



PRESIDENTIAL PERSPECTIVE

by Christine E. Hamp
National Grange President

I happened to see, in my opinion, one of the greatest Grange Facebook posts of all time a couple of weeks ago by **Riverdale Rural Community Grange #868** - a brand-new Grange chartered in Riverdale, California on April 20, 2024.

The post read, "We don't have a Grange hall, we don't even have a bank account yet (next week), but we have members with great enthusiasm for serving our community. We are thankful to the Grange for allowing us the opportunity and venue to come together to serve."

When you look at their active Facebook page you see a vibrant Grange off and running and immediately making a difference in their community. If it is true that we all learn from each other, then I want to learn from this group of go-get 'em Grangers!

I also want to thank Riverdale Rural Community Grange for the fabulous reminder to be "thankful to the Grange for allowing us the opportunity and venue to come together to serve."

Grange Strong!

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FELLOWSHIP FIRST FRIDAY



Open to all!

Friday, July 5
8:30pm Eastern

Join: <http://grange.biz/FirstFriday>




WISHING YOU A SAFE AND HAPPY

Independence Day

NATIONAL GRANGE HOSTS WEBINAR ABOUT SUPPORTING PATIENT ACCESS TO NON-OPIOID PAIN MEDICINES



WASHINGTON, D.C. – On Monday, June 24, the National Grange hosted a webinar about supporting patients’ access to non-opioid medicines through state legislation and policies. The event featured three speakers: Christine E. Hamp, President of the National Grange; Dr. Robert Twillman, a pain management psychologist on the board of the American Chronic Pain Association; and Abby Trotter, Executive Director at Life Science Tennessee.

Hamp opened the webinar by discussing opioid misuse and abuse and its impact on rural communities. As new non-opioid pain medications become available, she emphasized the National Grange’s commitment to supporting policies and legislation that improve access and affordability of pain treatment options that do not carry potential addiction consequences.

Dr. Twillman explained how non-opioid pain medications can bridge the gap between simple nonsteroidal anti-inflammatory drugs and opioids for moderate-to-severe acute pain. But pharmacy benefit managers (PBMs) and health insurance companies could deter patients’ ability to benefit from this breakthrough, especially hurting rural communities.

“Pain can vary from time to time, and what’s needed to treat it can vary also from time to time,” said Dr. Twillman. “We know that pain, especially chronic types of pain - the pain that people have every day for sometimes years on end - is really complex. It can have lots of different causes, and oftentimes, people who have the same cause can have different experiences of the pain.”

“Policy efforts have... included recommendations that we shift our treatment to non-opioid medications and to other kinds of treatments. But, unfortunately, the policy that supports improving access to those alternatives has not kept pace. And increasingly, what we’re finding is the people who need pain treatment can’t access the opioids, and they also can’t access the alternatives that are being

recommended instead,” said Twillman.

Trotter focused on policies to address these barriers – specifically focusing on what states are doing in regards to pain parity legislation, which would require entities in each state to not disadvantage non-opioids when filling prescriptions for pain management, among other provisions. Additionally, she advocated for greater innovation in the treatment of pain.

“State policymakers and agencies are very familiar with the opioid epidemic. And we have many direct personal experiences with opioid use disorder,” said Trotter. “And unfortunately, the data shows that more needs to be done... Opioid overdoses were particularly high during the COVID-19 pandemic, placing them among the leading causes of death in 2020. In 2021, more Americans died of opioid overdose than any year in record history.”

“The reality is that current insurance coverage and reimbursement actually incentivizes the use of opioids as a first-line treatment while potentially placing a novel non-opioid pain management option at a disadvantage for prescribers,” Trotter added. This led Life Science Tennessee to work with legislators to create the Tennessee Pain Parity Legislation (H.B. 2903) which was approved unanimously by the Tennessee House of Representatives and Senate and signed into law by Governor Bill Lee on April 22, 2024.

The webinar concluded with an audience Q&A, and participants discussed questions and concerns about the future of pain medications. All emphasized the need for advocates, organizations, and other stakeholders in the pain management landscape to support state bills that will help ensure timely, equitable access to non-addictive and affordable non-opioid medications.

The full webinar can be viewed at <https://www.youtube.com/watch?v=P9c8DFJUu4> or by scanning the QR code.



