIAS

Nematodes



DILL

Aphids, Cabbage Loopers, Spider Mites, Squash bugs

FENNEL

Aphids, Slugs, Snails

LAVENDER

Fleas, Flies and Mosquitos, Moths

LEMONGRASS

Mosquitos

NASTURTIUMS

Aphids, Cucumber Beetles, Squash Bugs, Whiteflies

MARIGOLD

Aphids, Aphids

PARSLEY

Asparagus Beetles

PEPPERMINT

Ants, Mosquitos, Spiders

PETUNIAS

Aphids, Asparagus beetles, Leafhoppers, Tomato Hornworms



ROSEMARY

Fleas, Ticks



ACC Requests Update

A new process has been implemented for submitting Architectural Modifications in 2023!

You can submit your request **electronically** through the Connect Resident Portal <https://MiraLagos.connectresident.com> and track your submission status via emails automatically sent to you. Scanning and emailing are no longer required.

To submit a request, watch this short video that walks through the process:



<https://bit.ly/ArcRequestDFW>

To access the Connect Resident Portal, the first step is to register. Scan the QR code with your phone camera to get started.



<https://bit.ly/RegisterDFWConnect>

If you need support registering to the portal, please call our 24/7 Care Center at: 877-378-2388

* Please note that the URLs are case-sensitive

Resident Clubs & Activities

For Homeowners by Homeowners

MULTICULTURAL CLUB

Host: **Lanh Phan**
 Email: miralagosmulticulturalclub@gmail.com
 Group: facebook.com/groups/miralagosmulticulturalclub

Do you live in a culturally diverse community? Absolutely! The goals of this club are to cultivate inclusiveness and mutual respect of multicultural diversity and promote cultural awareness. Join us today so we can embrace and celebrate our differences.

NETWORKING CLUB

Host: **Marlow McGuire**
 Email: miralagosnetworkingclub@gmail.com
 Group: facebook.com/groups/miralagosnetworkingclub

Are you looking for an engaging group of neighbors who are excited about networking? This is the club for you! We are committed to thriving together.

GRAND LAGOS CORVETTE CLUB

Host: **Reginald English**
 Contact: ereginald90@yahoo.com
 Phone: 214-336-1283

Do you own a Corvette and like to show it off? Would you like to meet new people? Do you like giving back to your community? If you answered **yes** to these questions, then we're looking for you! The Grand Lagos Corvette Club is comprised of Grand Peninsula and Mira Lagos residents who own a Corvette. Call or email Reginald to join us!



BUSINESS NETWORK

Host: **Alex Marques**
 Contact: www.linkedin.com/groups/14100399/

This group connects business professionals and entrepreneurs who live in the Mira Lagos community through network meetings, book reviews, webinars, and other initiatives.



BOOK CLUB

Host: **Marlow McGuire**
 When: **Last Thursday, monthly, 6:00 p.m.**
 Email: miralagosbookclub@gmail.com
 Group: facebook.com/groups/miralagosbookclub

Join us monthly on Thursdays and connect with our group via Facebook to get details on our book of the month and where we will meet up each month.

To add your club or activity to this list, please email your group name, schedule, contact information, and a brief description to communications@miralagoshoa.com.

Clubs are initiated and hosted by individual residents. The Homeowner's Association does not endorse any resident club or activity and does not endorse products, services, or postings by such groups. Dates, times, locations, and other details may change. Contact the host for details.



How to Add *Curb Appeal*

Curb appeal is that undefinable something that draws you to a home at a glance. It is a combination of visual charm, good upkeep, and attention to detail. There are simple, economical ways to add color and interest that will instantly boost curb appeal.

- Shape, prune, and cut back overgrown shrubs so they don't block windows or architectural details.
- Prune trees and remove limbs that hang over the house.
- Weed gardens thoroughly, and cover beds with mulch. Put a crisp edge on garden beds.
- Set a pot of bright flowers on your porch or front walkway.
- Clean and stain or paint the front door and/or garage door.*
- Repair any cracks or holes in the driveway, and clean oil spots with degreaser and a steel brush.
- Repoint bricks that have lost their mortar.
- Edge the grass around walkways and trees.
- Purchase a new doormat for outside your front door.
- Clean your windows, inside and out.
- Place a seasonal wreath on your door.

