



# The Patrons Chain

THE OFFICIAL NEWSLETTER OF THE NATIONAL GRANGE

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## 2025 National Convention is Setting Sail



Earlier this year, National Grange President Christine Hamp announced that the 2025 National Grange Convention would be like no other – setting sail from Miami and heading into the Caribbean to Aruba, Bonaire, and Curaçao (the ABC Islands) [from November 8-16, 2025](#).

**We are excited to announce that you can begin booking your staterooms aboard the Carnival Horizon!**

National Grange Officers and Delegates will complete the work of the National Grange on the at-sea days, everyone will have the opportunity for fellowship and strengthening fraternal bonds, and the Eastern Host Region, clubs, departments, and small groups will be planning special events onboard, too.

We encourage everyone to begin booking your staterooms now. [Follow the instructions in this document](#) or on the National Grange website. If we book all of the rooms currently held in our group block, the National Grange will make up more than 25% of everyone on board – what a great way to show how impactful and Grange Strong we all are together.

If you have other questions, [check out the FAQ here](#), or [visit the Carnival website](#).

***“Get On Board” for the 2025 National Grange Convention!***



## Member Satisfaction Survey

National Grange President Christine Hamp has announced the following goal for the National Grange: **Increase overall member satisfaction by 20% within the next year, as measured by an annual member feedback survey, through the implementation of targeted initiatives and improvements aimed at adding value to our members' experience, addressing member needs and preferences, and preparing the Grange for 2025 and beyond.**

In order to reach this goal, we are asking members of all ages to take a survey (less than 10 minutes of your time) about current feelings and attitudes toward the Grange. Please take the survey by June 30.

[Please take the survey here](#)

## 2024 National Convention Registration is Open



Registration for the 158<sup>th</sup> Annual National Grange Convention in Bettendorf, Iowa, opened for **all attendees** on May 1<sup>st</sup>.

The Midwest Region invites ALL Grangers to "Meet us at the River" for an exciting Convention featuring the Quad Cities of Iowa & Illinois and the mighty Mississippi that runs through them.

This year will feature multiple workshops running every day, tour options to fit more schedules, meals open to all attendees, and a special Host Banquet lunch cruise aboard the *Celebration Belle* riverboat that all are welcome and encouraged to attend! Come see what the Quad Cities have in store, learn more about the Grange, build deep and lasting friendships, and be inspired to take the work of the Grange beyond the Isle Casino Hotel back into your home Granges.

**Early Bird Registration** (\$40) is open from May 1 to July 31; the price will increase after that.

[Click here to learn more and Register today!](#)

## Coming Soon... *Grange Today!*

by [Philip J Vonada](#), National Grange Communications Director



Beginning in June, you'll find a shift in how the National Grange delivers news to your email inbox. The Patrons Chain is being rebranded into a new newsletter: *Grange Today!*.

The magazine-style digital newsletter will switch to twice a month – the second and fourth Fridays, each with its own focus areas. The first issue each month will focus on **local and State Grange news**, while the second issue will highlight what's happening in the National Grange, including the Legislative Department's **View from the Hill** and updates from other National Grange departments, staff, committees, teams, and Directors.

So, what does this mean for you?

*We need your news!* To highlight more of what's happening on the ground in our Community, Pomona, and State Granges, including Junior and Youth activities, we need you to submit articles, information, and news. As I frequently say "brag on yourselves!"

You can send articles and more to [Philip Vonada](#) or via this link:  
<http://grange.biz/grangetodaysubmit>.

## Grange Spotlight: Willamette Grange highlights history & present in shop window

Willamette Grange #52, Oregon, jumped on the opportunity to display their Grange history and current activities of the Grange and to highlight changes the public may be seeing as they drive by. Offered a window display in a downtown Birkenstock storefront, the Grange brought together modern items such as *Good Day!* magazine and its certificate recognizing 150 years of service, along with historic photos and items.