Listen to
THE GRANGE HALL PODCAST
New episodes every other Wednesday
Listen on: Spotify, iHeartRadio, Apple Podcasts, YouTube, or PodBean

POTLUCKS: SUMMER FUN CAN BE SUSTAINABLE

by Amanda Brozana

National Grange Membership & Leadership Development Director



One of the Grange's core values is good stewardship of the earth and resources. Another is enjoying a good potluck. This summer, take the challenge to marry the two by organizing a sustainable potluck

at your Grange. This can be a rewarding way to promote environmentally friendly practices and potentially bring your community together to introduce them to the Grange and our values.

Here are several strategies to make your potluck event more sustainable:

Encourage Local and Seasonal Foods

One of the most impactful ways to reduce the environmental footprint of your potluck is to emphasize the use of local and seasonal ingredients. Local foods typically have a smaller carbon footprint due to reduced transportation needs. Encouraging members and others who attend to source ingredients from local farmers' markets or community gardens can support the local economy and ensure fresher, healthier dishes. Seasonal foods, on the other hand, reduce the need for energy-intensive greenhouse production.

Reduce Single-Use Plastics

Eliminating single-use plastics is a crucial step towards sustainability. Encourage members and guests to bring their own reusable plates, cutlery, and cups. If this is not feasible, consider providing compostable or biodegradable alternatives. Setting up clearly marked recycling and composting stations at the event can help ensure that waste is properly sorted and minimized.

Minimize Food Waste

To minimize food waste, plan carefully and encourage guests to do the same. You can learn more by accessing the Grange's Guide to Reducing Food Waste (<https://www.nationalgrange.org/foodwaste/>). After the event, consider sending meal trays to shut-ins or donating leftover food to local emergency service personnel or colleagues the next day. Wetting up a system where guests can take home leftovers in reusable containers can help ensure that no food goes to waste. Connect with a local farmer or homesteader to see if they will accept things like waste created in the preparation process, such as melon rinds or spent corn cobs. Many of these things can be fed to pigs or other individuals may compost what they are able.

Eco-Friendly Decorations and Supplies

Opt for eco-friendly decorations and supplies. Avoid disposable decorations and instead use reusable items such as cloth tablecloths, banners made from recycled materials, and natural decorations like flowers or greenery. If you need to use disposable items, choose those made from recycled or biodegradable materials.

Educate and Engage the Community

Use the potluck as an opportunity to educate attendees about sustainability. Encourage your lecturer to invite other organizations interested in sustainability or providing their own program. Handouts about local farming, composting, and other sustainable practices can be useful, but you may also want to put them on the web to reduce paper use.

Collaborate with Local Sustainable Businesses

Partnering with local sustainable businesses can enhance your potluck and entire Grange's eco-friendliness. Local vendors can provide organic, fair-trade, or sustainably sourced products. These partnerships can also extend your impact by supporting businesses that are committed to environmental responsibility.

Monitor and Measure Impact

Keeping track of your event's sustainability efforts can help you understand what works and what needs improvement. Measure the amount of waste generated and the percentage that was composted or recycled. Gathering feedback from attendees can provide insights into how to enhance sustainability in future events.

You can also encourage carpooling or for some, biking or walking if your meeting space is close enough for travel by foot. This will reduce the carbon footprint associated with transportation.

You may find that increasing sustainability for your potluck are not that difficult and make choices to continue certain practices in place for future events. Continuously seek out new ideas and practices to enhance your sustainability efforts. Engage with your community to share experiences and learn from other sustainable events. By fostering a culture of sustainability within your Grange, you can make each event progressively more eco-friendly.

By incorporating these strategies, your Grange's potluck event can become a model of sustainability, demonstrating to the community the importance and feasibility of environmentally conscious practices. The connection of your Grange to a trending movement will prove that your Grange is forward-looking and here to stay.

UPDATES TO NATIONAL GRANGE YOUTH PROGRAMMING

by Jen Danko

National Grange Youth Team



Greetings from the National Grange Youth Team.

We have been working diligently to transition from Samantha Wilkins and the amazing work that she did for the department to now a full team approach. With members from different areas across the country, it has been an exciting ride so far to gather input for new ideas that will hopefully engage our Youth and increase our numbers at various national events.

This year, the National Youth contests will all be submitted online. We are working to update the website (<http://www.nationalgrangeyouth.org>) with online registrations that will allow documents to be uploaded to

complete the application process. This will allow the team to view all applications at the same time.

