

THE BUZZ

The monthly Honey Bee Therapies Newsletter



WELCOME BACK!

Falon Bridwell & Christi MacWilliams

Well howdy there, Honey Bees! We hope you have been enjoying the warmer weather that spring brings to us. We've compiled some information that might be of use to you this month. Enjoy!

April in Texas is ideal for spending time outdoors. Its not too hot yet, its not too cold, and the wildflowers are in full bloom! We encourage you to get your clients outdoors and expose them to all the benefits that nature has to offer. Remember that this is peak season for allergies - so pack plenty of tissues, hand sanitizer, and non-drowsy allergy medicine!

In this issue of The Buzz, we will remind you of all of the beautiful places you can take your clients to reap the benefits of the great outdoors. As always, please reach out to us with any comments, concerns, or suggestions!

WHAT YOU'LL FIND INSIDE:

- **FREE ACTIVITIES**
- **REMINDERS**
- **CEU OPPORTUNITIES**
- **HBT UPDATES**

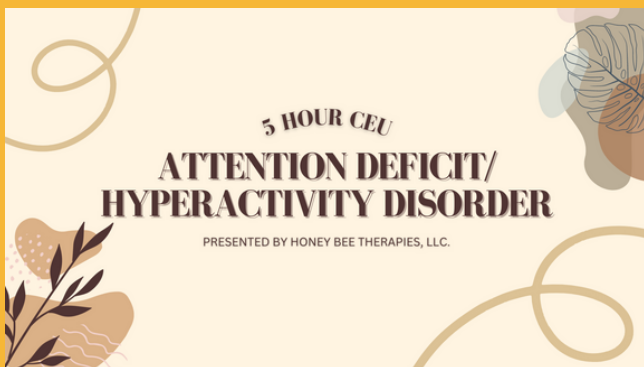


Now Introducing... Honey Bee Academy!



Honey Bee Therapies is now creating CEUs for the modern Recreational Therapist! What makes these CEUs special is that they apply what you learn directly to Recreation Therapy. The user will be able to learn about a diagnoses and then learn RT interventions that will be effective to reduce symptoms. Our CEUs are already approved by NCTRC and will apply towards your 5 year CTRS re-credentialing!

What CEUs are Currently Available?



How Do I Access the CEUs?



The CEUs are available for **FREE** to Honey Bee providers who actively have clients through HBT. Go to www.honeybeeacademy.org and register for an account to access the trainings, take the exams, and download your certificates. If you are ready to take a course, email us for your free coupon code.

The CEUs are available to the public for a small fee. Please visit www.honeybeeacademy.org and click on "Explore Courses." Prices will vary depending on how many hours a CEU provides. Follow Honey Bee Therapies on socials to receive promotional discounts!

New Provider Alert!

We are so excited to add a new Recreation Therapist to the hive! Honey Bees, meet Tiyona Sanders, CTRS. Tiyona joins our team with her master's degree in RT from Texas State University. Go Bobcats!

Tiyona will be seeing clients just south of Austin in the San Marcos, New Braunfels, Seguin area. She has vast experience with contracting and will prove to be an amazing addition to our team.

Please make sure to make Tiyona feel welcome by saying hello or shooting her some resources on Slack!



We Bee Grateful.

We just wanted to take a moment to express our gratitude for each and every one of our providers, partners, and the staff we coordinate with. Working in mental health can be extremely rewarding but we also know the mental toll it can take on providers over time.

Just in case you haven't heard it from someone lately, we want you to know that we admire you so much for waking up each day and giving 100 percent to those you serve. There are days where we all struggle with our own mental health and finding the energy to give to someone else can feel exhausting.

Just know that we are ALWAYS here for you. If you need help with a client, if you need more resources, or if you simply just need someone to talk to, reach out.

Seriously, we mean it. You know where to find us!

Free Austin Area Activities

ABC Kite Fest

Location: Zilker Park

Date/Time: April 1st from 10AM-5PM

Details: Austin's annual kite festival - bring chairs, snacks, and a kite and learn to fly your kite outside!

