



SEE WHAT'S HAPPENING AT OUR HIVES:



New year. New beginnings.

As we flip the pages of the calendar and start a brand new year, anticipation and the promise of fresh beginnings are all around us. The new year brings with it an endless array of possibilities waiting to be explored and conquered. It's a time when we can reflect on the lessons of the past, drawing strength from both triumphs and challenges, and channeling that wisdom into the path ahead.

One of the most appealing aspects of a new year is the chance to embrace change and growth. It's an opportunity to set new goals, big and small, and to pursue them with new energy. This might be a personal milestone, a professional endeavor, or a commitment to well-being, the possibilities are limitless. Each day can bring chance to take a step closer to our dreams, explore uncharted territories, and to unlock our fullest potential.

A new year also fosters a sense of collective hope and unity. It's a shared moment across the world when we all come together to celebrate the prospect of a brighter future. The optimism that fills the air becomes a powerful force, inspiring individuals to reach out, connect, and collaborate. In this spirit, communities can thrive, and the world can become a better place as we collectively work towards common goals of kindness, understanding, and progress.

As we think about what's possible in the new year for our families and communities, we have hope that together we can make 2024 the best year yet!

Do you have any personal goals you would share with us? Are there any lessons you learned this past year you will be implementing into your life? Share them with us if you would. Email us at BUDDY@BEHAVIOREXCHANGE.COM – we'd love to know!

(Continued on next page)

IN THIS ISSUE:

- THE YEAR AHEAD
- INSURANCE MARKETPLACE
- EXPERTS IN INSURANCE
- CLOSURES: NEW YEAR'S DAY & MLK DAY

TBE Calendar

1/1: Closure: New Year's Day

1/15: Closure: MLK Jr. Day

1/15: last day to sign up for new insurance through the Marketplace

Log on to our site and view selected events: [CLICK HERE](#)

Quote of the day

“In the new year, I will be too busy watering my own grass to notice if yours is greener.”

— Marc & Angel Chernoff

Fun facts

About New Year's Day:

- **Over 50 tons of trash are left in Times Square after New Year's Eve celebrations.**
- **The confetti in Times Square has thousands of people's wishes written on them.** In 2015 “wishfetti” became a

(Continued on next page)





Health Insurance Marketplace last day: January 15th

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 2024. Consider a Child-Only policy through the Marketplace for ABA coverage in the new year if your current employer's plan excludes ABA therapy coverage. If you have any questions, please feel free to contact our insurance experts. They will be more than happy to answer any questions you may have. Find them at: intake@behaviorexchange.com. January 15, 2024 is the last day you can sign up for coverage that starts February 1. See pg 4 for additional information.

We're insurance experts!

Speaking of insurance, if you have a new plan and have questions, please feel free to contact us. New cards? Be sure to send us a copy of your card so we can update our records. Contact our insurance experts to find out how to send your records securely.



New Year's Day

Monday, January 1st. All hives.

We will be closed this Monday. Happy New Year!

MLK Jr./Civil Rights Day

Monday, January 16th. All hives.

We will be closed this Monday in observance of the late Reverend Martin Luther King, Jr.

part of the tradition. People write their wishes for the new year and submit them to the Wish Wall in Times Square (or online) and those wishes are turned into the confetti that falls over the crowd at midnight.

- **If you hear plates breaking in Denmark on New Year's Eve, it's considered good luck.**

The Danes hold a tradition of throwing plates at the front door of family and friends' homes to welcome good fortune for the new year.

- **You can thank a pope for making our new year start on January 1.**

The Gregorian calendar was introduced in October of 1582 by Pope Gregory XIII as a revised version of the Julian calendar. It took almost 350 years for the world to get on board. Turkey didn't make the switch until 1927.

- **The island nation Kiribati rings in the new year first...** while American Samoa is one of the last places to ring in the new year.

- **Ancient Babylonians celebrated New Year's in March.**




- **New Year's is terrifying for children in Akita, Japan.** There's a local tradition called Namahage where grown men dress up like demons to scare children into behaving for their parents. They go from house to house yelling things like "Are there any crybabies at home?" or "Are naughty kids around?"



Year of the Dragon!

