



NOVEMBER 2024 NEWSLETTER



SEE WHAT'S HAPPENING AT OUR HIVES:



Mis en Place: Preparing for Success

As the calendar pages flip to November, many of us are getting ready for Thanksgiving celebrations, which often means spending time in the kitchen preparing meals for our family and loved ones. A concept chefs use often to make sure everything goes smooth in the kitchen is ***mis en place*** — a French term that means “everything in its place.” It’s the practice of organizing and preparing ingredients before cooking, laying them out in front of them, so when it’s time to bring everything together, the process is efficient and enjoyable.

The *Mis en place* concept doesn’t just apply to cooking and in kitchen environments — it’s a powerful analogy for life with your child, especially if your child has special needs. Being prepared, having routines, tools, and support systems in place, helps reduce stress, brings a sense of calm, and allows you to focus on what truly matters: connection and growth.

We believe that with a little preparation and the right guidance, families can navigate challenges with confidence. By setting up your environment, expectations, and mindset—whether for therapy sessions or daily routines—you’re creating the foundation for success.

Much like the holiday meals you’re planning, life’s day-to-day activities flow more smoothly when you’ve prepared and organized everything you need ahead of time. It’s about making room for positive experiences and maximizing your child’s potential. As you gather around the table this Thanksgiving, take a moment to appreciate the balance you’ve created through thoughtful preparation.

We are here to help guide you through every step, ensuring that “**what could be, can be**” for you and your child.

Happy Thanksgiving from all of us at The Behavior Exchange!

Email us: BUDDY@BEHAVIOREXCHANGE.COM

(Continued on next page)

In this Issue:

- PREP TIME
- HALLOWEEN AT TBE
- BLOG ENTRIES FOR THXGVN
- CLOSURES & HOLIDAY BREAKS
- MARKETPLACE OPENS
- UNDERUTILIZED HOURS
- SOCIAL SATURDAYS
- SCHOOL ABSENCES

Calendar

- 11/01: Insurance Marketplace opens
- 11/01: Dia de los Muertos
- 11/03: Daylight Savings ends
- 11/28: Thanksgiving closure
- 11/29: Thanksgiving break closure

Quote of the day



“You do not find the happy life. You make it.” — Camilla Eyring Kimball

Get to know us!

Here’s this month’s spotlight on an amazing member of the TBE team! Please meet, **Colleen, RBT** at our

(Continued on next page)



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Halloween at The BOO-havior Exchange was amazing!

We love Halloween time at TBE! Kids love it and can practice trick-or-treating, and our staff members have a blast decorating our hives. Take a look at the incredible craftsmanship and creativity from our BCBAs and RBTs when it comes to decorating! Let us know which door is your favorite!



And now, Thanksgiving!

Did we jump into a time machine and hit Thanksgiving 2024 in the flux capassor or what! It certainly feels that way—the holidays are here, and we're ready to help you make the most of them! Check out our blog entries, where we share holiday tips like [COOKING WITH YOUR CHILDREN](#) and creative [THANKSGIVING IDEAS](#) to enjoy as a family.



Closures this month: November 28, 29.

We will be closed on Thursday, November 28 and Friday 29 — All hives. For Thanksgiving Celebrations. We will resume regular hours on Saturday, November 30th.

The holidays are here!

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: Nov. 25 - 29 Thanksgiving break. Dec. 23 - Jan. 6, 2025 Winter break.

Frisco ISD: Nov. 25 - 29 Thanksgiving break. December 23 - Jan. 6, 2025 Winter break

Prosper ISD: Nov. 25 - 29 Thanksgiving break. December 23 - Jan. 6, 2025 Winter break

Boulder Valley SD: Nov. 25 - 29 Thanksgiving break. December 23 - Jan. 6, 2025 Winter break. Look for further communication from our scheduling teams.

Marketplace® open enrollment for 2025 coverage

If you currently have a plan through the Health Insurance Marketplace, now's the time to

(Continued on next page)

Prosper Hive.

Favorite Song: Don't stop Believing

— Journey

Favorite Movie: Pitch Perfect

Fun fact about you: I love baseball

Hobbies: I love spending time with my daughter.

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

I had a child in my preschool class that I knew was "different" from the other children. I just really wanted to help him reach his potential and I did not know how. I was given the opportunity to learn about ABA therapy and that is how I got to TBE.

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.

On this day



Día de Los Muertos — The Day of the Dead, is a Mexican holiday where families welcome back the souls of their deceased relatives for a brief reunion that includes food, drink and celebration.

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renew your policy and secure continued ABA therapy coverage for 2025. Learn more from our flier on page 8 or click [HERE](#).

Under Utilized 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. 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.