With the recent age changes that were presented last year at the National Grange Session, the Young Adult Ambassador (formerly Outstanding Young Patron) will be allowed to compete through age 35 for this year only. This is due to those individuals who may have been selected by their state prior to the announcement at the National Convention.

A new twist for the Youth Department this year is the T-shirt Design contest. This year, we are looking for a t-shirt design that will be used as a fundraiser for the Grange Foundation. This will replace the previous Youth Officer T-shirt Design Contest - the officers this year will be following a different dress code.

All contests must be submitted by September 1st.

We are anxiously awaiting to see all of the hard work that our Youth have been doing to represent their individual states.

Just a reminder that there will be a public speaking and sign-a-song contest this year at the National Session. The contestants are to be Best of Show individuals from each state. There will be monetary prizes! *Who doesn't love money?*

Again, the information for the National contests will be posted to the website in the coming weeks. Please stay tuned and we appreciate your patience as we navigate through the youth programming. If you have any questions, please do not hesitate to email us at nationalgrangeyouth2@gmail.com. Have a great week!

OREGON STATE GRANGE ELECTS NEW LEADER

by Suzy Ramm

Oregon State Grange Communications Director

Sonny Hays-Eberts, a member of Marys River Grange #685 in Philomath, was installed at the 151st Annual Oregon State Grange Convention in held in Tillamook, Oregon June 15-20, as their 31st President. Previous to his election he served the organization as Treasurer for four years (2020-2024) and currently serves as the State Grange webmaster.

Hays-Eberts' Grange career started in 2015 when his wife Judy Hays-Eberts urged him to join Marys River Grange after her first year of membership. His first position with the State Grange was on the Communications Team from 2018-2020. During that time, he helped the Grange's efforts at Oregon's Ag Fest, the State Fair, and the State Grange visitation program.

Since joining the Grange, he has held several

positions in his local community Grange, serving as Treasurer, Vice President and President. He is currently the Musician.

In his time in Grange, Sonny has been active in increasing membership engagement, repairing and restoring the Grange Hall, promoting Community service at Marys River, and maintaining the Marys River Grange website.



Sonny Hays-Eberts was elected to serve as Oregon State Grange's 31st President. Photo submitted

continued on page 5

COMMUNITY SERVICE DEPARTMENT UPDATES

by Diana Nordquest

National Grange Community Service Team



The Community Service Team would like to announce two changes from what is printed in the 2024 National Grange Contests Guide.

1. **The National Junior Grange Community Service Contest** has been transferred to the National Junior Grange Team. For more information, email junior@nationalgrange.org.
2. **The Wib and June Justi Youth Community Service Award** will now be handled by the National Grange Youth Team. For more information, email youth@nationalgrange.org.

National Grange Firefighter/EMT, Law Enforcement Officer and Teacher of the Year Nominations are due by October 1, 2024. The forms are listed in the NG Contests Guide. The address to mail entries is: National Grange Community Service, c/o Emma Edelen, 129 Cherry Hill Rd NW, Cedar Rapids, IA 52405 or email to communityservice@grange.org.

State winners in the Community Service books are to be brought to National Convention. The judging will begin when the gavel drops to open National Session on Tuesday morning.

State Community Service Directors should submit their report form to communityservice@grange.org to receive their certificates and prize money (if applicable).

HAYS-EBERTS ELECTED

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Sonny and his wife of 39 years live in Philomath with their cat Shadow. Sonny retired from Oregon State University in 2023 after 30 years as an Oracle Database Administrator; supporting electronics registration, admissions, financial aid and payroll for Oregon's Regional Universities. In his spare time Sonny plays guitar, gardens, hikes and bird watches.

Sonny was raised as an "Airforce brat," living in four countries and eight states until graduating from high school and moving to Oregon, where he has resided since 1982.

Sonny considers "being elected to the Presidency of the Oregon State Grange as a privilege, and honor, and to be honest, scary," he says. "I will strive with diligence and my full effort to justify the faith placed in me."

He goes on to say, "I hope to continue the efforts of my predecessors regarding growth and revitalization of Community Granges as well as efforts to assist them with information training, promotional materials, and financial assistance via the emergency loan & matching grant programs. I'm looking forward to visiting Oregon Granges and meeting many new friends. I'm also looking forward to drinking from the firehose of information I will need to learn in this position."

Sonny is unsure if he is a first- or second-generation Grange member, as his maternal grandparents were dairy farmers in Stratham, NH and may have belonged to Exeter Grange.

