

THE BUZZ

The monthly Honey Bee Therapies Newsletter



May is Mental Health Month

Falon Bridwell & Christi MacWilliams

Howdy y'all! Welcome to our May newsletter. This month is recognized as Mental Health Month. You'll find information about this on pages 3-6.

We have been busy bees working on our newest project, Honey Bee Academy! It is now accessible and you can take all courses for free if you are an active member of the Honey Bee Team. See pg 2 for our newest courses.

Honey Bee Therapies celebrated our 3rd "Bee" day in April. We are proud to be going into our 4th year of business. We could not have done it without the great team that we have. Thank you all for the important work you do every day. We look forward to the year ahead!

With love and gratitude,
Christi & Falon

WHAT YOU'LL FIND INSIDE:

- **FREE ACTIVITIES**
- **NEW COURSES**
- **CONTRACTOR REMINDERS**
- **MENTAL HEALTH EVENTS**



MAY 2023

New Courses on Honey Bee Academy!

Honey Bee Therapies CEU website is up and running!
Visit www.honeybeeacademy.org to check it out.

We currently have 5 courses available for a total of 18 CE hours.

Our CEUs are approved by NCTRC and will apply towards your 5 year CTRS recertification!

See below for our newest course additions



Professionalism

The importance of continuing education, professional development, and how to maintain professional qualifications as an RT

Presented by Honey Bee Therapies, LLC.
Pre-approved by NCTRC for 1.0 hour



2 HOUR CEU The Power of Positive Affirmations

By: Honey Bee Therapies, LLC.

5 HOUR CEU What Exactly is Mindfulness?

Presented By: Honey Bee Therapies, LLC.



MAY 2023

Mental Health Month

Source: <https://namicentraltx.org/mental-health-month/>

"Each year, millions of Americans face the reality of living with a mental health condition, as 1 in 5 adults in the U.S. will experience a mental health condition in their lifetime. However, everyone is affected or impacted by mental illness through friends and family.

Throughout May, we work to raise awareness for mental health. Each year, we fight stigma, provide support, educate the public and advocate for equal care. Each year, the movement grows stronger." -NAMI



Mental Health Events in May

Visit this link to register for events and receive more information

<https://namicentraltx.org/mental-health-month/>

Mind Matters: Managing Stress and Anxiety

May 4th | 10:00am-11:00am | Virtual Event | FREE

In this interactive session, you will learn how stress manifests and how to implement healthy stress-management strategies to overcome the negative impact of chronic stress on the immune system.

Register to receive Zoom link at [Namicentraltx.org](https://namicentraltx.org), click the "Events" tab, click "Mind Matters"

Coffee Shop Convos: Self-Care BINGO

Austin

May 9th - Phoebe's Diner Oltorf

9:00am-10:00am

May 12th - The Hive

11:00am-12:00pm

Marble Falls

May 17th - Numinous Coffee Roasters

9:30am-10:30am

Bastrop

May 18th - Tough Cookie Bakery

10:00am-11:00am

Dripping Springs

May 19th - Mazama Coffee Co

10:00am-11:00am

Georgetown

May 25th - Georgetown Library

9:30am-10:30am

Lockhart

May 31st - Chaparral Coffee

10:00am-11:00am

More about this FREE event from NAMI:

"We will be giving out mental health toolkits and providing you with tips and tricks to help you prioritize self-care in your daily routine. With each bingo card, you will have the opportunity to win fun prizes that will enhance your self-care journey.

Our goal is to create a relaxing and positive atmosphere where you can unwind and connect with others while also learning about the importance of taking care of yourself. This event is perfect for anyone looking to improve their mental and emotional well-being while grabbing a free cup of joe!"





Children's Mental Health Community Forum

May 24th | 12:00pm | Virtual | FREE

Join NAMI Central Texas and Integral Care for a community discussion focused on children's mental health.

The website does not have the registration link yet so check in regularly to see when the event is posted.



Mental Health 101



May 25th | 6:30pm-7:30pm | Pflugerville Library | FREE

Join NAMI in conjunction with the Pflugerville Public Library in presenting Mental Health 101. This presentation is designed for community members interested in learning about mental health conditions. It is a supportive and informative overview of topics such as the definition, treatment, and services for individuals and loved ones with a mental health conditions.

This is an in person event designed for attendees 18 and older. Registration required, please arrive on time.