Social Saturdays

Social skills play a crucial role for children with autism, helping them engage, communicate, and form meaningful friendships. That's why we host Social Saturdays at The Behavior Exchange! These fun and structured sessions give kids the opportunity to practice and enhance their social skills in a welcoming environment. Guided by our compassionate team of RBTs and BCBAs, your child will learn to navigate social interactions and build friendships — all while having a blast. Join us and watch your child's social confidence grow!

School absences

As the school year progresses, did you know that both Texas and Colorado allow excused absences for behavioral services like ABA therapy? Our Social Skills Groups are perfect for school-aged children! To learn more about excused absences, click [HERE FOR TEXAS](#) and [HERE FOR COLORADO](#). For tips on a smooth transition into school, reach out to your BCBA for guidance.

THE BUZZ AROUND DFW:



Family Fest: MAKE!

On Saturday, November 2, join Family Fest: MAKE! at the Dallas Museum of Art. Celebrate the power of creativity and all the ways we "MAKE" in this fun-filled day of free activities for the entire family. Enjoy art making, interactive family tours, and performances, plus have the chance to meet and make alongside local artists. Be sure to visit the website for a schedule of events, including Sensory Haven and the Toddler Sensory Play Room. [LEARN MORE](#)

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A blend of Mesoamerican ritual, European religion and Spanish culture, the holiday is celebrated each year from October 31-November 2. While October 31 is Halloween, November 1-2 is All Souls Day or the Day of the Dead. According to tradition, the gates of heaven are opened at midnight on October 31 and the spirits of children can rejoin their families for 24 hours. The spirits of adults can do the same on November 2. [LEARN MORE](#).

Fun Facts about this holiday:

- **Historical Roots:** Day of the Dead originates from pre-Columbian Mesoamerican beliefs, viewing death as a natural, cyclical part of life. Today, it's a joyful celebration honoring the deceased through storytelling, music, and dance, with practices ranging from visiting gravesites to family feasts.
- **Ofrendas:** Altars are created as portals for the dead to visit, adorned with photos, candles, and symbols of water, earth, fire, and air. Some include Catholic elements like crosses and rosaries, blending indigenous and Catholic traditions.
- **Food Offerings:** Food plays a significant role on the ofrenda, with items like Pan de Muerto and sugar skulls symbolizing life and remembrance. Loved ones' favorite dishes show ongoing care for those who've passed.
- **Marigold Pathway:** Bright marigolds guide the souls of the dead, with their color and scent symbolizing the beauty and transience of life.
- **Global Celebration:** While Mexican in origin, Day of the Dead is celebrated in many countries, each adding unique traditions, from coca leaves in Bolivia to

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Interurban Railway Museum

Join Motorman Harold every Friday in November for story time in Plano, then take a tour of Historic Car 360. The museum opens at 10:30 am on Friday, and story time starts at 11:00 am. The museum is located in a historic train station that opened back in 1908 by Texas Electric Railway. It was renovated by the City of Plano in 1990 and opened as the Interurban Railway Museum. Free admission. For all ages. Best for preschoolers. [LEARN MORE](#)

Astra Lumina

Astra Lumina in Trinity Forest Adventure Park in Dallas welcomes your family to an extraordinary place – a garden right here on earth that shares a special connection with the sky above. Come nightfall, the garden sets the stage for a phenomenal event as the stars come down to visit. It's a stellar journey that invites stargazers of all ages to set off across the forest's celestial pathway to encounter the wonder of the stars and embrace their own human light. Approximately a 60-minute experience recommended for 4 years of age and older. Open through December 15. [LEARN MORE](#)

Nature Story Time

Visit the Heard Natural Science Museum & Wildlife Sanctuary in McKinney for story time, featuring a nature-themed book and fun surprises to enhance the experience, like puppets and live animals. While you're there, take advantage of the nice weather to explore the Heard's 289-acre nature preserve with walking trails. Story time is 10-11 am every second and fourth Friday in November. Designed primarily for young children. [LEARN MORE](#)

THE BUZZ AROUND BOULDER:



Fall Curiosity Concert: The Creative Spirit

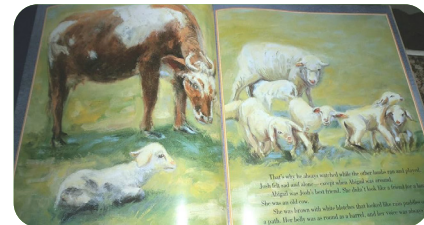
This interactive and educational experience from the Boulder Symphony is a celebration of the Día de los Muertos (Day of the Dead). It centers on a story about a ghostly composer who reunites with a lifelong friend and music partner for the world premiere of their final creation, only to discover the song is incomplete. With time slipping away and the audience's help, they must finish the song together and perform it before the ghost composer departs again. You'll hear a wide range of music from classical to Latin music. 45 minutes long. November 2. [LEARN MORE](#)

Children's Book Festival

Head to the Boulder Public Library on November 9 for this free event designed for anyone who

U.S. parades and workshops.

