

# THE BUZZ

*The monthly Honey Bee Therapies Newsletter*



## October 2022

*Falon Bridwell & Christi MacWilliams,  
Owners of HBT*

We have officially made it through the summer! The change in season opens up so many possibilities for different recreation activities. We hope you take advantage of the more tolerable weather and get your kiddos (and yourselves) outside to enjoy nature!

Please remember cultural competency this month and check in with families about what activities are appropriate for your kiddos - some families choose to not celebrate Halloween.

As always, feel free to reach out if you need help with anything, have suggestions, or simply want to check in!

### WHAT YOU'LL FIND INSIDE:

- **New Team Members!**
- **GoNoodle Resource**
- **Website Updates**
- **October Social**
- **Austin Fall Activities**



# Health and Human Services Shoutouts



## Brianna Cullison

"Great job encouraging participants passion to start their own Tarot reading business. Creative interventions (book scavenger hunt, Natures Treasures). Creative outings (Barton Springs, Trampoline Park, painting in the park, hiking). Good progress notes. "



## Anastasia Sanchez

"Creative and unique sessions each week (Community Pool, Rec. center at apartment complex, laser tag). Great outings in the community (Botanical Gardens, Barton Springs, Pease Park). Great notes and explaining the purpose and intention behind each intervention/activity."



## Falon Bridwell

"Creative interventions (Planet Fitness, Park, Pflugerville Lake, museum, paddle boarding). Provides multiple options of music, art, and physical therapy for sessions and has good communication with wrap facilitator to report concerning events."

## Howdy, Honey Bees! Welcome to the Hive.

We would like to introduce a new member of our hive, Haley!

Haley is an exceptional start to our new San Antonio team and we are beyond thrilled to have her! Haley recently graduated from Texas State with her Masters Degree in Therapeutic Recreation and will be an amazing addition to our team. She has experience working with organizations such as STRAPS, Paralympics, and Kinetic Kids.

Since we are new to the San Antonio area, please help Haley out and send suggestions for cool resources in the San Antonio area!



We would like to welcome another new addition to our ever-growing hive - Cole!

Cole is a Master's level Recreation Therapist. His experience ranges from adolescents and adults with intellectual and physical disabilities.

We believe that Cole will be a great asset working under the YES Waiver with his community-based experience and overall magnetic personality.

Cole recently returned to Austin and will be serving the southwest area - If you have any suggestions for cool locations for sessions, please share in the Slack channel!



## Honey Bee Online Social

Meet us on Zoom for our next social within the comfort of your own home! The start of the meeting will focus on checking in with everyone followed by playing a fun group game. We will then transition into a few reminders followed by time for questions. We will not be having another in-person social until our December Christmas Party.

**Location:** Online via Zoom

**Date/Time:** Tuesday, Oct 18  
5:00P-6:00P



## You Are Bee-yond Appreciated!

This month, I want to recognize the best buzz-ness partner in the world. Creator and Owner, Falon Bridwell! (Christi here, I will be writing this one!)

In addition to what you see, Falon takes care of numerous behind-the-scenes tasks to make sure Honey Bee stays up and running. She is a hard worker who leads us to be the best. Falon is a problem solver- taking care of anything that comes up and making sure we put steps in place to assure better future outcomes.

She is creative, hilarious, and always willing to be there for you helping however she can. She is an excellent leader and consistently working to make sure we can provide the best services for our team. Thank you, Falon!!!!

## New Updates to Website

We have added several resources under "Website Resources" on the Honey Bee website under the Interventions tab.

We have added a new team, our San Antonio Team! The Austin and San Antonio Team pages will stay specialized to their area. Any info needed for a team will be streamlined to one page so that you do not have to search for it elsewhere.

There are also new interventions ideas/worksheets to assist in communication activities uploaded to the website so feel free to check them out!



## More Protocols (YAY)

Just as everyone is constantly learning and becoming better providers, we are also learning how to improve our growing business. We know that paperwork is the least exciting part of our jobs, but it's important to stay in the know!

We have added several new protocols and will be continuing to do so over the next few months. We will send these to you via e-mail but also have them uploaded under a new section of our website for easy access. You'll find the new Protocols section directly under the Agency Manuals on your teams page.



## New Braunfels: Natural Bridge Caverns

This month, Natural Bridge Caverns will be hosting a series of FREE fun activities on the weekends!

If you wear a family-friendly costume you get FREE admission to the park! Some of the activities include yard game competitions, fall photo opportunities, live performances from local musicians, hay rides, and entry into the hay maze!