2023
Speak up!
a Mental Health Celebration



With Special Guest:
Courtney Santana

Join us for an evening of creative expression showcasing the power of the arts as a means of self-expression and mental wellness.

May 18, 2023

6:00pm - 8:00pm

KMFA - 41 Navasota Street,
Austin, TX 78702

Tickets On Sale:
namicentraltx.org/speakup2023

\$30

What's included:
Musical performances • Art Exhibit • Storytelling • Free Parking •
Appetizers • Mental Health Toolkit

Presented By:



National Alliance on Mental Illness

NAMI Central Texas

Free Austin Area Activities

ART-O-RAMA

- **Location:** The Dougherty Arts Center, 1110 Barton Springs Road Austin, TX 78704
- **Date/Time:** May 13th, 1pm-4pm
- **Details:** All ages event. Experience interactive art installations, hands-on activities, and live performance art by local artists.

ALL AGES KPOP DANCE WORKSHOP

- **Location:** Spicewood Springs Library Branch, 8637 Spicewood Springs Rd.
- **Date/Time:** May 7th, 12:30p-2:00p
- **Details:** Must register on EventBrite. UT's KBeat will bring some Kpop dance moves to the Spicewood Springs Branch to learn. Space is limited. This is a ticketed event, so please register to attend.
- <https://www.eventbrite.com/e/all-ages-kpop-dance-workshop-tickets-608863526197>

YOGA STORYTIME

- **Location:** Cepeda Branch Library, 651 N. Pleasant Valley Rd.
- **Date/Time:** May 6th, 10:30a-11:30a
- **Details:** Local Yoga Instructor, Amy Pancake, will lead a one-hour storytime session that includes yoga. Practice your mindfulness, hear a story, and learn more about yoga. For children ages 5+.
- This event shows that tickets may be required, however the link does not work. Please contact the library directly at (512) 974-7372 for ticket information.

TEENS CREATE: AFTER SCHOOL STRESS RELIEF

- **Location:** Old Quarry Branch Library, 7051 Village Center Dr.
- **Date/Time:** May 8th, 4:00p-5:30p
- **Details:** Ages 13-18 only. Get some pre-finals jitters out by creating infinity cubes, rock paintings, stress balls, and more in this after-school craft session.

INTERMEDIATE GUITAR LESSONS

- **Location:** Twin Oaks Branch, 1800 S. Fifth St.
- **Date/Time:** May 9th, 2:00p-3:00p
- **Details:** Free guitar lessons with Mauricio Callejas. Ages 15+ Pre-registration required-email maccwellness@austintexas.gov to register.

WOBBLE BOTS

- **Location:** Old Quarry Branch, 7051 Village Center Dr.
- **Date/Time:** May 11th, 3:45p-5:00p
- **Details:** Use provided odds and ends to create your own wobble bot with simple circuitry. Recommended for ages 5 and up
- Wobblebots are simple-to-assemble robots where the motion is caused by the transfer of kinetic energy from the motor that vibrates through the robot to the ground.



MAY 2023

Round Rock- Play for All Abilities Park

5th Annual UN-Birthday Party

Individuals with disabilities and their families are invited to the park for a fun evening of celebration! Hosted by Casey's Circle and RR Parks and Rec.

Register at on caseyscircle.org/unbirthday

May 8th | 5:30pm-7:30pm



San Antonio - Art In The Park - Phil Hardberger Park

Meet at the Outdoor Salado Classroom. Once gathered, the group will go on a short nature walk to gain some inspiration to make our very own birdhouse. Then we'll return to the tables outside to assemble and adorn a decorative birdhouse. We'll use paint, glue, and natural materials to beautify our little lodges, and it's great for ages 5 to adult.

Class size is limited. Registration required.

- Saturday, May 13, 2023
- 1:00 PM - 2:00 PM
- Salado Outdoor Classroom | 13203 Blanco Road. San Antonio

Register at: <https://www.philhardbergerpark.org/calendar-events/art-in-park-birdhouse-decorating-sat>

MAY 2023

San Antonio - FREE Zumba Classes

Zumba at the Down Syndrome Association of South Texas

In-Person (13+) and Zoom (4+) hybrid event

This Zumba class is for individuals with a disability and their siblings. A zoom link will be emailed 45 minutes before the start of class to ensure everyone who has registered for the online version will get the link.