JULY 2024 NATIONAL GRANGE EVENTS

TAKE FULL ADVANTAGE OF
YOUR MEMBERSHIP

ALL TIMES
EASTERN

5: FELLOWSHIP FIRST FRIDAY

8:30 P.M.

Connect: grange.biz/FirstFriday

Join us for this fun monthly program - a time for fellowship, thought-provoking conversation, and connecting with Grange members from coast to coast. Includes a short program, activity, and time to socialize around topics of your choice.

July topic: **S'mores!**

17: MEMBERSHIP MATTERS

8:30 P.M.

Connect: grange.biz/matters

Join Membership/Leadership Development Director Amanda Brozana for this monthly time to learn about various membership challenges and growth opportunities.

24: COMMUNICATIONS ZOOM-TORIAL

8:30 P.M.

Connect: grange.biz/GrangeZoomtorial

Communications Director Philip Vonada and the Communication Fellows will discuss best practices for newsletters, finding free templates, and more to enhance your Grange's storytelling.

JUNIOR GRANGE FOCUS AREA:

DEAF AWARENESS

YOUTH FOCUS AREA:

NETWORKING



Celebrate **Junior Grange** Month!

7 Fun Ideas for Members

By Philip J Vonada

National Grange Communications Director
& Pennsylvania State Junior Grange Director



July is a special month for the Junior Grange!

As we celebrate **Junior Grange Month**, it's the perfect time to engage young members and families in activities that highlight the values the Junior Grange teaches.

Here are eight ideas to make this month memorable and impactful for all Junior Grange members and their communities:

1. Community Service Projects

One of the core values of the Grange is community service. Organize a service project where Junior Grangers can make a difference in their local area. This could include a neighborhood clean-up, planting a community garden, or creating care packages for local shelters. Not only will this teach them the importance of giving back, but it will also instill a sense of pride and accomplishment.

Additionally, any time you can engage Junior members in their community will increase the visibility of the Grange - and build excitement and enthusiasm.

2. Leadership Workshops

Host workshops that focus on developing leadership skills. Invite local leaders or older Grange members to share their experiences and insights. Activities can include team-building exercises, public speaking practice, and leadership role-playing scenarios. These workshops will help Junior Grangers build confidence and prepare them for future leadership roles within the Grange and beyond.

3. Manners and Etiquette Classes

Teaching manners and etiquette is essential for fostering respect and civility among young members. Arrange fun and interactive classes where children can learn table manners, proper greetings, and polite conversation skills. Incorporate games and role-playing to make learning enjoyable and memorable.

Once your Junior Grangers feel comfortable with these skills - best used in more formal settings - they could even use this to lead a program in their Community or Pomona Grange.

4. Cultural Exchange Programs

Encourage Junior Grangers to learn about different cultures and traditions. This could be through virtual exchange programs with Junior Granges from other parts of their state, or even other states altogether.

Activities might include sharing cultural stories, cooking traditional foods, or creating cultural crafts. This not only broadens their horizons but also promotes understanding and appreciation of diversity.

This could be a great way to utilize the National Junior Grange Passport program while learning about other states.

5. Outdoor Adventure Day

Plan a day full of outdoor activities to help Junior Grangers connect with nature and each other. Organize hikes, nature scavenger hunts, or a day at a local park with games and a picnic. These activities promote physical fitness, teamwork, and an appreciation for the environment.

This is a great way to demonstrate learning through fun and activity. And since we're in the heat of summer, finishing with an ice cream party might be the perfect ending.

6. Creative Arts and Crafts

Creativity is an essential part of personal development. Host arts and crafts sessions where Junior Grangers can express themselves through painting, drawing, or crafting. Consider projects that can be displayed at a community center or local fair, giving them a sense of achievement and pride in their work.

7. Family Fun Day

Organize a Family Fun Day where Junior Grangers can invite their families and friends to join in on the celebrations. Activities can include games, a barbecue, and a talent show where Junior members can showcase their skills and talents. This not only strengthens family bonds but also allows parents to see the positive impact of the Junior Grange on their children. It's also another great way to introduce the Junior Grange to your community.

Celebrating Junior Grange Month in July provides an excellent opportunity to highlight the values and mission of the Junior Grange. By engaging in these activities, young members can develop essential life skills, build lasting friendships, and foster a sense of community and responsibility. These experiences not only enrich their lives but also lay a strong foundation for their future roles as leaders and responsible citizens. Let's make this July a month of growth, fun, and memorable experiences for all Junior Grange members!



