

# THE BUZZ

*The monthly Honey Bee Therapies Newsletter*



## November 2022

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Owners of HBT*

With our busy schedules, it is easy to get lost in the day to day and ultimately become overwhelmed. This month we would like to provide a gentle reminder to take some time for yourself and practice gratitude. Our job isn't always easy, but there is a reason we come back every day!

We also would like to practice a bit of gratitude and let you know how truly grateful we are to have all of you on our team. We couldn't imagine a better group of people to learn and grow alongside of!

### WHAT YOU'LL FIND INSIDE:

- **Volunteer Opportunities**
- **Christmas Party Info**
- **Community Activities**
- **Gratitude Shoutouts**
- **Time-Off Reminders**



# Seriously, We Are So Grateful For You. Thank You For BEE-ing the Best!





## Austin Area Volunteer Opportunities

### Backpack Friends

- Location: Pflugerville
- Provides low-cost, nutritionally dense foods for children on free and reduced meal programs so they have access to food on the weekends
- Volunteers help stock, count, sort, and prep food bags/bins as well as drive food deliveries to their respective locations

### Texas Baptist Children's Home

- Location: Round Rock
- The home offers temporary housing and resources for unaccompanied children and single-parent families. TBCH aims to provide a stable environment for children and parents as they work towards independent living.
- Volunteers donate time through actions such as coordinating a food drive or painting walls in a cottage.

## BEE the Change You Want to See!

### Care for the Environment

- Location: Hutto
- Provides education and resources and helps facilitate green initiatives to help create a more environmentally engaged community
- Volunteers help with beautification projects, sustainability and fundraising as well as marketing and outreach initiatives

### Austin Humane Society

- Location: North Austin
- Provides animal care, foster, and adoption programs for animals without a home
- Volunteers can attend an orientation to become dog walkers and cat socializers.



## Volunteer Opportunities (NB)

### New Braunfels Food Bank

- Location: New Braunfels
- NBBF offers a variety of time slots, opportunities for children and group-friendly volunteering.
- Sample activities: sort donations, work in the client-choice pantry, serve meals, work in the garden and farm area

### Edenhill Communities

- Volunteers can work with elderly to provide individual support and care. Sample activities: participate in social, vocational, educational wellness and recreational programs



## Volunteer in the city of Bastrop

### Salvation Army Bastrop County

- Location: Bastrop
- We need dependable volunteers to ring the Salvation Army bell from Black Friday all the way through Christmas Eve.
- The funds that we collected each year during the Christmas season will go towards assisting the Bastrop Community in time of need.
- Volunteers needed from Black Friday through Christmas Eve!

## Free Austin Activities

### Free Grounded Fitness at Fareground

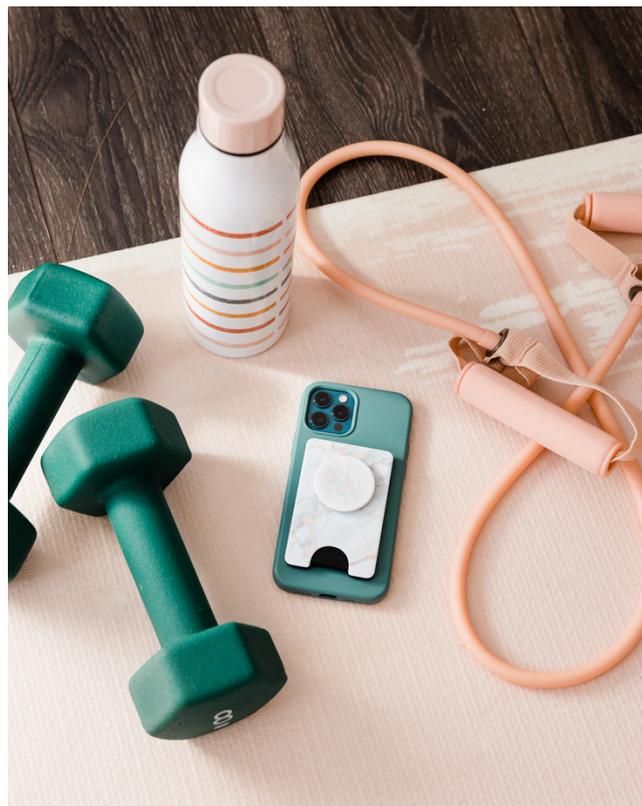
- **Location:** Fareground, downtown Austin
- **Date/Time:** Tuesdays at 7PM
- **Activity:** Free HIIT workouts

