



SEE WHAT'S HAPPENING AT OUR HIVES:



Red car theory

The winter holiday season is in full swing now. Festive decorations are going up (if they're not in place already), shopping for gifts is underway, and family plans are being made. Over the next few weeks, we'll grow more and more focused on the big day, and the more we focus on it as the day draws nearer, the more we'll notice Santa is everywhere we look.

This Santa tunnel vision reminds us of the Red Car Theory that suggests there are things in life we don't see, like red cars, because we aren't looking for them. But when we start narrowing our focus and watching out for them, they're suddenly everywhere. It's not that they weren't always there. It's that our brains filter out a significant portion of the sensory data we're exposed to on a daily basis. This selective attention helps us concentrate on immediate priorities, like creating a wonderful holiday season for our loved ones, but it also leads us to overlook potential opportunities and experiences that are within our reach because we're not actively looking for them.

The same can happen all year long, when we're focused solely on our kids or our careers. If we set goals or New Year's resolutions for ourselves, the Red Car Theory teaches us that opportunities for change and growth are plentiful if only we take action to look for them.

For example, if you're not satisfied with your job, focus on hunting for new prospects or enhancing your skillset. Actively exploring these avenues can dramatically increase the likelihood of discovering or seeing more ideal career opportunities that are there, like red cars. If you want to improve your mental well-being, focus more on the positive aspects of your life instead of constantly thinking about the negatives which only reinforce feelings of anxiety and depression. If you want to improve yourself, there are numerous opportunities every day for personal betterment, from reading books to taking courses.

Things that can enrich our lives are right there in front of us if only we make a point to look for them. As someone once said, your world is a reflection of your focus. Change your focus, change your world. Let us know if you've put the Red Car Theory into practice. Email us at BUDDY@BEHAVIOREXCHANGE.COM – we'd love to hear how it helped make your life brighter and merrier.

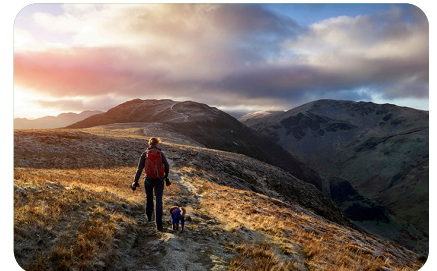
In this Issue:

- RED ALL AROUND US
- CLOSING TIME
- WINTER BREAK
- FAMILY LETTERS TO STAFF
- INSURANCE SURVEYS
- MARKETPLACE
- UNDER UTILIZED HOURS

Calendar

- 12/13:** Early Closure 3:30 pm—
TBE Holiday Celebration!
- 12/24:** Early Closure 3:00 pm
- 12/25:** Closed. Merry Christmas

Quote of the day



“Don't let yesterday take up too much of today.” — Will Rogers

Get to know us!

Here's this month's spotlight on an amazing member of the TBE team! Please meet **Hailey, ACD** at our **Frisco Hive**.

(Continued on next page)





DECEMBER 2024 NEWSLETTER



Closures this month

We will close early on Friday, December 13th at 3:30 pm — All hives.

We will close early on Tuesday, December 24th at 3:00 pm— All hives.

We will be closed on Wednesday, December 25th — All hives. For Christmas Celebrations.

Winter break

The holidays are here y'all! At The Behavior Exchange, we specialize in maintaining schedule stability during these festive times. Contact us today, share your holiday plans, and let's work together to ensure a smooth and joyful season for everyone. Upcoming holidays and school closures:

Plano ISD: December 23 - Jan. 6, 2025 Winter break.

Frisco ISD: December 23 - Jan. 6, 2025 Winter break

Prosper ISD: December 23 - Jan. 6, 2025 Winter break

Boulder Valley SD: December 23 - Jan. 6, 2025 Winter break. Look for further communication from our scheduling teams.

Heartfelt messages

The holiday season is here, and we'd love to hear how our team has impacted your family! A special part of this tradition is reading heartfelt messages from families about how we've made a difference—it is truly the best part of the year for us. Share your story using the attached PDF by Tuesday, December 10, so we can include your message in our annual holiday celebration—email us at intake@behaviorexchange.com or drop it off at your hive.

Insurance changes

As we prepare for 2025, we want to make sure there's no disruption to your child's services. If your insurance plan will be changing next year, please let us know by completing our online form. Keeping your information up to date helps us ensure uninterrupted care for your family. [CLICK HERE TO UPDATE YOUR DETAILS](#). If you have any questions, feel free to reach out—we're here to help!