Our RBTs recommend



From bestselling author Max Lucado comes a unique Christmas story called *The Crippled Lamb*, an inspirational children's book about being different, fitting in, and being happy with yourself. With more than 100,000 copies sold, this timeless bestseller has become a holiday read the entire family enjoys.

The Crippled Lamb follows the story of Joshua, a lamb with a crippled leg who feels left out because he can't run and play like the other lambs. But God has a special plan for Joshua's life, as He does for all who feel alone. Readers will feel a gentle tug on their hearts as the little lamb's prayers are answered in an amazing way on Christmas Day.

Extra! Extra! In the news

Award-winning actor Colin Farrell is creating a foundation to support people with intellectual disabilities and their families in honor of his son. [LEARN MORE.](#)



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enjoys reading children's book, from families to teachers and librarians. Come for the whole day or just select events that include sessions writer panels, book signings, exhibits, and story times and a scavenger hunt for the little ones. Complete schedule of events available online. Free parking. 10:00 am - 5:00 pm. [LEARN MORE](#)

Bighorn Sheep Festival

On the second Saturday of each November, Georgetown, Colorado, comes alive with bighorn sheep and celebration. Georgetown is the proud home of one of the oldest and largest bighorn herds in the entire state. All eyes anticipate viewing these beautiful mountain beasts at the Bighorn Sheep Festival. Join the crowds in Georgetown on Saturday, November 9, as visitors and locals alike enjoy wildlife programs, children's activities, hikes, music, crafts, and more. [LEARN MORE](#)

Firefly Handmade Holiday Market

Get a jumpstart on holiday fun at Colorado's premier artisan marketplace on the Pearl Street Pedestrian Mall in downtown Boulder. There's something for everyone in the family and pets are welcome. The market features more than 80 creative artisans, live music, and food and drinks from surrounding restaurants. One-day only. November 23, 10:00 am - 4:00 pm. Free admission. [LEARN MORE](#)



Did you know?



This year, daylight saving time ends Sunday, Nov. 3, with clocks rolling back one hour at 2 a.m. With the change, it will get darker earlier in the evening across the United States.

The good news: when clocks "fall back" at the end of daylight saving time, people gain one hour of sleep. On Sunday, for example, falling asleep at 10 p.m., will really be like falling asleep at 9 p.m., once clocks roll back one hour at 2 a.m. Just remember, in autumn, our clocks "fall" back one hour. In the spring, we "spring" forward one hour.

And now this...

The Friday after Thanksgiving usually kicks off the holiday shopping season, but lately, a new approach to **Black Friday** has emerged, **Buy Nothing Day**. Each offer a unique way to enjoy the season—whatever you do, it's all up to you! As we say, *You Bee You*.



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NOV 2024

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY


SATURDAY

Did you know?

Fun and interesting facts for the whole family!



- About half of the bones in your body are in your hands and feet.
- Alexander the Great was buried alive.
- Cleopatra wasn't Egyptian—she was Greek.
- The Statue of Liberty was originally supposed to be located in the Suez Canal.
- Tug of War used to be an Olympic sport.
- Abraham Lincoln was a champion wrestler.

3	4	5	6	7	8	9
National Candy Day Daylight Saving ends	• Frisco ISD no school	• Plano ISD no school • Frisco ISD no school Election Day			Dress-Up Day Wear red, white and blue in observance of Veteran's Day. National Cappuccino Day	Saturday Services Frisco Hive 9:00am-3:00pm World Freedom Day
10	11	12	13	14	15	16
Diwali	• Boulder Valley SD no school Veterans' Day		World Kindness Day		Dress-Up Day Harvest Day—Wear fall colors! Son's day	Saturday Services Frisco Hive 9:00am-3:00pm National Adoption Day
17	18	19	20	21	22	23
					Dress-Up Day Fall colors! Wear something red, orange, or brown!	Saturday Services Frisco Hive 9:00am-3:00pm
24	25	26	27	 <p>CLOSED: Thanksgiving Holiday</p> <ul style="list-style-type: none"> • Frisco ISD no school • Plano ISD no school • Prosper ISD no school • Boulder Valley SD no school <p>Thanksgiving</p>		30
	• Frisco ISD no school • Plano ISD no school • Prosper ISD no school • Boulder Valley SD no school	• Frisco ISD no school • Plano ISD no school • Prosper ISD no school • Boulder Valley SD no school National Cake Day	• Frisco ISD no school • Plano ISD no school • Prosper ISD no school • Boulder Valley SD no school			Saturday Services Frisco Hive 9:00am-3:00pm Small Business Saturday


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.