### Free Grounded Dance at Fareground

- **Location:** Fareground, downtown Austin
- **Date/Time:** Saturdays at 10AM
- **Activity:** Cardio dance class to electronic music

### Free Yoga

- **Location:** Republic Square Park
- **Date/Time:** Saturdays at 11AM
- **Activity:** Free yoga class in the park



## Greater Austin Area Free Activities

### Music on Main: Fall Evenings

**Location:** Main Street, Round Rock

**Date/Time:** Every Wednesday from 7PM-9PM

**Activity:** Live concerts in the square

### Pfiber Arts Meetup

**Location:** Pflfgerville Library

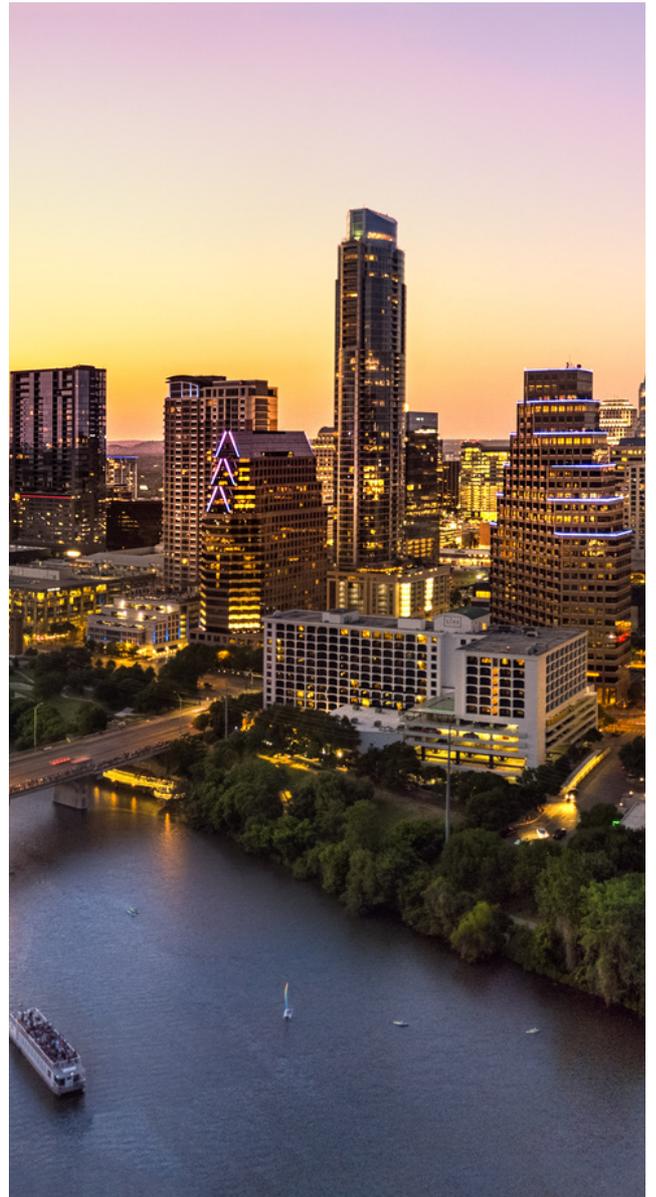
**Date/Time:** Wednesday, November 2nd @ 6PM-7:30PM

**Activities:** This is an inclusive group where folks of all ages, gender identities, and experience levels can learn skills with fiber artists. Fiber arts included, but are not limited to crochet, knitting, macrame, embroidery, weaving, spinning, cross stitch, tatting and sewing.



