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The LINK! 2021



LET FREEDOM RING

HOW TO PROPERLY DISPLAY THE AMERICAN FLAG

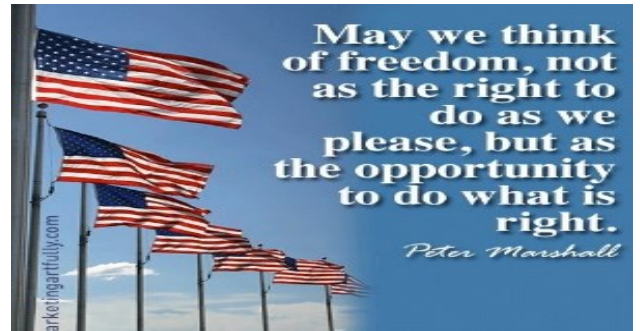
As a symbol of the country and its people, the flag should be treated with respect and be honored when on display. In order to treat the flag with the dignity it deserves, the following display guidelines are recommended.

GENERAL GUIDELINES FOR DISPLAYING THE FLAG:

- When the flag is hung vertically on a wall, window, or door, the Union (blue section) should be to the observer's left. When the flag is hung either horizontally or vertically against a wall, the Union should be to the observer's left.
- In a procession, the American flag should be to the right (the flag's own right) of any other flag or, if in a line of other flags, in front of the center of that line.
- When displayed from a staff projecting from a building, the union should be at the peak of the staff.
- When the flag is displayed otherwise than by being flown from a staff, it should be displayed flat, whether indoors or out; or so suspended that its folds fall as freely as though the flag were staffed.
- When displayed over a street, the flag should be suspended vertically with the union to the north in an east and west street, or to the east in a north and south street.
- On a platform, the flag should be above and behind the speaker, with the union uppermost and to the observer's left.
- When displayed from a staff in a church or auditorium, the flag should occupy the position of honor and be placed at the speaker's right as he faces the audience.
- When the flag is used to cover a casket, the union should be at the head and over the left shoulder.

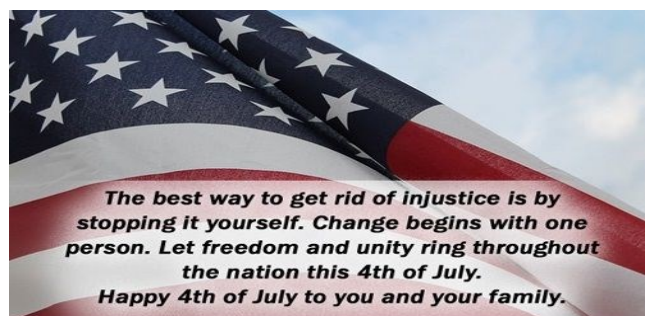


We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness. That to secure these rights, Governments are instituted among Men, deriving their just powers from the consent of the governed. That whenever any Form of Government becomes destructive of these ends, it is the Right of the People to alter or to abolish it, and to institute new Government, laying its foundation on such principles and organizing its powers in such form, as to them shall seem most likely to effect their Safety and Happiness.



Let us remember what we stand for as a nation.

May we all commit to President Biden's goal. "Let us be the nation that we know we can be, a nation united, a nation strengthened, a nation healed."





TEN TOP TIPS FOR GOOD MENTAL HEALTH

Courtesy of www.peoplefirstinfo.org

1. GET PLENTY OF SLEEP

Sleep is really important for our physical and mental health. Sleep helps to regulate the chemicals in our brain that transmit information. These chemicals are important in managing our moods and emotions. If we don't get enough sleep, we can start to feel depressed or anxious.

2. EAT WELL

Eating well isn't just important for our bodies, but it's also important for our minds. Certain mineral deficiencies, such as iron and vitamin B12 deficiencies, can give us a low mood. Try to eat a balanced diet. If you find you're a particularly stressed or anxious person, you should try limiting or cutting out caffeine as this can make you feel jittery and anxious..

3. AVOID ALCOHOL, SMOKING AND DRUGS

Drinking and smoking aren't things which we always associate with withdrawal symptoms, but they can cause some which impact on your mental health. When you've had a few drinks you can feel more depressed and anxious the next day, and it can be harder to concentrate. Excessive drinking for prolonged periods can leave you with a thiamine deficiency. Thiamine is important for our brain function and a deficiency can lead to severe memory problems, motor (coordination) problems, confusion and eye problems. If you smoke, between cigarettes your body and brain go into withdrawal which makes you irritable and anxious.

