

MARCH 2019



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
	<i>Timesheets Due</i>				<i>Payday</i>	
10	11	12	13	14	15	16
<i>Daylight Savings Time</i>			<i>Board Meeting</i>		<i>St. Patrick's Day</i>	
17	18 NET	19	20	21	22	23
	<i>Timesheets Due</i>				<i>Payday</i>	
24	25 QBS	26	27	28	29	30
		<i>CPR/FA</i>				
31						

SUNBEAM

Blue Peaks Developmental Services Inc.

March 2019

Special Olympics Basketball

Congratulations to our very own SLV Special Olympics basketball athletes for a fine showing at their regional competition in Pueblo on Sunday, February 24th. Athletes have been practicing hard on Saturday mornings since November to get ready for this event.

The SLV Dust Devils basketball team took on two tough teams this year, winning the first game and loosing the 2nd game. Team members include: Robert Allaart, Andrew Allee, Marc Alfaro, John Bailey, Maria Garcia, Ed June, Michael Burns, Christine Quintana, Andromna Espinoza & Virgil Wyatt.

Skills competition resulted in several athletes placing in their respective divisions, including Loren Velasquez, Karie Valdez, Chris Martinez and Sharon Bailey. Skills competition includes dribbling, shooting and passing contests.

A special thank you goes out to everyone who has supported this program financially or with their time, energy or voice to make this type of success possible!

The SLV Dust Devils will be playing an exhibition game on Sunday, March 3rd at 1:00pm. Plachy Hall on the ASU Campus. Please come and join us in celebrating our athletes and cheering them on to success.



Members of the SLV Dust Devils, Special Olympics Basketball Team.

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Eat Your Colors

March is National Nutrition Month

At the office or a restaurant, eating away from home doesn't have to undermine your healthful habits. To help find your healthy eating style during National Nutrition Month the Academy of Nutrition and Dietetics encourages everyone to "Put Your Best Fork Forward" when dining out.

Registered dietitian, nutritionist and Academy spokesperson Robin Foroutan says, "Choosing healthful options at restaurants is easier today than it ever has been. Use a smart-eating strategy to plan ahead, consider the menu and choose foods carefully."

How much you eat is just as important as what you eat. For example, if you know you're going to a restaurant in the evening, plan to have lighter meals earlier in the day.

You can balance your meal by choosing healthier items such as lean protein foods, non-starchy vegetables and fruits. Most restaurants offer healthy side dishes such as salads and steamed or roasted vegetables.

"Don't be afraid to ask questions about how the food is prepared or for a substitute or an extra side of veggies," Foroutan says. "Make special requests to meet your nutritional needs, like asking for a side salad instead of mashed potatoes or fries."

Spread the message of good nutrition and an overall healthy lifestyle!



Don't forget Daylight Saving Time! Get ready to spring forward on March 10, 2019.

Everyone is Irish on March 17th. Remember to wear green!



Our Staff is Awesome