Marketplace® open enrollment for 2025 coverage

If you currently have a plan through the Health Insurance Marketplace, now's the time to renew your policy and secure continued ABA therapy coverage for 2025. Learn more from our flier on page 12 or click [HERE](#).

Underutilized hours

As the end of the year approaches, now is a good time to check if you have unused hours from your provider. Insurance authorizes therapy hours for use over a 3 to 6-month period.

(Continued on next page)

Favorite Song: John Redcorn by SiR

Favorite Movie: How to Lose a Guy in 10 Days

Fun fact about you: I am a part of the 1% of the world who has red hair and blue eyes combined.

Hobbies: Training my dog to be a therapy dog, painting, plants, home improvement projects.

Why did you choose to work in ABA therapy with children with autism— what's your superhero origin story? I

have always loved working with children in many different capacities. I volunteered in the children's department at my church as a teenager (13-18 years old) and we had one child who had autism. Back then, they didn't have the knowledge, support, or resources to include him into the classroom with all the other children, and he sort of just clicked with me. So I spent every Sunday with him in a separate room and we just played for the full service while I tried incorporating the lessons in fun ways for him to be engaged. I had no knowledge of ABA at this time, but just loved on him and knew from this experience that I was passionate about working with children on the spectrum.

What's your favorite part about working at The Behavior Exchange?

The clients. From the level ones who are so little and cute to the amazing intelligence of the level threes. They all capture my attention and I like helping them reach their potential.

(Continued on next page)



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Any unused hours could be a signal to your insurance provider that your child doesn't need all the hours that were authorized. And because of that, when you request hours the next time, fewer hours may be approved. Unused hours typically occur when your child misses therapy, because of illness, vacations, or the holidays. Whatever the reason, we can reallocate missed therapy hours, and make sure you've used all the hours your insurance provider has authorized.

THE BUZZ AROUND DFW:



Play Street Museum

Reserve a spot for your kiddo at the Play Street Museum's Christmas ornament pottery and play event on December 12 in Plano. Play Street takes the traditional children's museum model to the next level by providing one-of-a-kind educational experiences. Each of their museum exhibits offers interactive learning opportunities, playable environments, and fully immersive entertainment for children up to 8 years old. [LEARN MORE](#)

Holiday at the Arboretum

Start a new family holiday tradition by visiting the Dallas Arboretum now through January 5. It's famous Holiday at the Arboretum will be decked out for the season, compete with a 12 Days of Christmas outdoor exhibit, a Christmas village of charming shops and façades in the style of European Christmas markets, choirs, tons of lights in the garden, and more. You can also meet Santa! [LEARN MORE](#)

A Charlie Brown Christmas

This Dallas Children's Theater production is sure to warm the hearts of your whole family. The theater will be transformed into an awesome skating rink, where the beloved Peanuts gang discover the true meaning of Christmas as iconic holiday music is performed live for all to enjoy. There are multiple performances to choose from through December 22. [LEARN MORE](#)

Christmas in the Square

Drive or walk thru the largest choreographed holiday lights and music show in North Texas! Christmas in the Square has been a holiday tradition in Frisco for 19 years, and this year it promises even more spectacular lighting displays that will make for an unforgettable holiday

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Fun Facts



The North Pole has no time zone. Since no one lives there on a permanent basis (besides Santa and his crew), the North Pole has never been assigned a time zone.

There is no land at the North Pole. It's actually just huge ice floes that act like land that are several feet thick and float on the surface of the Arctic Ocean.

At the North Pole, the sun rises and sets just once a year. The sun rises around the spring equinox on March 20 and stays in the sky for a full six months before finally setting around the fall equinox on September 22.

Two competing explorers claimed to be first at the North Pole. Robert E. Peary claimed to have reached the North Pole in April 1909, but Frederick E. Cook said he reached the destination a year earlier. In 1988, the National Geographic Society concluded that Peary might not have made it to the North Pole after all.

