

FEBRUARY 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4 <i>NET</i> Timesheets Due	5	6	7	8 <i>Payday</i>	9
10	11	12	13 Board Mtg.	14 	15	16
17	18 <i>Admin.</i> <i>Closed</i>	19 Timesheets Due	20	21	22 <i>Payday</i>	23
24	25	26	27	28		

SUNBEAM

Blue Peaks Developmental Services Inc.

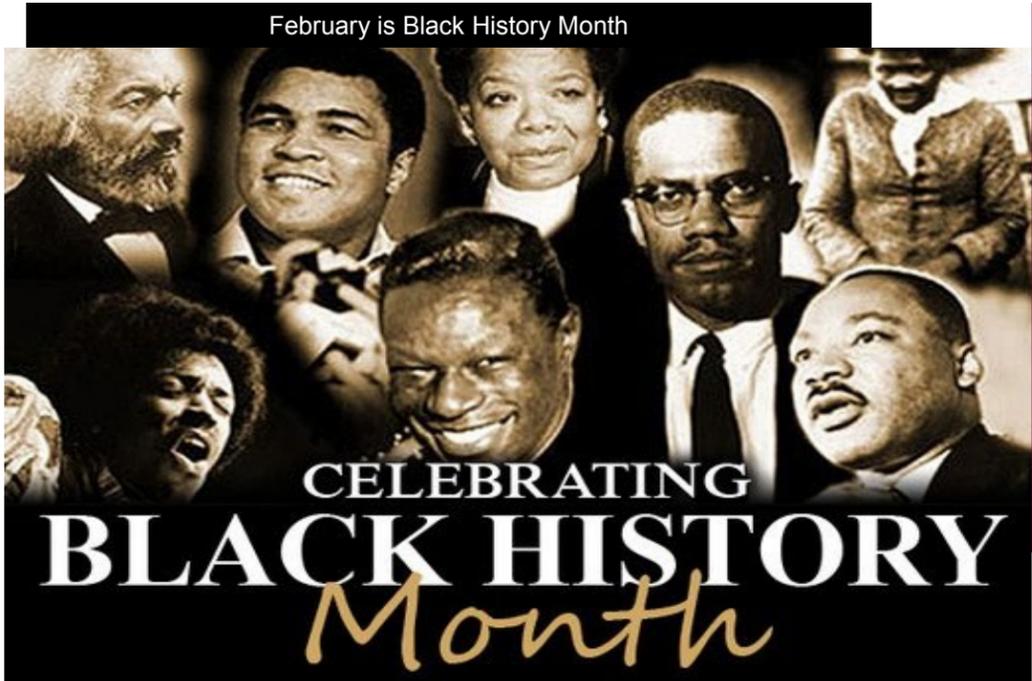
February 2019

Presidents Day History

President's Day was originally designed as a celebration of George Washington's birthdate. In 1880, Congress voted to make this the first national holiday which honored an individual. In 1968, Congress enacted the Uniform Monday Bill, to give workers as many long weekends as possible. This moved as many holidays to a standard Monday each year. Many states were already honoring Abraham Lincoln's birthday, February 12th, and this celebration was combined with George Washington's birthday, for one federal holiday. It is observed on the third Monday in February each year.

Black History Month

Black History Month, also known as African-American History Month in the U.S., is an annual observance in Canada, the United Kingdom, the Netherlands and the United States. It began as a way for remembering important people and events in the history of the African diaspora.



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- 6 Heart Healthy Foods
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Thursday February 14, 2019



February is American Heart Month

Heart disease is the leading cause of death for men and women in the United States. 1 in 4 deaths are caused by heart disease. However, there is some good news, heart disease can often be prevented! Making healthy choices and managing health conditions. Here are a few strategies for preventing heart disease.

- * Make small changes like using spices to season food instead of salt.
- * Choose foods low in sodium. Fresh instead of processed. Lots of fruits and veggies.
- * Get your blood pressure checked regularly and ask your doctor if you have any questions during your next visit.
- * Getting in at least 30 minutes of light exercise a day can reduce the risk of heart disease.
- * Quit smoking
- * Drink only in moderation

6 Heart Healthy Foods

- Avocado— Contain antioxidants, vitamin C, fiber, and omega-3 fatty acids.
- Almonds— Contain zinc, fiber, healthy fats, potassium and omega-3 fats.
- Oranges— Contain vitamin C, fiber and potassium.
- Broccoli— Contains potassium, fiber, calcium and vitamin C
- Cinnamon— Contains calcium, iron as well as magnesium. Consume in small amounts.
- Turmeric— Contains fiber, potassium, B vitamins and magnesium.



February Birthdays

Tim Johnson

Jeremy Maestas

Dan Rice

Stacy Trujillo

Printable Valentine's Day Cards