**Before making any exterior modifications that are not of the original build, obtain approval from the HOA to avoid violations.*

WORD SEARCH ANSWER KEY

X	F	Z	V	F	V	J	G	Z	G	B	G	F	K	D	T	E	D	X	Q
L	B	K	I	T	E	J	U	R	F	L	O	W	E	R	S	J	O	T	V
S	U	N	S	H	I	N	E	M	A	F	H	P	Y	G	U	D	G	E	L
R	W	M	R	C	C	N	Q	D	X	S	I	N	R	I	Z	E	O	A	S
R	F	O	B	P	U	R	X	H	B	A	S	K	E	T	R	X	O	S	M
P	S	A	J	R	J	N	O	P	L	G	K	T	J	Q	J	W	D	T	O
L	W	U	S	X	E	G	P	O	N	V	D	K	S	M	U	N	F	E	H
D	F	V	V	H	N	L	M	I	O	U	L	E	H	L	U	Z	R	R	U
L	O	C	H	I	O	E	L	H	J	M	L	E	G	O	I	F	I	S	N
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K	D	C	D	M	M	U	B	Y	G	A	G	T	G	L	B	S	V	A	D
Z	P	N	V	L	G	H	I	Y	L	D	S	H	O	W	E	R	S	Y	F
Y	T	I	V	N	B	S	C	P	V	U	G	B	U	N	N	I	E	S	B
Q	W	C	I	Q	Y	U	Y	I	N	O	H	W	S	Z	X	G	L	H	I
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E	A	E	V	F	M	S	E	D	U	P	D	X	V	U	R	W	C	Z	W
E	C	P	V	I	W	I	X	R	A	I	N	B	O	W	S	R	C	Y	X

MARCH PUP OF THE MONTH

TILLIE & TESS

FROM THE LA PRADERA VILLAGE

Tillie & Tess

Congratulations!

Email us a photo of your favorite furry friend and they could be a winner too!
 Admin@MiraLagosHOA.com



YARD OF THE MONTH 2023

Preparation Tips

The Yard of the Month contest begins in May! Before bragging rights are earned, homeowners must prioritize spring maintenance. If you follow these tips, your property will meet community standards to put your home in the running for Yard of the Month:

- Remove trash. Leave no debris on side yards.
- Remove holiday lighting and clips.
- Ensure flowerbed borders and tree rings are in place without cracks or damage.
- Keep flowerbeds and tree rings weed and grass-free.
- Ensure fences are properly stained using approved HOA colors.
- Keep lawns mowed and edged.
- Maintain shrubs and trees—keeping tree limbs to 7ft.
- Be sure to keep driveways clean of any stains.
- Keep mailboxes in good standing.

If you have any questions about the landscaping guidelines for our community, please refer to our governing documents (CC&R's) available in the FirstService Residential Connect portal.

Annual Meeting PowerPoint in Connect Resident Portal



To access the portal, set up an account today! Scan the QR code to get started. For assistance, please call the FirstService Residential 24/7 Care Center at: 877-378-2388. Portal address on page 2.

He has **RISEN**, but interest rates are **FALLING!**

This Easter season is the **PERFECT** time to put your current home on the market, and buy something new. Many people want to purchase before the new school year, and interest rates are coming down. Reach out to me so I can go over all your options. I'm an expert in this industry, and I'm also your neighbor.



Get In Touch

I can't wait to partner with you.



972-467-3232



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SCAN ME





Monthly Safety Tips

PREPARING FOR SAFE TRAVEL

- Research your travel destination prior to making plans.
- Travel with trusted friends when possible. *Tourists can be noticed a mile away and others may try to take advantage.*
- Make sure a family member or close friend knows your travel plans.
- Leave information on where you will be, how you can be reached, and make plans to check in daily.
- Make responsible decisions about alcohol.
- Have the right identification documents with you—carry a passport or passport card along with your health insurance card.
- Make sure to understand your medical benefits and life insurance policies especially if leaving the country.
- Plan and pack for all weather conditions—this includes sunscreen and appropriate clothing.
- Research the laws if traveling to another country. Do your best to respect the culture and customs. Refrain from illegal activity.

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Good Breakfast choices for your kids

Traditional breakfast food doesn't have to be the only food for breakfast. Give your kids food they enjoy such as last night's leftover dinner, a turkey sandwich, or celery with peanut butter. Anything can be good for breakfast as long as it helps maintain a healthy diet.

If your kids like muffins, find a muffin recipe that incorporates zucchini and carrots in the ingredients, top the muffin with almond butter, and add a glass of milk to wash it down. If your kids love sugary cereal, try mixing a bit of that with a whole-grain packed brand of cereal for a more balanced breakfast. The goal is to help children make healthy trade-offs.

Kids need nourishment for their growing bodies. If

your child is active in sports, calories and protein will keep them fueled and focused. Protein choices for breakfast are nuts, sliced meats and cheese, eggs, and yogurt.

Most mornings are hectic, but preparing meals in advance can save time and help your kiddos make healthier choices. Here's a list of easy breakfast prep ideas that can be made the night before: Egg muffins baked in muffin pan, homemade granola and fruit to add to yogurt, chopped vegetables to add to omelets, chopped fruit for blending a smoothie, and trail mix in individual packages to take on the go.



egg muffin



smoothie



DFW Neuropathy

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