



JUNE 2024

# NEWSLETTER

## AMERICAN FLAG ETIQUETTE, RULES, and GUIDELINES

In 1916 President Woodrow Wilson proclaimed June 14th as the official date for Flag Day, and in 1949 the U.S. Congress permanently established the date as National Flag Day. It is not an official federal holiday. Each year the U.S. president delivers an address that proclaims the week of June 14th as National Flag Week and all Americans are encouraged to fly U.S. flags during that week. Many Americans sing, pledge, and pay respect to the flag, "Old Glory," as a symbol of the country's democracy and independence. Saluting the flag is a way to celebrate and honor the United States of America. As you celebrate the anniversary of the Stars and Stripes, here are some facts about "Old Glory":

- The flag should not be displayed on days when the weather is inclement.
- Etiquette calls for American flags to be illuminated by sunlight or another light source while on display. The custom is to display the flag only from sunrise to sunset on flagstaffs in the open, but it may be displayed at night, if illuminated, to produce a patriotic effect.
- When flown at half-staff, the flag should be first hoisted to the peak for an instant and then lowered to the half-staff position. It should again be raised to the peak before it is lowered for the day.
- When flags are taken down from their poles, care must be taken to keep them from touching the ground. The flag should never touch anything beneath it, such as the ground, the floor, water or merchandise. In fact, the American flag should always be kept aloft, meaning that rugs and carpets featuring the Stars and Stripes are barred by the Flag Code. Always allow it to fall free.
- In the United States, no other flag should be placed above the American flag. When the flags of cities, states, localities or groups are flown on the same staff as the American flag, Old Glory should always be at the peak.
- The practice of draping coffins in the American flag is not reserved for military veterans and government officials. On the contrary, any burial may incorporate this tradition.
- Despite the preponderance of "patriotic" gear ranging from tee shirts to swimsuits to boxer shorts, the Flag Code stipulates that the Stars and Stripes should not appear on apparel, bedding or decorative items.
- When saluting Old Glory, all persons present in uniform should render the military salute. Members of the armed forces and veterans not in uniform, may render the military salute as well. All others should face the flag, remove their headdress and stand at attention with their right hand over the heart.
- When the flag is in such condition that it is no longer a fitting emblem, it should be destroyed in a dignified and ceremonious fashion, preferably by burning. The American Legion holds an annual ceremony to retire old or worn flags; contact your local chapter if you are not able to dispose of the flag yourself.

### Important Information

Your available PTO is now listed on your paystub. Per the State of Minnesota, PCA's may carry over up to 80 hours of PTO at the new fiscal year which starts on July 1st. Contact Mary G. ([maryg@superiorhomecare.org](mailto:maryg@superiorhomecare.org)) or Mary H. ([mary@superiorhomecare.org](mailto:mary@superiorhomecare.org)) or 952-898-4911 for more information.

## In The Know with John.....

Another product out of the cupboard! This time it's your bathroom cupboard.

Look at a tube of your favorite toothpaste. The active ingredient is "Sodium Fluoride". With this ingredient comes a warning. What kind of warning you ask? If swallowed by children under 6, you must contact a Poison Control Center!

Fluoride can be harmful in large amounts. Acute exposure to dangerous amounts of fluoride is rare and usually occurs in small children. Anyone under the age six should never have fluoride toothpaste because they do not have the reflexes to properly spit out the paste after brushing. How many of you knew that?

Symptoms of fluoride poisoning may include:

- \* Diarrhea
- \* Abdominal pain, Nausea and Vomiting
- \* Tremors or uncontrollable shaking
- \* A salty or soapy taste in the mouth
- \* Headache
- \* Weakness or fatigue
- \* Excessive salivation or drooling
- \* Slow or irregular heartbeat, in severe cases, can lead to cardiac arrest
- \* Shallow breathing



When using fluoride toothpaste for yourself or your family, always use the right amount. A grain of rice-sized toothpaste is good for toddlers, while a pea-sized amount works for older children and adults. Always spit out your toothpaste when you're finished brushing, and monitor children who are just learning to brush. Make sure to rinse your mouth out after brushing your teeth!

Article Submitted to SHC by Client John



Maria - 1	Mary - 11
Leila - 1	Angela - 12
Absar - 2	Debra - 12
Naomi - 3	Deeq - 15
John - 3	Isaiah - 15
Amanda - 4	Constance - 17
Aiden - 4	Dontell - 17
Lisa - 4	Arianna - 18
Magnus - 5	Genevieve - 18
Alisandra - 7	David - 18
Ngowah - 7	Tigist - 19
Mirna - 7	Kathryn - 19
Funmi - 8	George - 21
Malen - 8	Cayla - 25
Preston - 9	Zander - 25
Carly - 10	Chandrowtee - 26
Gianna - 10	Ella - 26
Gui - 11	Grace - 26
Tiana - 11	Jessica - 27
Karine - 11	Martha - 30
Krystina - 11	Michneyder - 30

## Local Happenings....

### Lakeville Farmers Market

Wednesdays 12 pm - 5 pm (June 5 - October 30)  
20965 Holyoke Ave. Lakeville, MN



### Berry Picking

Lorences's Berry Farm - 6 am until picked out or noon, whichever comes first!  
28625 Foliage Ave. Northfield, MN

### Thursday Rockin' Lunch Hour Concerts - Nicollet Commons Park

12 pm - 1 pm  
12550 Nicollet Ave. Burnsville, MN  
6/27 - Kids Dance



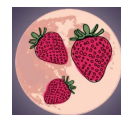
### Friday Night "Flicks on the Bricks" - Nicollet Commons Park

Seating 7:30 - show begins at dusk  
12550 Nicollet Ave. Burnsville, MN  
6/21 - "Grease" PG



### Pop Up Party in the Park - 10 am - noon

Themed games and activities on the go! Bring tennis shoes and a water bottle.  
6/21 - Everything Basketball - Red Oak Park, 12100 River Hills Dr.



## DID YOU KNOW??

Every year in June we get to see the "Strawberry Full Moon".

This year it will be on June 21st, which is the day after the summer solstice. It will appear quite large and could be gold in color. Astronomers say this will be the lowest full moon they have seen in years. So unusually low that it will appear bigger than ever. This is known as the "Moon Illusion".



## SUPERIOR HOME CARE



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10597 165th Street West, Lakeville, MN 55044  
Phone: 952-898-4911 Fax: 952-898-3088  
Email: info@superiorhomecare.org  
www.facebook.com/superiorhomecareinlakevillemn/

**Congratulations**  
CLASS OF 2024