

THE BUZZ

The monthly Honey Bee Therapies Newsletter



Baby, You're a Firework.

Falon Bridwell & Christi MacWilliams

Howdy there, Honey Bees! Welcome to the July edition of our newsletter. We are now in the thick of summer and as we all know, it is hotter than a firecracker out here. As the temperatures somehow continue to rise, we know how challenging it can be to find activities that keep you cool(ish). This edition of the newsletter will keep you informed about local events, places to go, and tips & tricks to being the best contractors around.

As always, we appreciate everything that all of you do. We know how brutal the summers are and want to express our gratitude for continuing to work with kiddos despite the torturous heat. THANK YOU FOR ALL THAT YOU DO!

WHAT YOU'LL FIND INSIDE:

- **INTERVENTION IDEAS**
- **UPCOMING EVENTS**
- **BEST SWIMMING SPOTS**
- **TIPS & TRICKS**



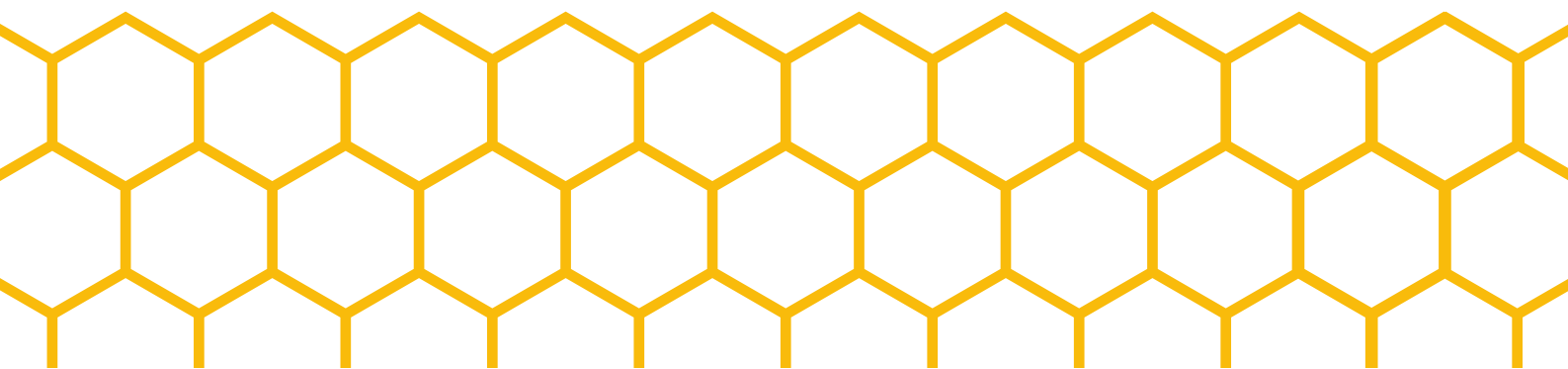


WE NOW OFFER FREE CEUS TO HONEY BEE THERAPIES PROVIDERS.

Must currently have clients through Honey Bee Therapies to get free CEUs.

INSTRUCTIONS:

- Go to www.honeybeeacademy.org and create an account
- Reach out to Christi or Falon to get coupon code that will discount the courses 100%
- Take course, complete exam, get a certificate. Certificates can be stored in your Honey Bee Academy account to get later for re-credentialing.



HONEY BEE ACADEMY

Continuing Education for the
Modern Recreational Therapist



NOW OPEN!

Honey Bee Academy is now open and ready to take on learners!

Get access to all of our existing and new courses for \$79/year!

Need just a couple courses? Courses can be purchased individually.,



Be in the Know: Heat Stroke

Heat stroke is the most serious heat-related illness. It occurs when the body can no longer control its temperature: the body's temperature rises rapidly, the sweating mechanism fails, and the body is unable to cool down. When heat stroke occurs, the body temperature can rise to 106°F or higher within 10 to 15 minutes. Heat stroke can cause permanent disability or death if the person does not receive emergency treatment.