Teen Career Conference (Animal Science)

Location: Virtual Meeting

Date/Time: April 1st from 9AM to 1:30PM

Details: Phoenix Zoo is hosting a career day for teens interested in animal science. Must register at via email at communications@phoenixzoo.org

Easter Egg Hunts

Location: Kyle, Buda, Georgetown, Lakeway, all over!

Date/Time: April 1st - times vary depending on location

Details: There are tons of community easter egg hunts available. Look into the community closest to your client to join the fun!

Movies in the Park

Location: Dove Springs District Park, 5801 Ainez Dr, Austin, TX 78744

Date/Time: April 27, 7pm-10pm

Details: Featured movie is Lego Batman. Movie will begin at dusk. Bring your lawn chair, blankets, dogs, even pack a picnic, just no glass allowed! Recycling bins provided but bring your own trash bag as they ask everyone to pack out their own trash.

Family Night: Wooden Birdhouse Craft

Location: Pflugerville Public Library, 1008 Pfluger St W, Pflugerville, TX 78660

Date/time: Monday April 10th @ 6:00pm-6:45pm

Details: For ages 5-12, 2D Wooden Birdhouse Craft

Tween Poetry Day

Location: Pflugerville Public Library, 1008 Pfluger St W, Pflugerville, TX 78660

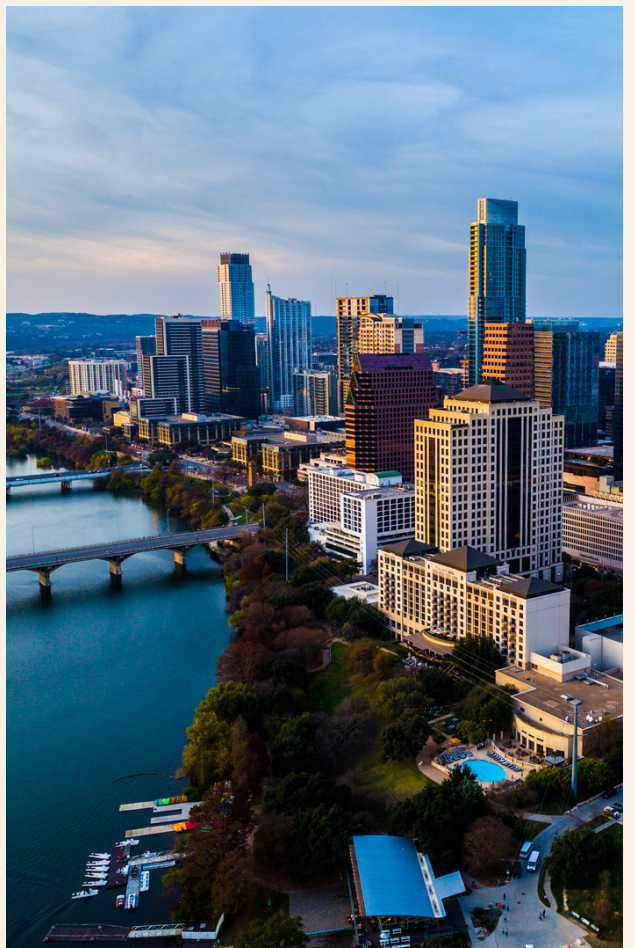
Date/time: April 5th @ 4:30pm-5:15pm

Details: Tween programs are different every week. Activities for tweens ages 8 -12 include graphic novel and other book clubs, arts and crafts, STEM, special guests, and more.

4/5 is Tween Poetry Day! Guest instructor, Leticia Urieta, will lead some fun poetry activities.



"Earth and sky, woods and fields, lakes and rivers, the mountain and the sea, are excellent schoolmasters, and teach of us more than we can ever learn from books. "



Hit the Trails (Austin)

Spicewood Valley Trail

- Located in North Austin
- An easy trail with a creek and vintage cars that crashed and have been left to rust for over 60 years! Remind your kids to look but not touch!

Bull Creek Preserve

- Located in North Austin off 360
- An easy trail that brings you around the creek - stop in and cool off in the water and play in the various waterfalls

Violet Crown Trail

- Located in Southwest Austin
- This trail will be 30 miles in total once completed. Construction is still active but the trail can still be accessed!