## How to find activities in your area

- Google search for what you're looking for! Search "Free activities in Austin" or "Fall activities to do indoors" or "New Braunfels Events in November" or "Free yoga classes local". You can find it all! Get creative with your searching. If you can't find what you want, reach out to places in the community and ask.
- Community Impact Newspaper online has a monthly events section and resources sorted by community. They cover both the San Antonio and Austin Metro areas. You can view every edition online.
- Your city parks and recreation websites will have a TON of resources for you!
- Your local library website should have an events calendar.
- Michael's craft store offers free virtual classes and in-store events for projects and demos. They are also hosting a FREE online Winter Workshop from Dec 1-12. You can find all this on their website.
- Follow Local Facebook and Instagram Pages to find places in the community offering different activities. Here are a few ideas of types of pages to search for: The Arboretum has their own page and they list community events. @Sweatpals\_Austin shares free fitness events in the Austin area. You can even follow pages such as "Round The Rock" which shares events happening in Round Rock. Follow any facility you enjoy using to see their specials. Follow city pages, parks and rec pages, recreation center pages, etc.



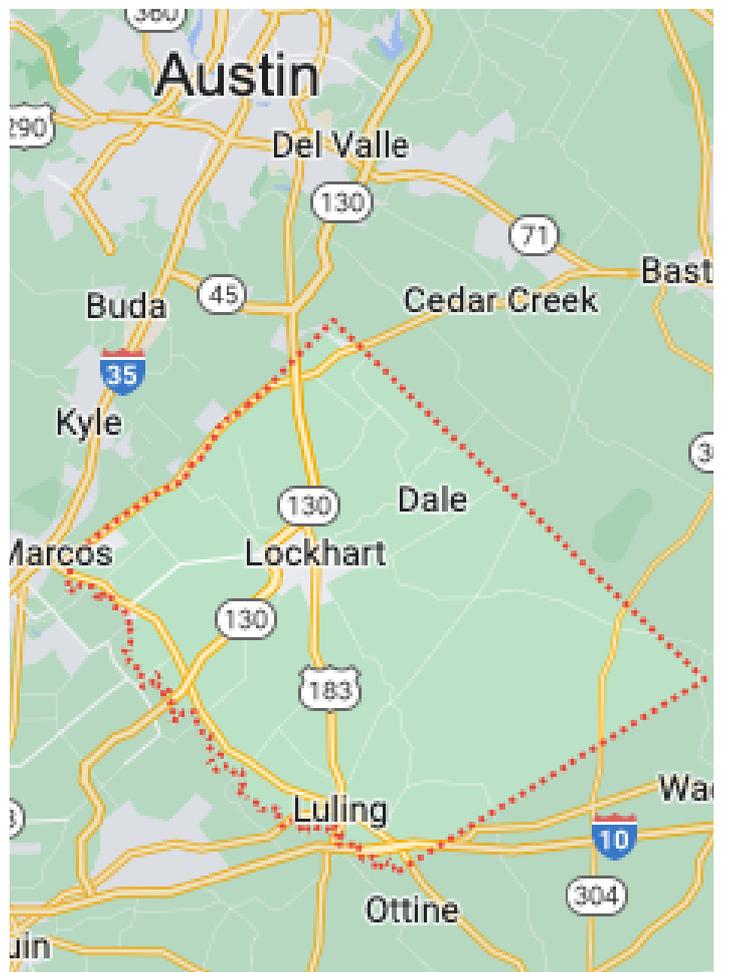
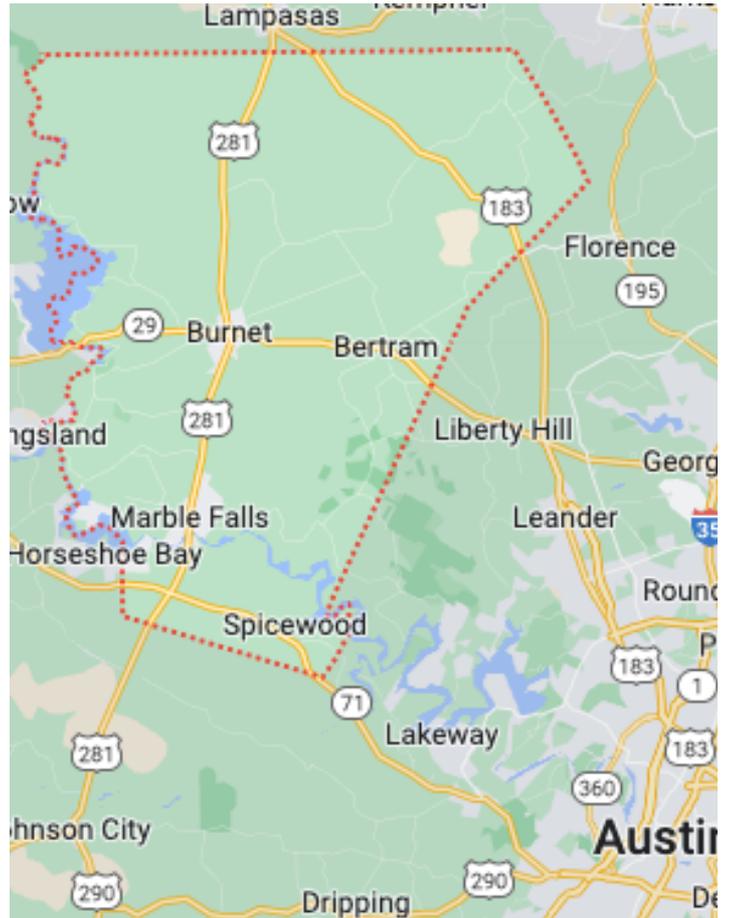
# Expansion Opportunity