## New Braunfels Pumpkin Patches

### Float In Pumpkin Patch

- Open Thursday through Sunday 10AM-8PM
- Admission: \$7 for adults, \$5 for kids

### Braune Farms Pumpkin

- Patch open Saturday and Sunday
- Admission: FREE
- You can pick a pumpkin that is growing in the field!

### Mama Mary's Farm & Pumpkin Patch

- Admission: \$7 on weekdays and \$14 on weekends
- Tire tractor playground, hay rides, hay maze, photo ops, outdoor bowling, and rubber ducky races!

# Schertz Provider Resource

The city of Schertz releases a monthly magazine. Inside, you'll find events and activities in the community. View their virtual magazine via <https://issuu.com/schertz>



## PROGRAMS & SERVICES



### YOUTH PROGRAM REGISTRATION

Attendance is FREE, but we do ask that you sign up in advance (or be prepared to sign in at the door). To register, visit our program calendar at [schertz.com/youthcalendar](https://schertz.com/youthcalendar), choose the program you plan to attend, and click on register.



### STUDY ROOMS

The Schertz Public Library has 10 individual study rooms and 2 group study rooms available during library operating hours. The study rooms are available on a first come, first served basis. The library does not reserve the rooms. If you are needing to reserve a larger space, contact the library to complete a meeting room reservation.



### SCRAPBOOK AND PAPER CRAFTING CROP

**SUNDAY, SEPTEMBER 25, 12:00 P.M.**  
Join us on the fourth Sunday of each month from 12 - 5 p.m. in the Program Room for a paper crafting meet-up. Visit the calendar for more details at [Schertz.com/adultcalendar](https://schertz.com/adultcalendar).

### MEDICARE 101 PRESENTATION WITH TEXAS MEDICARE SOLUTIONS

**THURSDAY, SEPTEMBER 29, 6:00 P.M.**  
Michael Salazar with Texas Medicare Solutions will be presenting an information session on Medicare. Pre-registration not required. Medicare 101 will be held in Library Meeting Room 1.

### QIGONG EXERCISE CLASS AT THE LIBRARY

**MONDAYS 10:30 A.M.**  
Qigong at the library is intended for adults 18+ and led by local certified instructor, Jennifer of Jennifer Eash Yoga. The program will be held each Monday in September, except Labor Day at 10:30 a.m. in the Library Program Room. No additional equipment is required. Visit the calendar for more details and pre-registration information at [Schertz.com/adultcalendar](https://schertz.com/adultcalendar).

### SCHERTZ AREA GENEALOGISTS MEETING

**TUESDAY, SEPTEMBER 6, 6:30 P.M.**  
The Schertz Area genealogists meet on the first Tuesday of every month, except the month of July, at the Schertz Public Library. The meetings are held 6:30 - 8:00 p.m. in Library Meeting Room 1 with speakers or general discussion about worldwide research.

### POETRY OPEN MIC

**THURSDAY, SEPTEMBER 8, 6:30 P.M.**  
Join us for a relaxed and friendly open mic poetry night on Thursday, September 11th from 6:30-8:00 p.m. in Library Meeting Room 1. This open mic will give poets the opportunity to socialize and network with other writers. Everyone is invited to come enjoy the work of our local poets. Sign-up for readers will be available the night of the program. The library holds an open mic event once a month on the second Thursday.

### TEEN TUESDAYS

**TUESDAYS 4:30 - 6:30 P.M.**  
All teens, ages 13-18 are welcome to come hang out at the library. Activities vary from week to week - sometimes we game, sometimes we watch movies, sometimes we art... you help decide. Registration required at [Schertz.com/youthcalendar](https://schertz.com/youthcalendar).

### ENGLISH AS A SECOND LANGUAGE CLASSES (ESL)

**WEDNESDAYS 10:00 - 11:30 A.M.**  
The library is offering ESL Pronunciation Classes this Fall for adult learners. Each Wednesday in September from 10:00 - 11:30 a.m. in Meeting Room 1. This will be a continuous 6-week ESL course that will

assist learners with refining pronunciation to improve speaking and listening.

### PRESCHOOL STORYTIME

**TUESDAYS AND WEDNESDAYS 11:00 A.M.**  
Preschool Storytimes are appropriate for children ages 3-6 years with an accompanying adult. This program is a language-rich experience with books and songs for children who are getting ready for school. Siblings are welcome to attend. Registration required at [Schertz.com/youthcalendar](https://schertz.com/youthcalendar).

### TODDLER STORYTIME

**TUESDAYS AND WEDNESDAYS 10:15 A.M. AND THURSDAYS 11:00 A.M.**  
Toddler Storytime is for library users between the ages of 20 months to 3 years with an accompanying adult. We will get moving as we share fingerplays, songs, books, and rhymes. Siblings are welcome to attend. Registration required at [Schertz.com/youthcalendar](https://schertz.com/youthcalendar).