The Soviets established the first research camp at the North Pole. In 1937, planes dropped four men, including an oceanographer, a meteorologist, and

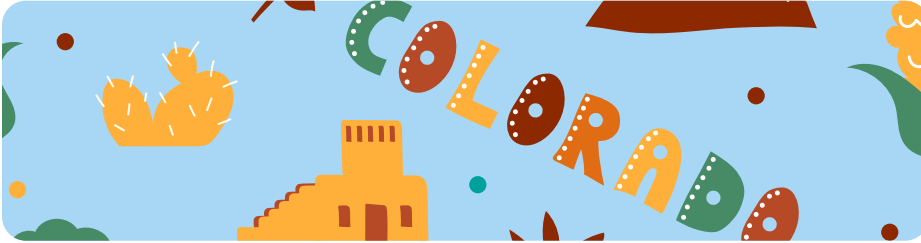
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experience. The holiday lights and music will run daily from 6-10pm through January 6 and is free to enjoy. [LEARN MORE](#)

THE BUZZ AROUND BOULDER:



St. Nick on the Bricks

Kids of all ages can visit with Santa outside at the Downtown Boulder Visitor Information Center for free on the first two Saturdays of December. Bring your list and a camera to capture priceless holiday memories! While you're there, take a ride on Boulder's 100% Electric Tebo Train known as the Snowflake Express, and chug along Pearl Street in a one-of-a-kind experience. [LEARN MORE](#)

Winterfest at Chautauqua

Create unforgettable memories at Winterfest, Chautauqua's annual holiday celebration! Enjoy festive food and drinks, live music, horse-drawn carriage rides, and a variety of family-friendly activities. From exploring the holiday market to crafting ornaments, there's something for everyone. Thursday, December 5 - Saturday, December 7. [LEARN MORE](#)

The Adventures of Pinocchio

This Boulder Opera production promises a world of adventure and wonder for the whole family. The one-hour show brings the timeless story of a wooden puppet who wants to become a real boy to life, complete with enchanting music and a narrative that captures the hearts of kids and adults alike. For ages 4 and up. December 14 and 15. [LEARN MORE](#)

Boulder Star

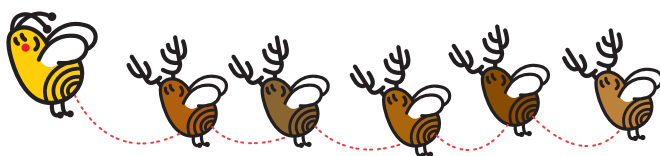
The annual lighting of the Boulder Star is a commemoration of the holiday season and rings in a season of hope, generosity, and inspiration as the star shines brightly over Boulder. This year marks the 77th anniversary of the Boulder Star's first lighting on Flagstaff Mountain in December 1947. Click to find out all the cool ways your family can view the star safely from afar! [LEARN MORE](#)

a radio operator, onto a 10-foot-thick ice floe. They studied the Arctic environment for a year before being rescued from their camp that had drifted 1,615 miles.

Santa Claus moved to the North Pole in the mid-19th century. In the mid-1800s, cartoonist Thomas Nast began depicting the North Pole as Santa's permanent home, because a flurry of expeditions to the Arctic had captured the world's imagination around the same time.

Russia staked its claim to the North Pole with an underwater flag. In 2007, while Russia explored the Arctic Ocean for oil and gas, they planted a flag on the seabed to stake their claim to the natural resources to the chagrin of Denmark who claims the seabed is in Danish territory.

The North Pole hosts an annual marathon. Since 2003, the North Pole has hosted an April marathon for the world's most extreme athletes. The 26.2-mile race is run on a hard snow and ice track with competitors braving frigid temps, dropping as low as -20°F.





HAPPY Holidays

The late months of the year, November and December, pack a punch when it comes to celebrating holidays. Christmas is a well-known holiday, but did you know there are many, many other celebrations happening this time of year?

St. Nicholas Day (Dec. 5 or 6). Also known as the Feast of Saint Nicholas, Christians honor the birthday of Saint Nicholas—the inspiration behind Santa Claus, given his proclivity towards gift-giving.

Immaculate Conception Day (Dec. 8). Catholics celebrate the day of Immaculate Conception to honor the Virgin Mary, who is believed to have been born without original sin. The day is often celebrated by going to church and enjoying a festive meal together.

Bodhi Day (Dec. 8). Also known as Rohatsu, this Buddhist tradition honors the day in which the Buddha—Siddhartha Gautama—is said to have achieved enlightenment. Many Buddhists celebrate it through meditation.