NATIONAL GRANGE

OF THE ORDER OF PATRONS OF HUSBANDRY

View from the Hill



NATIONAL GRANGE POLICY UPDATES & ISSUE NEWS

June 2024

AGRICULTURE & FOOD

Farm Bill Update

The ranking Republican on the Senate Agriculture Committee, John Boozman of Arkansas, has released his proposed farm bill framework that largely mirrors the legislation passed by the House Agriculture Committee last month. "The Senate Republican framework won't come as any surprise and mirrors what our stakeholders have been calling for over the past two years," according to Boozman. He said it was time to gather around the table and get serious about getting a farm bill or agree to disagree and start working on an extension. Senate Ag Chair Debbie Stabenow of Michigan indicated she wouldn't move forward with a farm bill that has the nutrition and climate policies included in the House committee bill or the Senate Republican framework. These developments further fuel talk of the possible need for Congress to pass another extension of the 2018 farm bill by the end of this year.

DOD Cultured Meat Research Upsets Producers

The Department of Defense has given a grant to BioMADE to "build a sustainable, domestic, end-to-end bio industrial manufacturing ecosystem" to develop these products for military rations. Meat producers and several members of Congress are seriously questioning the research initiative. Two private companies are attempting to develop tasty and affordable cell cultured products but appear to be years away from a profitable product.

Farm Bill Research Funding

The National Grange and 66 other ag, food, conservation and scientific groups are calling on Congress to include significant increases for public agricultural innovation research in the new farm bill. Public investment in agricultural R&D has declined by one-third over the last two decades while ag research spending in China, the EU and Brazil has continued to rise.

CONSERVATION & ENVIRONMENT

Emissions Standards for Work Vehicles Challenged

Farm groups have joined with the oil industry, the renewable fuels industry, independent truck drivers

and others to challenge the Biden administration's new emissions standards for work-type vehicles model years 2027 and beyond. The American Petroleum Institute, Owner-Operator Independent Drivers Association, National Corn Growers Association, American Farm Bureau, National Farmers Union, Renewable Fuels Association, Clean Fuels Alliance, and a group of six multi-state auto dealers have filed petitions in the D.C. Circuit of Appeals. Petitioners say the EPA exceeded its congressional authority with a regulation that relies too heavily on electrification and does not fully appreciate the role low carbon fuels like ethanol and biodiesel play in the transportation sector.

HEALTH CARE

Patient Access to Nonopioid Pain Medicines

National Grange president Christine Hamp hosted a webinar June 24 about supporting patient access to nonopioid medicine through state legislation and policies. Speakers included Dr. Robert Twillman, a pain management psychologist on the board of the American Chronic Pain Association, and Abby Trotter, Executive Director at Life Science Tennessee. The webinar focused on state level policies and legislation that improve access and affordability of pain treatment options that do not carry potential addiction consequences.

City-Country Mortality Disparities Widen

A recent report from Economic Research Service at USDA found the health disparities chasm between rural and urban Americans has widened in recent decades. USDA researchers found rural Americans ages 25 to 54 die from natural causes like chronic diseases and cancer at widely higher rates than the same age group living in urban areas. In 1999, the natural-cause mortality rate for people ages 25-54 in rural areas was only 6% higher than for city dwellers in the same age bracket. By 2019, the gap had widened to 49%. The expanding gap was driven by rapid growth in the number of women living in rural places who succumb young to treatable or preventable diseases.

Make RSV Vaccine Readily Available to Older Americans

Each year, Respiratory Syncytial Virus (RSV) causes approximately 60,000-160,00 hospitalizations and 8,000-

10,000 deaths annually among adults ages 65 and older. The National Grange joined several patient groups to request the Centers for Disease Control and Prevention (CDC) make RSV vaccine readily available to all adults ages 65 and older (lower from current age 75). The group further requested these vulnerable patients be able to continue to receive RSV vaccines at their preferred pharmacies. They also stressed the need to have RSV vaccines readily available prior to the fall and winter flu, pneumonia and RSV season.

Cancer Screening Push Continues

The National Grange is part of a working group that continues to push Congress to pass the Medicare Multi-Cancer Early Detection Screening Coverage Act (H.R. 2407). The MCED screen can detect many types of cancers with a simple blood draw at earlier stages when the chances of successful treatments and cures are much higher. The bill would require Medicare to pay for access to MCED screening. A majority of members in both houses of Congress now cosponsor the legislation.