Symptoms of heat stroke include:

- Confusion, altered mental status, slurred speech
- Loss of consciousness
- Hot, dry skin or profuse sweating
- Seizures
- Very high body temperature
- Fatal if treatment delayed

Take the following steps to treat someone with heat stroke:

- Call 911 for emergency medical care.
- Stay with the person until emergency medical services arrive - Call parents!
- Move the person to a shaded, cool area and remove outer clothing.
- Cool the worker quickly, using the following methods:
 - With a cold water or ice bath, if possible
 - Wet the skin
 - Place cold wet cloths on the skin
 - Soak clothing with cool water
- Circulate the air around the person to speed cooling.
- Place cold wet cloths or ice on the head, neck, armpits, and groin; or soak the clothing with cool water.



Be in the Know: Heat Exhaustion

Heat exhaustion is the body's response to an excessive loss of water and salt, usually through excessive sweating. Heat exhaustion is most likely to affect:

- The elderly
- People with high blood pressure
- Those working in a hot environment

Symptoms of heat exhaustion include:

- Headache
- Nausea
- Dizziness
- Weakness
- Irritability
- Thirst
- Heavy sweating
- Elevated body temperature
- Decreased urine output



Treat a person who has heat exhaustion by doing the following:

- Take person to a clinic or emergency room for medical evaluation and treatment.
- Call 911 if medical care is unavailable.
- Stay with the person until help arrives - Call parents!
- Remove the person from the hot area and give liquids to drink.
- Remove unnecessary clothing, including shoes and socks.
- Cool the person with cold compresses or have the worker wash their head, face, and neck with cold water.
- Encourage frequent sips of cool water.



Stay Prepared.

It is our first and foremost duty to keep our clients safe. In order to do so, contractors must stay informed and prepared.

Add some of these items to your car to make sure you and your kiddos are able to stay safe in the summer heat:

- Sunscreen
- Water, water, and more water.
- Bug spray
- Ice pack in a cooler
- Gatorade/powerade
- First Aid kit
- Hand fan



“The thing with heat is, no matter how cold you are, no matter how much you need warmth, it always, eventually, becomes too much.”

Want Extra Cash?

If you are wanting to take on more clients and earn more this summer, ask us about what opportunities we have for receiving an increased rate of pay. We have loads of clients available in areas that are less served and are willing to increase your hourly pay for clients that require driving a further distance.

Current Areas in Need:

- Burnet
- Marble Falls
- Bastrop
- Gonzales
- Lockhart
- & More!



ATX Free & Low Cost Events:

Blues on the Green:

Location: Zilker Park

Date: TBA

Details: Pack a blanket and the family and make your way to Zilker Park for this summertime tradition. Held monthly each summer, Austin's largest free concert series will welcome performances by local artists.

Kids Day at Round Rock Express:

Location: Round Rock Express

Date: 7/23/23

Details: enjoy free train rides and inflatables before the game. Kids even get to run the bases after the game!



Free Events in Austin:

HEB Austin Symphony July 4th Concert & Fireworks:

Location: Vic Mathias Shores

Date: 7/4/2023

Details: The Austin Symphony hosts an annual concert of patriotic music culminating in a spectacular firework display over Lady Bird Lake.

Zilker Hillside Musicals:

Location: Zilker Hillside Theatre

Date: 7/7/23-8/12/2023, Thursday thru Sunday starting at 8:15PM

Details: Pack a picnic and come enjoy the free, annual musical at the Zilker Hillside Theater.



Welcome, New-bees!

We would like to give a warm welcome to one of our new Recreational Therapists, **Abbie Gummer!**

Abbie is a recent graduate and eager to start providing services. Being new to the area, Abbie could use some tips and tricks on where to take clients in the community and might appreciate some recommendations on cool Austin spots to visit in her free time.