4. GET PLENTY OF SUNLIGHT

Sunlight is a great source of vitamin D. Vitamin D is a really important vitamin for our bodies and our brains. It helps our brains to release chemicals which improve our mood, like endorphins and serotonin. Try to go out in the sun when you can, but make sure you keep your skin and eyes safe. 30 minutes to two hours a day of sunlight is ideal.

5. MANAGE STRESS

Stress is often unavoidable, but knowing what triggers your stress and knowing how to cope is key in maintaining good mental health. Try to manage your responsibilities and worries by making a list or a schedule of when you can resolve each issue. Often if you break down your worries and stresses and write them down, you realize that they are manageable. Try to avoid burying your head in the sand, and tackle problems face on. If you find you are having trouble sleeping, or are waking up thinking about all of the things that are stressing you out, write them down and reassure yourself that you can deal with them in the morning.

6. ACTIVITY AND EXERCISE

Activity and exercise are essential in maintaining good mental health. Being active not only gives you a sense of achievement, but it boosts the chemicals in your brain that help put you in a good mood. Exercising can help eliminate low mood, anxiety, stress and feeling tired and lazy. It is also linked to living a longer life.

7. DO SOMETHING YOU ENJOY

Try to make time for doing the fun things you enjoy. If you like going for a walk, painting or a specific TV show, try to set aside time to enjoy yourself. If we don't spend any time doing things we enjoy, we can become irritable and unhappy.

8. CONNECT WITH OTHERS AND BE SOCIABLE

Make an effort to maintain good relationships and talk to people whenever you get the chance. Having friends is important not just for your self-esteem, but also for providing support when you're not feeling too great. Research has found that talking to others for just ten minutes can improve memory and test scores!

9. DO THINGS FOR OTHERS

Helping others isn't just for the people you're helping; it's good for you too. Helping someone can help with your self-esteem and make you feel good about your place in the world. Feeling as though you're part of a community is a really important part of your mental health. You could try volunteering for a local charity, or just being neighborly.

10. ASK FOR HELP

One of the most important ways to keep yourself mentally healthy is to recognize when you're not feeling good, and to know when to ask for help. There's no shame in asking someone for support if you're feeling low or stressed. Everyone goes through patches where they don't feel as good as they should. You can try speaking to your friends or family.

Job Search Tips

By: Jerry Paldino, Veteran Employment Services

The key to getting a job is completely understanding how you interpret/explain your past mistakes/barriers to employment and accomplishments. Then having total control and mastery over how you intersperse those thoughts within your story.

Practice Right-thinking.

1. Completely understand your barrier/way of thinking/self-talk.
2. Re-frame, re-evaluate, and adjust your language – make your self-talk positive.
 - For example: Having a criminal record does not mean you are a criminal; it means you made a mistake. Hey welcome to the real world, we all make mistakes!!!!
 - Now you have moved on! Here I am world! What CAN you do is the real story.
 - Practice your story over and over.

IT IS 100% YOUR CHOICE HOW YOU TALK TO YOURSELF!

Worst Day Ever?

by Chanie Gorkin

Today was the absolute worst day ever
And don't try to convince me that
There's something good in every day
Because, when you take a closer look,
This world is a pretty evil place.
Even if
Some goodness does shine through once in a while
Satisfaction and happiness don't last.
And it's not true that
It's all in the mind and heart
Because
True happiness can be attained
Only if one's surroundings are good
It's not true that good exists
I'm sure you can agree that
The reality
Creates
My attitude
It's all beyond my control
And you'll never in a million years hear me say
Today was a very good day

Now read it from bottom to top, the other way,
And see what I really feel about my day.

Delaware County Resources



Do you want to know what your rights are as a renter?
Are you experiencing problems with your landlord?
Have you ever been denied housing due to discrimination?

Know Your Rights as a Renter in Pennsylvania

Attend a FREE webinar training hosted by the Housing Equality Center of PA and the Community Action Agency of Delaware County entitled "Know Your Rights as a Renter in PA" on **Thursday, July 15, 2021 from 1:00 pm - 2:00 pm.**

This webinar will teach renters the basics of state and federal fair housing law and PA Landlord-Tenant Law. COVID-19 protections will also be covered.

Learn about your rights NOW to maximize your chances of a successful tenancy and avoid eviction later. Attendees will have the opportunity to ask questions after the webinar.

Go to the following link to register:

<https://register.gotowebinar.com/register/6078670240923139086>