There is a large need for providers in Burnet, Gonzales, and Caldwell Counties.

We included maps of each county so you can get a better idea of these locations.

If you are interested in adding clients to your caseload, please let us know. This would be a great way to expand your caseload. For example, you could stack 3 clients on the same day in order to only drive to this area one a week.

Based on distance, any clients you see in these areas will come with an increase in your hourly rate.

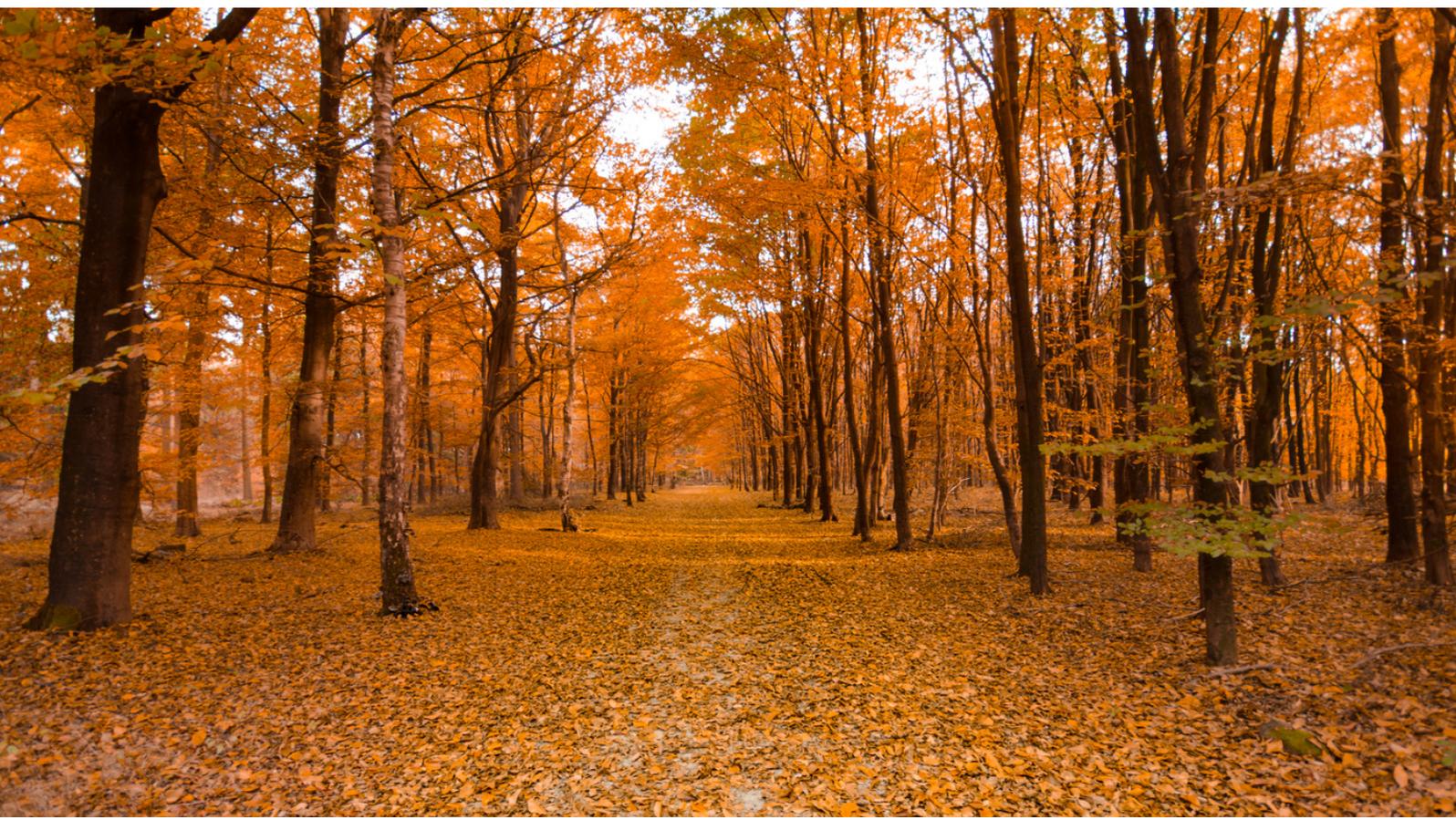


## Adapting to the Season

As we get further into fall, we will begin seeing cooler temperatures, rain, and earlier sunsets.

Plan ahead for your sessions as they will look much different than summer sessions! Here are some tips on adapting to this new season when it comes to working in the community:

- Safety First. Refrain from being out in dark, unlit areas with clients. If you are outside, make sure the area is well-lit. Some parks will be filled with lighting and others will become pitch black. Check before you go so you don't have to switch locations mid-session.