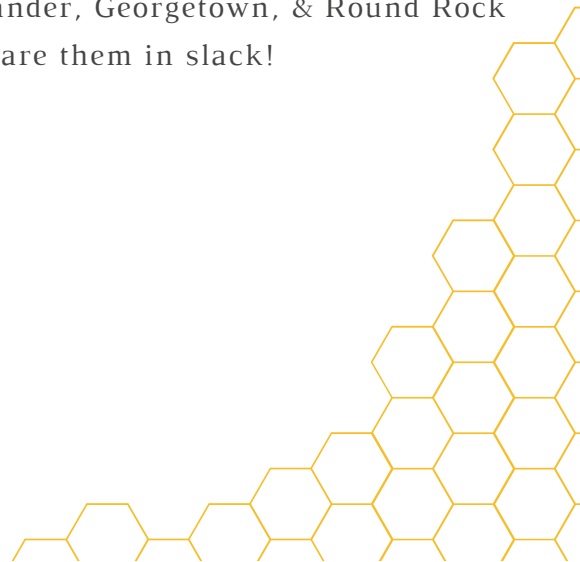
Make sure to reach out to Abbie and send her any resources you might have to make her transition into contracting as smooth as possible!



Could it be? Two new Honey Bees in one month! We would like to welcome **Grant Meeks, CTRS** to our hive!

Grant has been working in contracting for some time, first in Indiana and now in Austin. While he may have experience in this specific line of work, let's make sure to still offer our support and make sure he feels at home!

If you have any resources for the North Austin, Cedar Park, Leander, Georgetown, & Round Rock areas, please share them in slack!



Bee With Us: We're Hiring!

We have many underserved areas that need Recreational Therapists. If you know anyone who might be interested in contracting, please send them our way!

We are happy to answer any questions about the ins & outs of contracting and explain what makes Honey Bee Therapies the bees knees. Areas that need providers most are:

- Bastrop
- Marble Falls
- Burnet



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



Expansion to Telehealth

Honey Bee Therapies has gained contracts with mental health authorities in rural areas that have a difficult time finding providers to deliver in-person services.

If you are interested in becoming a telehealth provider, and have not already reached out, please do so now.

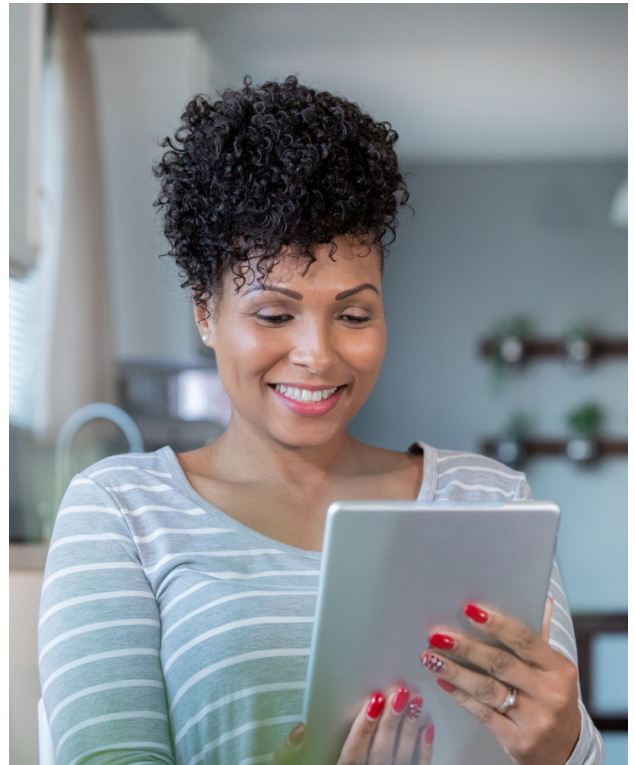
Telehealth sessions will look different than in-person sessions. We are here to help you learn how to facilitate your sessions in an effective manner via telehealth. If you would like a 1:1 coaching session, please let us know.

Ways Telehealth Look Different

Sessions may be shorter and more frequent *i.e.*, *2x/week for 1 hour or 3x/week for 30-45 minutes*

Increased creativity when planning for client engagement - *Client resources will need to be surveyed.*

Activities will vary from traditional in-person sessions - *While you may not be able to take your client out hiking, you can find ways to lead them in exercise from their home. While you may not be able to play a traditional game side by side, you can use features such as Screen Share to engage in similar activities.*



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



Resources for Telehealth

Keep an eye out in your email for the following resources that will help aid in facilitating your telehealth sessions:

- *Equipment, Supply, Session Ideas List*
- *Session Planning Sheet*
- *Telehealth Q&As*

If you have other telehealth resources you would like to share, please email them to Falon & Christi!