Feast Day of Our Lady Guadalupe (Dec. 12). Mexicans and Mexican-Americans often celebrate the feast day of Our Lady of Guadalupe, the patron saint of Mexico who symbolizes patriotism and devotion. Millions of pilgrims typically visit the Basilica of Our Lady of Guadalupe in December to celebrate the festival, which marks one of several apparitions of the Virgin Mary that some Catholic believers say was witnessed by an indigenous Mexican man in 1531. The Virgin Mary's face is abundant in Mexico—in homes, shops and shrines.

Hanukkah (Dec. 18-26). The eight-day Jewish holiday of Hanukkah begins Dec. 18. A central part of the Jewish Festival of Lights entails the lighting of a nine-branched menorah each night. (The ninth candle is used to light the others.) The ritual symbolizes how one day's worth of oil miraculously lasted for eight days during a battle between a small group of Jewish people and the powerful Greek-Syrian army in 165 B.C. Per Jewish tradition, they are said to have emerged victorious and reclaimed the Holy Temple in Jerusalem. Customary foods include latkes (potato pancakes), sufganiyot (jam-filled donuts) and brisket. Children often play with a dreidel (a spinning top with Hebrew letters).





DECEMBER 2024 NEWSLETTER



Yule (Dec. 21-Jan.1). Wiccans and Neo-Pagans celebrate the winter solstice (the darkest day of the year, on Dec. 21) through the festival of Yule. The winter solstice marks the shortest day and longest night of the year; Yule celebrates the re-emergence of the sun and the days beginning to grow longer again. The festival was first celebrated in Scandinavia as a Norse festival. A common tradition is burning the yule log, which originally was done to celebrate the sun's return. It has since also been folded into a Christmas tradition. In fact, Yule became associated with Christmas in the 9th century, although some still stick to the original Yule celebrations.

Boxing Day (Dec. 26). A British tradition that occurs the day after Christmas and dates back to the 1800s when Queen Victoria ruled the throne. At the time, it was a day to ensure that upper class Britons gave servants and workers a day off, in addition to giving them a present. The holiday has since evolved into a more commercial occasion for gift-giving.

Kwanzaa (Dec. 26-Jan. 1). The week-long holiday of Kwanzaa honors African-American heritage; it's a cultural holiday as opposed to a religious one. Black nationalist Maulana Karenga created Kwanzaa in 1966 as a way to unite the African-American community following the Watts Rebellion in a predominantly Black Los Angeles neighborhood. An uprising against systemic racism began after a white California highway patrol officer arrested a young Black man for drunken driving. The rebellion led to 34 deaths—two-thirds of which were individuals shot by police or National Guard troops, per the Associated Press. It also resulted in more than 1,000 injuries. Karenga laid out seven key principles for Kwanzaa: unity; self-determination; collective responsibility; cooperative economics; purpose; creativity; and faith. Its name comes from the Swahili phrase “matunda ya kwanza,” which translates to “first fruits.” Kwanzaa celebrations draw from African musical and storytelling traditions.

Zarathosht Diso (Dec. 26). Founded by the Prophet Zoroaster more than 3,000 years ago, Zoroastrianism is one of the world's oldest monotheistic religions. Zoroastrians honor the death of their prophet on this day, typically by visiting a fire temple and offering prayers.

New Year's Eve (Dec. 31). The day every new year is met with anticipation around the world, as revelers party, set off fireworks, set resolutions and count down to midnight to welcome in new beginnings. In many post-Soviet countries, the holiday is celebrated with traditions similar to Christmas, such as the arrival of gifts from “Grandfather Frost.”