- Dress in layers to match your activity level.
- Keep jackets in the car. When the sun goes down it can get pretty chilly! This will be helpful for keeping you and your client comfortable, especially if they don't have a jacket!
- We will be losing an hour of time on November 6th. Be aware of the time of your session, when the sun will set, and what activities you need daylight for. In just a few weeks, the sun will be setting by 5:30pm.
- Keep an umbrella or ponchos in the car.
- Always have a back-up, indoor space in mind to meet. Libraries and recreation centers work well!



HONEY BEE THERAPIES

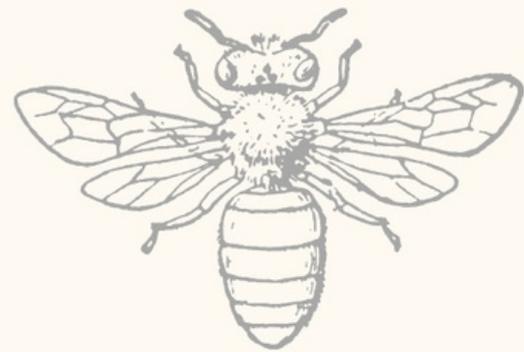
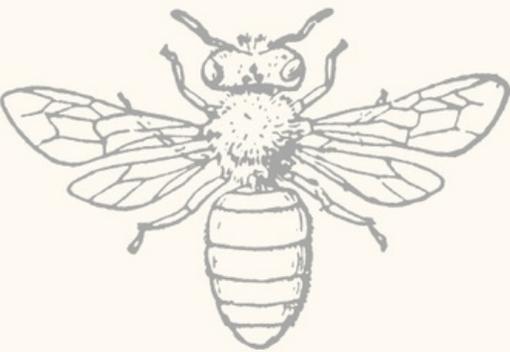
# ANNUAL HOLIDAY PARTY

SATURDAY, DECEMBER 10TH

5 PM - 7 PM

CIDERCADDE AUSTIN

600 E RIVERSIDE



*What's included:*

*Entrance Fee*

*Unlimited play on 140+ Arcade Machines*

*1 pizza or entree salad of choice*

*1 drink ticket*

*RSVP by November 10th*

*Spouses/Partners are welcome!*

*We will cover their costs as well.*