The historical hall has undergone renovations from top to bottom thanks to grants, generous members, and volunteers. Oregon State Grange President Jay Sexton, a member of Willamette Grange, will also host an open house public tour at the end of May to show off the work and talk about the Grange's importance in the community for the past century and a half.



Photos by Amanda Brozana Rios

*Do you want to see your Grange in the Spotlight? Send a write-up of an event at your Grange with a few pictures to Philip Vonada, Communications Director, at [pvonada@nationalgrange.org](mailto:pvonada@nationalgrange.org). It may be printed immediately or may be held for a future Patrons Chain (Grange Today!) or Good Day! magazine.*

## Grange Hall Podcast: New episode



The newest episode of The Grange Hall Podcast was released on Wednesday, May 15.

On this episode, hosts Meagan & Phil interview Jessica Horton, a charter member of VilleWorth Grange #1300 in North Carolina. Jessica is also the Communications/PR Director for the North Carolina State Grange.

The Grange Hall releases a new episode every other Wednesday. Listen on [Apple Podcasts](#), [Spotify](#), [Amazon Music](#), or [iHeartRadio](#). You can also listen on [PodBean](#), the [National Grange website](#), or watch on [YouTube](#)! **Be sure to like and subscribe!**

*If you have comments or questions, or if you'd like to recommend a member of YOUR Grange to be featured, you can contact us at [grangehallpod@gmail.com](mailto:grangehallpod@gmail.com).*



## 4 Trends Showing Mental Health is a Continued Challenge for Americans

*Courtesy of Family Features*

People with outward appearances of success, productivity and happiness often still deal with internal struggles. Mental health challenges continue to affect Americans, with nearly 3 of 4 (73%) U.S. adults reporting struggles with mental health in 2023.

These findings come from a mental health survey commissioned by [RedBox Rx](#), a telehealth and online pharmacy provider, and conducted by Morning Consult.

“Mental health remains a struggle for many Americans,” said Dr. Daniel Fick, [RedBox Rx](#)’s chief medical officer. “The findings from this study demonstrate more resources and support are needed to help individuals manage their mental health, especially younger adults. We are focused on fulfilling this need by offering easy-to-access, affordable, discreet and [convenient telehealth care and treatment](#) for those struggling with mental health.”

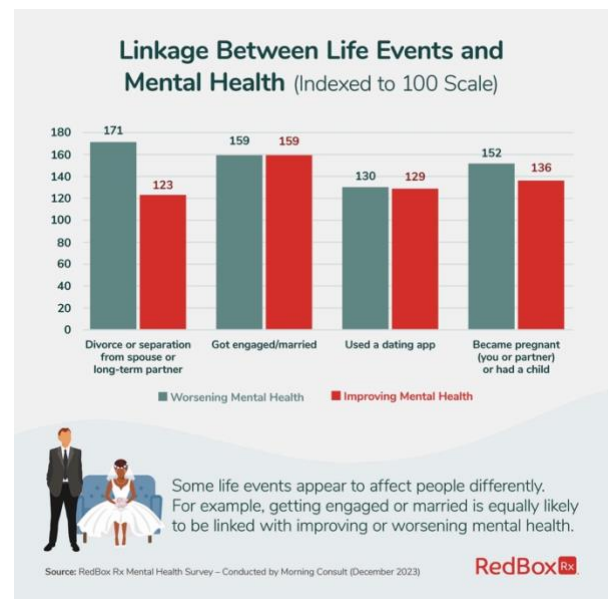
In honor of Mental Health Awareness Month, consider these [mental health trends](#) identified in the survey:

### 1. Younger Generations are More Likely to Report Mental Health Struggles, Worsening Mental Health

Gen Zers and Millennials are more likely to report having mental health struggles and more likely to say those struggles worsened in the past year. In fact, 41% of Gen Zers and 36% of Millennials reported more mental health struggles in the past year compared with 21% of adults ages 45 and older.