### BABY & ME STORYTIME

**THURSDAYS 10:15 A.M.**  
Baby & Me Storytime is for our youngest library users, from birth to 24 months with an accompanying adult. We will share songs, rhymes, bounces, and books. Storytime is followed by a short period of time for parents and caregivers to chat and socialize with each other. Siblings are welcome to attend. Registration required at [Schertz.com/youthcalendar](https://schertz.com/youthcalendar).

### SEW LET IT BEE: LIBRARY QUILT BEE

**2ND TUESDAY AND 3RD SATURDAY**  
Join us for a few fun hours of quilting! The Quilt Bee meets on the second Tuesday and third Saturday of each month in Library Meeting Room 1. The bee is perfect for advanced quilters as well as those interested in getting started! Join us Tuesday, September 13 from 12 - 3 p.m. and Saturday, September 17 from 10 a.m. - 4 p.m. Visit the calendar for more details at [Schertz.com/adultcalendar](https://schertz.com/adultcalendar).

## September is Library Card Sign-Up Month



Let your imagination sing at the library.

### LIBRARY CARD SIGN-UP MONTH

September is Library Card Sign-up Month, when libraries nationwide join the American Library Association (ALA) to remind parents, caregivers, and students that signing up for a library card is the first step on the path to academic achievement and lifelong learning. Library Staff will be at various locations throughout the community during September. Look for us and sign up for a card or renew your current one! There's no charge for Texas residents, but you will need a photo ID and current proof of residence.

For a comprehensive listing of all library events please visit [SchertzLibrary.org](https://schertzlibrary.org).



### ED-ZOO-CATION IN THE PARK

San Antonio Zoo Center for Conservation and Research is coming Crescent Bend Nature Park and educating the community about Texas Horned Lizards. Come and learn about the conservation of the Amazonian rainforest on September 17 at 10 a.m. If this program is not already cool enough, there is also an opportunity for appearances of live animals from the zoo!



### NATURE DISCOVERY SERIES

The 2022 Nature Discovery Series Schedule is back! The program is designed for families with elementary-aged children, but older and younger siblings are welcome too! Texas Master Naturalist volunteers lead the themed programs held at 9:30 a.m. at Crescent Bend Nature Park, and the program is free. Pre-registration is required for all participants to ensure materials and activities are available. Parents and adults must register themselves if they would like to stay.

- Sep 10 Discover Horns and Thorns: Staying alive is tough
- Oct 8 Discover Dinosaur Tracks: Tracks tell tales
- Nov 12 Discover Early Texans: When kids know how to live off the land

K-12

# SPIRIT CLINIC

Hosted by  
**STEELE CHEER & DANCE**

Saturday, October 1st  
8:00a - 1:00p  
Steele High School

<https://www.eventbrite.com/e/steele-hs-spirit-clinic-tickets-35571631527>  
Pregame performance - October 7th @ Lenhoff Stadium

# Austin Fall Events

## Center Street Trick or Treat

- Location: Mary Kyle Hartson City Square Park (Kyle)
- Date/Time: October 22nd from 12PM-3PM
- Activities: An opportunity for kids to safely trick or treat, socialize, participate in a costume contest or a pumpkin decorating contest. FREE!

## Trick or Treat Trail

- Location: San Gabriel Park (Georgetown)
- Date/Time: October 27th from 5:30PM-7:30PM
- Activities: Candy, games and fun followed by a movie in the park! FREE!

## Fright at Fritz

- Location: Fritz Park (Hutto)
- Date/Time: October 29th from 4PM-7PM
- Activities: Music, candy, hayrides, a haunted trail, bounce houses and much more. Costumes are not required and participants are encouraged to dress comfortably. A sensory friendly time will also take place from 4 to 4:30 pm. FREE!

## Play for Fall Fundraising Event

- Location: Play for All Abilities Park (Round Rock)
- Date/Time: October 28th from 6PM-10PM - held in two sessions (6:30PM-8PM) then (8:30PM-10PM)
- Activities: Admission is \$10 per person and all revenue benefits the play for all abilities foundation. Must purchase tickets online at:
- Session 1: <https://www.universe.com/events/2022-play-for-fall-fundraising-event-tickets-PT0C21>
- Session 2: <https://www.universe.com/events/2022-play-for-fall-fundraising-event-tickets-GDTM1F>

## Hogeye Festival

- Location: Downtown Elgin
- Date/Time: October 20th-22nd; varying times (check website)
- Activities: Carvinal, street dance, live music, car show, cow patty bingo, cornhole tournament, BBQ cookout, and pet parade!