2nd and 4th Wednesday of each month during Club Night group at the DSASTX from 6-7 p.m

Search "DSASTX" on [eventbrite.com](https://www.eventbrite.com) to register for this event.

1127 Patricia Dr San Antonio, TX 78213



MAY 2023

Book People Event

SATURDAY, MAY 13 · 2PM
603 NORTH LAMAR BOULEVARD AUSTIN, TX 78703



Author: Joshua Levy

Book: Creative Outlet Method: At-Home Activities for Children with Special Needs

A practical guide for parents & special educators to help enrich the lives of children with special needs. In *The Creative Outlet Method: At-Home Activities for Children with Special Needs*, certified special education educator Joshua Levy delivers practical & effective resources for conducting over 30 enriching theater arts and improvisational activities. The included exercises will allow children with disabilities to demonstrate creativity, increase self-confidence, and build social skills. *The Creative Outlet Method* is an indispensable resource for the parents & caregivers of special needs children, special education teachers, administrators, & therapists.

This event is free and open to the public.

Location: The second floor of BookPeople.
Theater Arts & More! Workshop 60-minutes
Welcome Circle - 5 minutes
Theater Arts and Improv - 25 minutes
Create-a-Story and the Showcase - 29 minutes
Reflections - 1 minute

Guidelines:

Seating will be on a first-come, first-served basis.

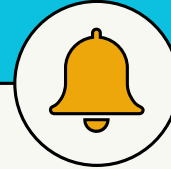
BookPeople reserves the right to cancel or postpone this event if necessary.

If you have any other questions, please email them at online@bookpeople.com

FRIENDLY REMINDERS FOR CONTRACTORS



If you haven't already, please send us a short bio. These will be used for our new agencies. This is only necessary if you are signing up to work with clients via Telehealth.



As the weather gets warmer, you may start using water activities. Please review our water safety protocol when taking clients to areas for swimming, kayaking, and similar activities.

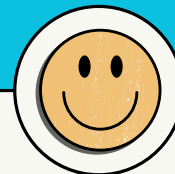


Summer break is quickly approaching! Now is a good time to start setting up your summer schedules for clients. Check in with your families to see if your clients will be participating in summer school, camp programs, or have any vacations planned.



Helpful items to keep in your supplies:

- First Aid Kit
- Water Bottles
- Sunscreen
- Extra Towels



**You are wonderful
and appreciated!**

Need a break from stress?

FREE PRANAYAMA BREATHING CLASS

Check out this free, online class that occurs every Wednesday at 12p CST. Register with the link below.

inhale
exhale



Benefits of breathing exercises

- Deeply relax
- Increase energy & vitality
- Expand self-awareness
- Improve sleep quality
- Enhance mental clarity
- Reduce anxiety
- Feel more positive
- Increase feelings of peace, joy & love
- Balance the brain & nervous system

Visit <https://souldimension.org/breathe/>
to register for this free online class.

May is National Bike Month

Benefits of Biking for Exercise:

- Decreased Stress Levels
- Reduced Anxiety & Depression
- Boosts Mood
- Better Sleep + More Energy
- Improves Self-Esteem
- Increased Cardiovascular Fitness, Muscle Strength, & Flexibility
- Improved Posture & Coordination
- The list goes on!



Bike Safety:

When biking with a client, helmets are non-negotiable. A helmet is necessary to prevent serious injuries in the case of an accident. You should also require your client to wear closed-toed shoes. Knee pads, elbow pads, and gloves are extra precautions you can take to minimize injury in the case of a fall.

Word Search



Enjoy this wordsearch and create your own at [superteacherworksheets.com](https://www.superteacherworksheets.com). Here you'll find several customizable worksheets to include crosswords, word searches, word scrambles and more!

Get Outdoors!



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

Find the following words in the puzzle.

Words are hidden \uparrow \downarrow \rightarrow \leftarrow and \swarrow .

NEIGHBORHOOD WALK
EXERCISE OUTSIDE
VISIT LOCAL PARK
BBQ WITH FRIENDS
MEDITATE IN SUN
STAY HYDRATED

BICYCLE RIDE
PATIO DINNER
RENT KAYAKS
SUNSCREEN
FLY A KITE
BEACH DAY

FISHING
HIKING
PICNIC