Capac Raymi. The Andean Summer Solstice festival, known as Capac Raymi has been celebrated for hundreds of years since at least as far back as the early 15th century. It takes place in the weeks around December 21st, and is in part, a celebration of the Summer Solstice, the longest day of the year, corresponding to the first month of the Inca calendar. In Inca times, many complex celebrations and rituals existed that are no longer celebrated as they were, due to the influence of Catholicism. Nowadays, the original Inca celebration is mixed with Catholic ideas in a form of syncretism, combining elements of both religions. The December 21st festival is thought to mark the separation of two months in the Inca calendar that honored the Sun, Inti, and the Moon, Quilla, which also represent the masculine and feminine aspects of life. Capac Raymi, meaning Royal Feast, is the first month leading up to December 21st, and Capac Raymi Camay Quilla, meaning Festival of the Moon, is the month after the Summer solstice. A determining factor for the length of these celebrations was how soon the new moon appeared after the Summer Solstice. So the festivities could be longer or shorter, based on the Inca's measurements of this period of days, and possibly other planetary aspects.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 	2	3	4 <i>National Hugging Day</i>	5	6 Dress-Up Day Sweater weather—Wear your favorite sweater!	7 Saturday Services Frisco Hive 9:00am-3:00pm <i>Pearl Harbor Remembrance Day</i>
8 <i>National Brownie Day</i>	9	10	11	12	13 Dress-Up Day Magic Kingdom Day—Dress like your favorite Disney character! Early Close All hives: 3:30pm	14 Saturday Services Frisco Hive 9:00am-3:00pm <i>Monkey Day</i>
15 <i>Bill of Rights Day</i>	16 Dress-Up Day A Very Cozy Christmas—Wear flannel and fuzzy socks! <i>Las Posadas</i>	17 Dress-Up Day Deck the Halls—Wear Christmas colors! <i>Las Posadas</i>	18 Dress-Up Day Holiday Headwear—Wear Santa/ elf hats, antlers, or your favorite holiday headpiece. <i>Las Posadas</i>	19 Dress-Up Day Santa's Workshop Day—Dress like your favorite Christmas character! <i>Las Posadas</i>	20 Dress-Up Day Candy Cane Day—Wear red and white. <i>Las Posadas</i>	21 Saturday Services Frisco Hive 9:00am-3:00pm <i>Winter Solstice</i> <i>Las Posadas</i>
22 <i>Las Posadas</i>	23 Dress-Up Day Holiday cheer—Wear your favorite ugly/Christmas sweater! • Frisco ISD no school • Plano ISD no school • Prosper ISD no school • Boulder Valley SD no school <i>Festus</i> <i>Las Posadas</i>	24 Dress-Up Day Winter Wonderland—Wear white and sparkles. Early Close All hives: 3:00pm • Frisco ISD no school • Plano ISD no school • Prosper ISD no school • Boulder Valley SD no school <i>Christmas</i> <i>Las Posadas</i>	CLOSED: Christmas Day • Frisco ISD no school • Plano ISD no school • Prosper ISD no school • Boulder Valley SD no school <i>Christmas</i> <i>Hanukkah Begins</i>	26 Dress-Up Day Baby, It's Cold Outside—Bundle up in your favorite winter gear! • Frisco ISD no school • Plano ISD no school • Prosper ISD no school • Boulder Valley SD no school <i>Kwanzaa</i>	27 Dress-Up Day festive pajama • Frisco ISD no school • Plano ISD no school • Prosper ISD no school • Boulder Valley SD no school <i>Kwanzaa</i>	28 Saturday Services Frisco Hive 9:00am-3:00pm <i>Kwanzaa</i>
29 <i>Kwanzaa</i>	30 Dress-Up Day Decades Day- close out 2024 dressed in your favorite decade wardrobe! • Frisco ISD no school • Plano ISD no school • Prosper ISD no school • Boulder Valley SD no school <i>Kwanzaa</i>	31 Dress-Up Day Bee Bright- Wear sparkles, glitter, neon to kick off 2025! • Frisco ISD no school • Plano ISD no school • Prosper ISD no school • Boulder Valley SD no school <i>Kwanzaa</i>	<div data-bbox="760 1436 1170 1535" data-label="Section-Header"> <h2>Comy kids jokes!</h2> <p>As they say, laughter is the best medicine!</p> </div> <div data-bbox="1425 1415 1588 1528" data-label="Image"> </div> <div data-bbox="867 1562 1479 1822" data-label="List-Group"> <ul style="list-style-type: none"> • Why shouldn't you tell secrets in a cornfield? Too many ears. • Why couldn't the bad sailor learn the alphabet? Because he always got lost at "C." • What kind of cheese isn't yours? Nacho cheese. • What does a spy do when he is cold? He goes undercover. • How does the moon cut his hair? Eclipse it. • When do computers overheat? When they need to vent. • Why did the scarecrow win an award? Because he was outstanding in his field. • If athletes get athlete's foot, what do elves get? Mistle-toes. • What's brown and sticky? A stick. • What do you call a sad cup of coffee? Depresso. </div>			

All times are in Central Standard Time Zone (CST).
Some dates and events are subject to change.
Prosper ISD 2024-2025 calendar not available as of printing of this calendar.



Last set of jokes! These are so POP-ular among my friends!