Park it Like its Hot

Lakewood Park

- Located in Leander at 2040 Artesian Spgs Xing, Leander, TX 78641
- Large pavilion with restroom facilities, splash pad, playground, dog park, fishing pier, lakeside pavilions, vehicle parking areas, trails, skate park, basketball and volleyball courts, and kayak rentals.
- Rental rate for kayaks and paddle boards are \$18.00/hour.

Mueller Lake Park

- Located in North Central Austin
- Has a playground, bathrooms, 3 mile walking trail, a lake to fish in, a covered pavilion, and a giant lochness monster to admire!

Northeast Metropolitan Park

- Located in Pflugerville, close to 130.
- 3 playgrounds, a rock climbing structure, miles of walking/biking trails, skate park, a creek to skip rocks in, basketball court, baseball/soccer fields, covered pavillion

San Gabriel River Park

- Located in Georgetown
- Multiple playgrounds, covered seating areas, a river to fish in, basketball court, small skate spot, sunken garden



Recreation Ideas For YOU!

Please don't forget to practice self care and engage in some recreation yourself! Austin has plenty of activities for all ages, but maybe getting a break from the kiddos is just what you need.

Old Settler's Music Festival (4/20-4/23)

- Located at 1616 FM 3158, Dale, TX 78616
- Americana/Roots music

Austin Reggae Festival (4/21-4/23)

- Located at Auditorium Shores
- 800 W. Riverside Dr. Austin, TX
- Fundraiser for Central Texas Food Bank, 50+ Vendors & a weekend full of reggae, world, and dub talent. Purchase tickets online.

Austin Blues Festival (4/29)

- Located at Moody Amphitheater at Waterloo Park
- 1401 Trinity St, Austin, TX
- A day of Blues music, Doors open at 12p, Purchase tickets online.

Just For Laughs Comedy Festival (4/12-4/23)

- Located at Moontower
- Local and famous comics

Dreamland (Outdoor Entertainment & Arts Venue)

- Located in Dripping Springs
- Pickleball, Mini-Golf, Disc Golf, Bar & Kitchen



Georgetown's Red Poppy Festival (4/28-4/30)

- Located at 103 W 7th St, Georgetown, Texas 78626
- Free Entry!
- Parade/Car show/Vendors/Live music

Burnet Bluebonnet Festival (4/7-4/9)

- Located Downtown Burnet all streets around the courthouse!
- Saturday night headliner: Casey Donahew
- <https://bluebonnetfestival.org/> for full schedule of events
- *We hear there are "All You Can Eat Pancakes" on the 7th!*

Saturday Night Concert Series

- Located at Hill Country Galleria, 12700 Hill Country Blvd Austin, TX 78738
- Free Admission, Dogs welcome, bring blankets to lounge on lawn!

4/1 - Bob Schneider

4/8 - Sue Foley Trio

4/15 - Nuevo

4/22 - Patrice Pike

4/29 - Two Tons of Steel



San Marcos - Park Party

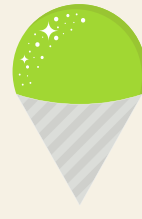
What: Party in Your Park

Location: Conway Park, 504 Bliss Lane
San Marcos, TX 78666

Date/Time: April 21st from 5pm-8pm

Details: San Marcos Parks and Recreation is hosting "Party in your Park," a FREE family-friendly event! They'll have yard games, music, snacks, snow cones, and more.

- More info: Sanmarcostx.gov/youth.



Bee Cave - Books & Bees Festival

What: Books & Bees Festival

Location: Hill Country Galleria,
12700 Hill Country Blvd, Bee Cave, TX 78738

Date/Time: April 1, 12:30pm-4:30pm

Details:

- Readings from 20 authors covering all ages from adults to children
- Live music
- Giveaways
- Character visits by Mirabelle (Encanto), Winnie the Pooh, and Buzzy the Bee
- Interactive educational activities
- Free wildflower seeds with demonstrations on making a bee friendly backyard
- Free swag
- Emceed by Austin meteorologist, Jim Spencer.

For a full line up of events, visit booksandbeesfestival.com and register on eventbrite!

"Community is much more than belonging to something; it's about doing something together than makes belonging matter." -Brian Solis



Welcome to Bastrop!