- During the Victorian era, it was popular for people to take photographs of their loved ones after they had died.
- Thomas Jefferson and John Adams died hours apart on July 4, 1826.
- The war between the Netherlands and the Isles of Scilly lasted 335 years, and not a single person was killed.
- Romans used urine as mouthwash.



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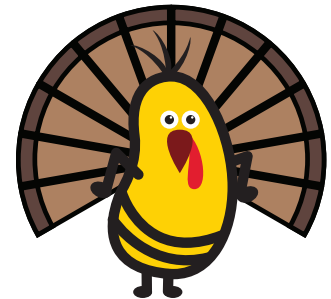
The Behavior Exchange will be closed on:

THURSDAY & FRIDAY,
NOVEMBER
28-29



**FOR THANKSGIVING
HOLIDAYS**

NOTE: The Behavior Exchange will be open on Saturday, November 25th for regular Saturday Services. School breaks: Plano ISD, Frisco ISD, Prosper ISD, and Boulder Valley SD will all be closed from Monday, November 25 to Friday, November 29.



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Proud to be a
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Of Excellence®



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.



intake@behaviorexchange.com



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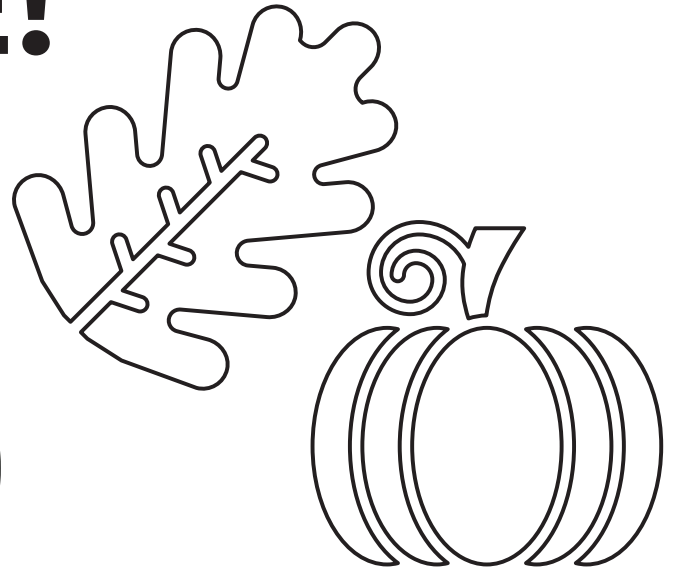
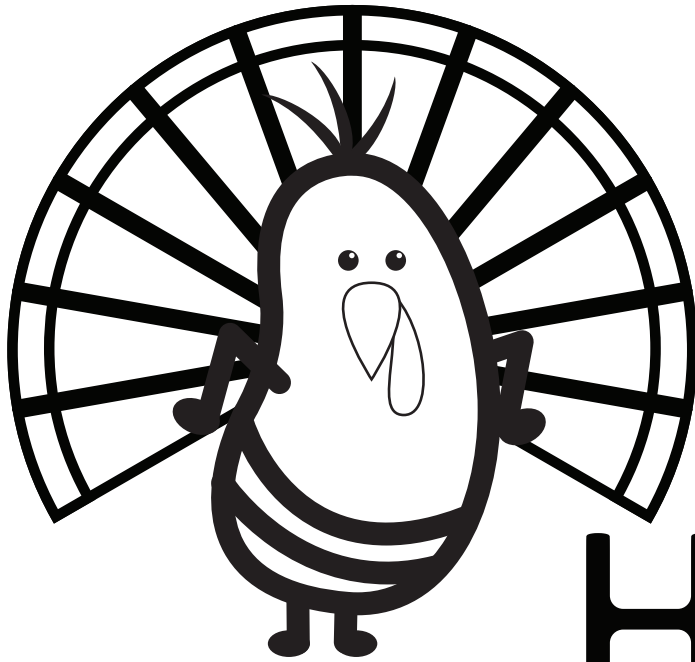


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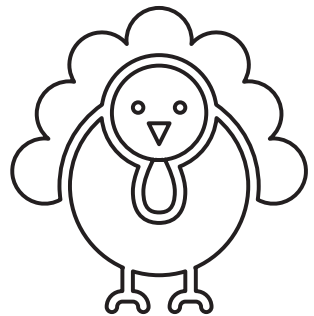
North Texas | Colorado

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HAPPY

Thanksgiving



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