(Continued on next page)



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	CLOSED: New Year's Day Holiday  <i>New Year's Day</i>	2 <ul style="list-style-type: none"> Plano ISD No School Frisco ISD No School Prosper ISD No School Boulder Valley SD No School <i>National Science Fiction Day</i>	3 <ul style="list-style-type: none"> Plano ISD No School Frisco ISD No School Prosper ISD No School Boulder Valley SD No School 	4 <ul style="list-style-type: none"> Plano ISD No School Frisco ISD No School Boulder Valley SD No School <i>World Braille Day</i>	5 Dress-Up Friday Backwards Day—wear your clothes backwards or inside out! <ul style="list-style-type: none"> Plano ISD No School Frisco ISD No School Boulder Valley SD No School <i>National Bird Day</i>	6 Saturday Services Frisco Hive 9:00am-3:00pm, CST
7	8 <ul style="list-style-type: none"> Plano ISD No School Frisco ISD No School Boulder Valley SD No School <i>National Apricot Day</i>	9	10	11	12 Dress-Up Friday Dress as your favorite pet day!	13 Saturday Services Frisco Hive 9:00am-3:00pm, CST <i>Korean American Day</i>
14	CLOSED: MLK Jr. Day/ Civil Rights Day  <ul style="list-style-type: none"> Plano ISD No School Frisco ISD No School Prosper ISD No School Boulder Valley SD No School <i>Martin Luther King Day</i>	16	17	18 <i>Bohdi Day</i>	19 Dress-Up Friday Be Punny—dress as your favorite pun! <i>National Popcorn Day</i>	20 Saturday Services Frisco Hive 9:00am-3:00pm, CST
21 <i>National Hugging Day</i>	22	23 <i>National Pie Day</i>	24 <i>Belly Laugh Day</i>	25	26 Dress-Up Friday Zone Spirit Day—zones wear specific colors	27 Saturday Services Frisco Hive 9:00am-3:00pm, CST
28	29	30	31 <i>National Backwards Day</i>	<div data-bbox="945 1348 1578 1852" style="border: 2px solid #e91e63; border-radius: 15px; padding: 10px;"> <p>Did you know? Fun and interesting facts for the whole family!</p>  <ul style="list-style-type: none"> Most people cannot lick their elbows. (Try it!) You cannot sneeze with your eyes open. (Try this, too!) The Olympics used to give medals for art, not just sports. A jar of Nutella is sold every 2.5 seconds. French fries are Belgian, not French. Before alarm clocks, people would pay someone to knock on their window and wake them up. They were called knocker-uppers. Make tea not war! All British armored vehicles have the equipment needed to make tea. There are 31,557,600 seconds in a year. Arithmophobia is the fear of numbers. Speaking of numbers, the opposite sides of a die (one of a pair of dice) will always equal 7. </div>		

All times are in Central Standard Time Zone (CST).
Some dates and events are subject to change.





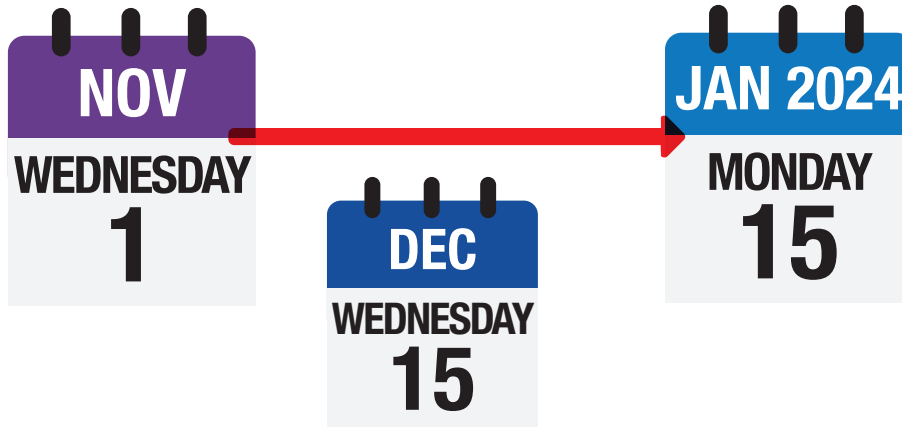
Secure ABA therapy coverage in 2024!

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 2024.

Does your employer's plan exclude ABA therapy services?

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



Enroll by December 15, 2022 for coverage that starts January 1, 2023.

Have questions?

Email or call our insurance experts.



intake@behaviorexchange.com



972.312.8733

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.

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.



The Behavior Exchange® | *What could be, can be.*®



972.312.8733 TX | 720.647.8541 CO



behaviorexchange.com

Proud to be a Behavioral Health Center Of Excellence®



Go ahead, find us and LIKE us on:



A kind word works wonders.



REVIEWS