Bastrop is one of the areas Honey Bee Therapies serves! This town is located about 45 minutes east of Austin. What used to be a small town is now booming with new residents and plenty of opportunity for clients.

Bastrop is known for its sense of adventure. In this little Texas town you can find two state parks, plenty of opportunities for camping, kayaking, fishing, rock climbing, and more!

Despite being a historic Texas town, Bastrop has quite the arts and culture scene. You can often find live music, shop downtown for pieces from local artists, or take some classes at the local arts center.

If this isn't enough to sell you on Bastrop, there is tons of delicious FOOD! If you happen to be in town, visit Neighbor's Bar and Grill for their gluten free pizza or get a slice of pie from Maxine's Cafe!



"People who cannot find time for recreation are obliged sooner or later to find time for illness"

Bastrop Free Activities

Toads In Town

- Stop into the Bastrop visitor's center to get information on finding toads in town!
- Delf-guided tour that gets you out and about exploring the heart of Bastrop while educating about an endangered species in the region, the Houston Toad.

Bird Watching

- Bastrop is home to 277 different species of birds and located along the prolific route that millions of birds take on their way to South America and back during their biannual migration
- Get information about what birds there are at <https://www.visitbastrop.com/birding-in-bastrop/>

Lost Pines Art Center

- Admission is free!
- Classes available
- Many different events!



APRIL 2023

CRAFT SUPPLY SWAP



Have arts and craft supplies you no longer use? Looking to take a trip to Hobby Lobby in the near future? Check out this FREE Craft Supply Swap brought to you by Pflugerville Public Library!

Event info: 04/27/2023 6:30 PM - 7:30 PM @ Pflugerville Public Library, 1008 W. Pfluger Street, Pflugerville, Texas 78660

Drop your items off at the labeled stations from 6:30-6:45. Tables will be labeled by craft supply type: Paper crafts, Sewing, Fiber Arts, Jewelry Making, and more. "Shop" the supplies between 6:45 and 7:30.

Rules for items:

- Bring items that are gently used or new only.
- Please keep small items, like buttons and beads, or sets of items, like markers and pencils, bagged.
- Small tools are welcome, but please avoid bringing expensive and/or large machinery (sewing machines, die cutters, etc.)



REMINDERS

FOR CONTRACTORS

YES Waiver now allows billing for all providers in team meetings and there is no longer a max billable amount of units.

So if your FTM runs over an hour, you may bill for the full time!
This is ONLY for team meetings associated with YES Waiver.

Keep track of your units!

If you notice your units are getting low, contact the WAF to request additional units are entered. Do NOT see your clients if you know you are about to run out of units as you will not be able to receive payment without the necessary units.

We have clients, they just may not be in your area!

If you are in need of clients, please reach out. We have youth currently waiting for services. If you are willing to drive a little further, we will pay you an increased rate. Let us know if you are interested!

The next Bluebonnet Quarterly Providers Meeting is April 26th from 10a-12p.

This meeting is mandatory due to trainings that take place. If you cannot make it, you will be sent a video link of the meeting to view.

Spend time outdoors!

Activities to get outside & moving:

- Explore a state park - so many new hiking trails to see!
- Bike along Brushy Creek Trail or around Lake Pflugerville for gorgeous views
- Fish somewhere you haven't been before
- Collect rocks, paint them with positive messages and leave them along park trails
- Kayak or Paddle Board downtown (Contractors - view our website for kayak rental coupons)
- Go Geocaching - make sure to bring bug spray and watch where you step!
- Garden! Visit your local nursery for inspiration.
- Skate at an outdoor park (There is one in Mueller!)
- Create a scavenger hunt that takes place exclusively in nature
- Plan any of your activities outdoors. Doing yoga? Set up a large blanket on green space. Painting? Set up painting stations at a table in your local park.





50% off all courses for opening week!

From April 1-April 7th we are offering half-price courses. Use our coupon code "BUZZ50" to receive your discount.

Honey Bee Academy is brought to you by the owners of Honey Bee Therapies. Our CEUs will focus primarily on mental health.

If you have any problems with the website, please reach out to czwicke@honeybeetherapies.org