### 2. Specific Life Events Affect People Differently

Some life events appear to affect people differently. For example, getting divorced or separated and becoming pregnant or having a child are linked with both worsening and improving mental health. Getting engaged or married and using a dating app are equally likely to be linked with both positive and negative impacts on mental health.



### 3. Younger Generations Endure Life Events Linked with Worsening Mental Health

Gen Zers and Millennials more frequently experience life events having the strongest links to worsening mental health. They more commonly report loneliness and a failure to achieve life goals, stressors also linked to worsening mental health. For example, 53% of Gen Zers reported feelings of loneliness and 52% shared feelings of failure to achieve life goals, compared with 39% and 34%, respectively, of all adults sampled.

The research also found recent life experiences, whether relational or personal, are linked to the state of one’s mental health. Those suffering from worsening mental health were more likely to have experienced:

- Being a victim of verbal or emotional abuse
- Being a victim of physical violence
- The lack of a healthy home environment
- The lack of a healthy work environment
- Attending college or university
- The breakdown in a relationship with a close family member

According to the study, if you’ve experienced verbal or emotional abuse – which is 12% more prevalent among Gen Zers – you are more than twice as likely to report worsening mental health.

### 4. Despite Mental Health Struggles, Most Americans Aren’t Seeking Professional Care

Even though mental health struggles are widespread among American adults, more than 6 out of 10 (63%) with consistent or worsening mental health struggles have not sought professional care, such as therapy or medications, in the past year.

Those not seeking care tend to downplay their situations or cite the cost of care as a barrier. Through its discreet, low-cost service model, [RedBox Rx](#)'s online platform makes it easy for patients to quickly schedule telehealth visits and privately meet with licensed medical providers to get help with treating a variety of [mental health conditions](#) including [anxiety](#) and [depression](#), [adult ADHD](#) and [insomnia](#).

"Telehealth offers an effective and convenient way for patients to easily access care for mental health conditions," Fick said.

To view the full report, access [infographics from the study](#) and find more information about mental health therapy and medical treatments, visit [RedBoxRx.com](#).

**SUPPLY STORE**

[www.grangestore.org](http://www.grangestore.org)



**GOOD DAY!™  
APRIL 2024**

This issue of *Good Day!* highlights the Youth and Junior Leadership Team attending Ag Day in Washington, DC, working and meeting with other future leaders in agriculture. Read coverage of the Virtual Legislative Fly-In, find information about the 1-in-1,000 Club, learn about the winner and read the story in the Literacy In Place Rural Teen Writing Contest, and more! Find a special pull-out center spread of the National Grange's newly adopted mission statement in the PRINT EDITION ONLY.

**\$5.00 PER ISSUE**  
(plus shipping)  
or subscribe at [nationalgrange.org/gooodday](http://nationalgrange.org/gooodday)

Order online through the Grange Supply Store at [grangestore.org](http://grangestore.org) or call Loretta at (202) 628-3507 ext. 109.

## Grange Member Benefit: Avis Rental Cars

# AVIS®

Grange members always receive up to 25% off rentals when using code **AWD# B291044**. Plus, enjoy additional offers like dollars off, a complimentary upgrade, or a free weekend day!

With a complimentary membership in Avis Preferred®, you'll travel better, save time and gain access to exclusive offers. Skip the counter and paperwork at many locations and go straight to your car.

Visit <http://avis.com/en/association/B291044> or call 1-800-331-1212 to make a reservation.

**SUPPLY STORE**



## GRANGE JEWELRY

Grange Jewelry is now in stock at the Grange Store. Pins include years of service and member recognition pins from 5-80 years, past officer pins, Degree recognition pins, and much more!

*Some jewelry is now on clearance!*

**Prices vary**

Order online through the Grange Supply Store at [grangestore.org](http://grangestore.org) or by calling Loretta at (202) 628-3507 ext. 109.

[www.grangestore.org](http://www.grangestore.org)

# NATIONAL GRANGE

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