Winter Holiday **DRESS UP DAYS!**



WEEK 1: DEC. 16 – 20, 2024:



Dress-Up Day
A Very Cozy Christmas—
Wear flannel and fuzzy socks!



Dress-Up Day
Deck the Halls—Wear Christmas colors!



Dress-Up Day
Holiday Headwear—
Wear Santa/elf hats, antlers, or your favorite holiday headpiece.



Dress-Up Day
Santa's Workshop Day— Dress like your favorite Christmas character!



Dress-Up Day
Candy Cane Day—Wear red and white.

WEEK 2: DEC. 23 – 27, 2024:



Dress-Up Day
Holiday cheer—
Wear your favorite ugly/Christmas sweater!



Dress-Up Day
Winter Wonderland—
Wear white and sparkles.



CLOSED:
Christmas Holiday



Dress-Up Day
Baby, It's Cold Outside—
Bundle up in your favorite winter gear!



Dress-Up Day
Stay Comfy and Cozy—
Wear festive pajamas!

ADDITIONAL DAYS



Dress-Up Day
Decades Day—
close out 2024 dressed in your favorite decade wardrobe!



Dress-Up Day
Bee Bright- Wear sparkles, glitter, neon to kick off 2025!



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The Behavior Exchange will close early on:

FRIDAY,
DECEMBER 13
AT 3:30 PM

FOR STAFF CELEBRATION.

**THANK YOU FOR
YOUR UNDERSTANDING**



**3:30 PM
EARLY CLOSURE
ALL HIVES**

**NOTE: The Behavior Exchange will be open on Saturday,
December 14th for regular Saturday Services.**



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The Behavior Exchange will be closed on:



EARLY CLOSURE ON
TUESDAY – 3:00PM

DECEMBER 24

ALL HIVES

CLOSED ON WEDNESDAY

DECEMBER 25

FOR CHRISTMAS CELEBRATION
ALL DAY. ALL HIVES

CLOSED ON WEDNESDAY

JANUARY 1ST

FOR NEW YEAR'S DAY
ALL DAY. ALL HIVES



MERRY *Christmas & New Year* HAPPY



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Family Member's Name:

Child's Name:

The caring staff member(s) I would like to recognize:

Please check this box if you don't mind us using a quote from your letter to share your experience with other families. We will NOT use full names, first and last initials only. Example *"...we cannot thank The Behavior Exchange enough for the progress we have seen in our child..."* -J.S.

Notes about my child's progress and experience with The Behavior Exchange:



Insurance Survey

As we approach the new year, we want to ensure there are no interruptions in your child's services. If your insurance plan changes in 2025, *it's essential that you let us know as soon as possible.*

Please take a moment to fill out our online form with your updated insurance information. This will help us continue providing seamless care for your family.

Click [here](#) or use QR code

Please complete by end of day:
Friday, December 6.



Use this QR code and please complete form before 12/6.

Thank you for your prompt attention to this matter. If you have any questions, don't hesitate to reach out to our team.



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Secure ABA therapy coverage in 2025!

Renew your Health Insurance Marketplace plan during open enrollment, starting November 1st!

If you currently have a plan through the Health Insurance Marketplace, now's the time to renew your policy and secure continued ABA therapy coverage for 2025.

Does your employer's plan exclude ABA therapy services?

Consider a Child-Only policy through the Marketplace for ABA coverage in the new year!



Open enrollment starts.



Enroll by December 15, 2024 for coverage that starts January 1, 2025.



Enroll by January 15, 2025 for coverage that starts February 1, 2025.

Important dates

November 1: Open Enrollment starts for health coverage for the next plan year — first day you can enroll in, re-enroll in, or change health plans through the Health Insurance Marketplace®. Coverage can start as soon as January 1.

December 15: Last day to enroll in or change plans for coverage to start January 1.

January 1: Coverage starts for those who enroll in or change plans by December 15 and pay their first premium.

January 15: Open Enrollment ends — last day to enroll in or change health plans for the year. After this date, you can enroll in or change plans only if you qualify for a Special Enrollment Period.

February 1: Coverage starts for those who enroll in or change plans December 16 through January 15 and pay their first premium.

DID YOU KNOW?

You can get health coverage for the rest of the year if you qualify for:

- A Special Enrollment Period due to a recent life event, like losing other coverage, moving, getting married, or having a baby.
- Medicaid, the Children's Health Insurance Program (CHIP), or based on estimated household income.

Have questions?

Email or call our insurance experts.



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