## Deutschen Pfest

- Location: Pfluger Park (Plugerville)
- Date/Time: October 14th-16th
- Activities: German festival featuring live music, fun run, local shopping, activities and more! This event costs \$5 on Friday and \$10 on Saturday BUT you can get in free if you wear full lederhosen or dirndl dress!



## Dripping Springs Pumpkin Festival

- Location: Dr. Pound Historical Farmstead (Dripping Springs)
- Date/Time: Entire month of October from 10AM-7PM
- Activities: Activities vary depending on the week. Please see website for more details. Weekday admission is \$5 while weekend admission is \$10



# Website Resource: GO NOODLE!

Go Noodle is a website for educators to help engage kids with fun music, dances, movement and mindfulness. They offer videos and pre-planned worksheets. Check it out [HERE](#) and look at some screenshots below to see what it has to offer!

## Activity Type

**Brainercise**

**Breathe**

**Call & Repeat**

**Freestyle**

**Guided Dance**

**How To**

**Partner Up**

**Stretch**

## Health Education

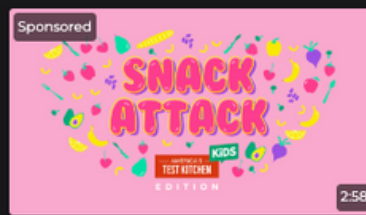
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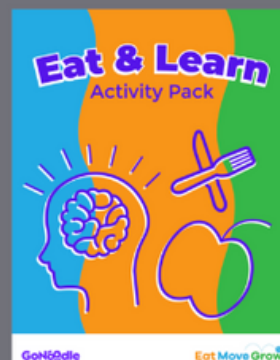
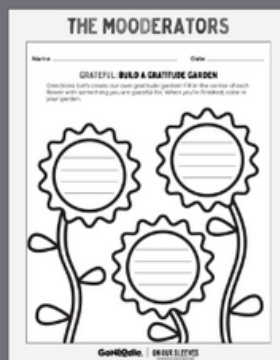
Activities

Blog Posts

### Featured Videos



### Featured Activities



The Mooderators: Sad

The Mooderators: Grateful

Eat & Learn Activity Pack

Wellness Lesson Plan

# Body Awareness

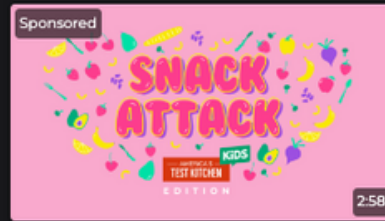
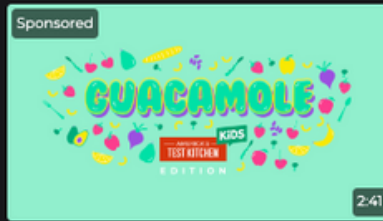
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Videos

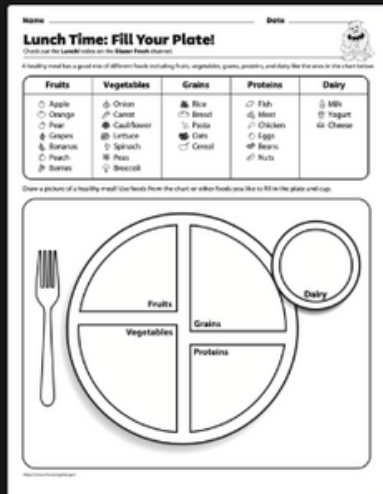
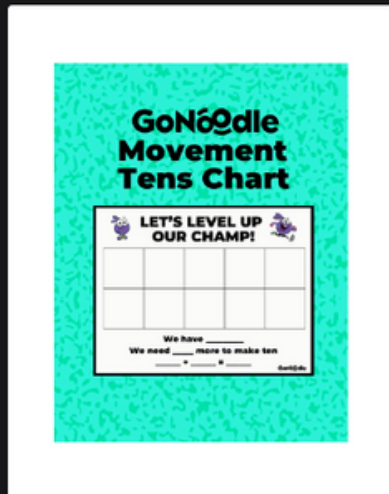
Activities

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## Featured Videos



## Featured Activities



GoNoodle Movement Tens Chart

Lunch Time: Fill Your Plate!

Advanced Sports Skills








Walking and Running

Name \_\_\_\_\_ Date \_\_\_\_\_

### My Body Says What?

Check out the **My Body Says What?** video on the **Blazer Fresh** channel.

Fill in the chart below to help you understand what your body does when you feel different emotions.

Body Movement	I Do This When I'm Feeling...	I've Felt This Way When...
Frown 		
Yawn 		
Hands on hips 		
Smile 		
Jump 		
Stomp 		
Folded arms 		
Shrug 