Grange Testifies on Vaccine Availability

National Grange's Burton Eller was invited to present testimony to the Department of Health and Human Services (HHS) Vaccines and Related Biological Products Advisory Committee June 5. Eller recounted efforts of National, State and local Grange chapters to provide immunization information and access to vaccines for rural and small-town residents. He stressed the need to have vaccines readily available earlier in the respiratory disease season. As an example, the joint effort of the National Grange and New England State Granges to provide shots for attendees to the Eastern States Exposition last year was almost thwarted because vaccine supplies were not available by the September 15 start date. At the last minute, vaccine manufacturers made supplies available and nearly 3,500 flu and COVID shots were administered to Big E attendees.

Updates on Long COVID

A report recently released by the National Academies of Sciences, Engineering, and Medicine offers some perspective on the effects of Long COVID. Interesting findings from the report include:

- About 7% of U.S. adults have experienced Long COVID
- People whose infection was severe are 2-3 times more likely to experience Long COVID
- There are more than 200 symptoms of Long COVID
- Long Covid manifests differently for each person and recovery time varies
- Women are more likely to have Long COVID

- Vaccines provide protection

TELECOMMUNICATIONS

Internet Providers Continue Discounted Plans

With the end of the Affordable Connectivity Program (ACP), more than a dozen internet providers have agreed to continue offering discounted internet plans to low-income households through the end of 2024. AT&T, Comcast, Cox, Spectrum, Verizon, and nine other providers will continue to offer their \$30 or less plans to their current ACP customers. This will give Congress more time to consider long term funding options for ACP.

Mental Health Visits by Telehealth

In 2021, 43% of mental health visits occurred via telehealth versus 4.5 % of visits to other physicians according to the Annals of Internal Medicine. However, pandemic -era flexibilities will expire at the end of 2024. These include waivers eliminating geographic restrictions on originating sites, allowing federally qualified health centers and rural health centers to provide telehealth services, and lifting the initial in-person visit requirements for those receiving mental healthcare through telehealth. Congress is currently discussing legislative proposals that aim to support patient access to telehealth.

OF INTEREST

Negative About the Economy?

Most Americans are not feeling good about the state of the U.S. economy. Even as numerous indicators suggest the economy is doing remarkably well in the post-pandemic era, poll after poll has shown that consumers don't view the economy in the same light. After reaching a four decade high of 9.1 percent in June of 2022, inflation has eased significantly, falling to 3.4 percent as of April of this year. However, as inflation improves, Americans are still grappling with a rapid increase in prices.

Scientists Worry about a Feral Swine Bomb

Wild hog populations have grown substantially over the past four decades and can be found in nearly three dozen states. The hogs, originally introduced back in the 1500s by early Spanish colonists, cause roughly \$1.5 million per year in agriculture damage. USDA estimates there are six billion wild hogs in the country now and the population is rapidly expanding. In addition to damaging farm land and threatening livestock and pets, wild hogs are known to carry nearly 40 parasites and over 30 viral and bacterial diseases including hepatitis, tuberculosis, leptospirosis, Brucella and pseudorabies.



VIEW FROM THE HILL

is written and compiled by

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PERSPECTIVES ON COUNTRY

"The essence of America - that which really unites us - is not ethnicity, or nationality, or religion - it is an idea - and what an idea it is: That you can come from humble circumstances and do great things."

- Condoleezza Rice, former U.S. Secretary of State

"Ask not what your country can do for you, ask what you can do for your country."

- John F. Kennedy, 35th President of the U.S.A.

"America is another name for opportunity." - Ralph Waldo Emerson, author

"In the face of impossible odds, people who love this country can change it."

- Barack Obama, 44th President of the U.S.A.

"A man's country is not a certain area of land, of mountains, rivers and woods, but it is a principle and patriotism is loyalty to that principle."

- George William Curtis, author

TAKE ACTION ON OBESITY

Your health matters and your voice can make a difference!

Obesity is a public health crisis in the US, and particularly in rural America. Nearly 42 percent of adults in the US live with obesity—and the percentage of people living with obesity is even higher in rural communities.

Rural Americans living with obesity deserve access to the full continuum of care to treat obesity yet - because of outdated Medicare policies - most older adults living in rural areas cannot access obesity care options like FDA-approved medications, education and support from a dietitian, and behavioral counseling. When people, including older adults, use a combination of these strategies, along with healthy diet and physical activity, they can live healthier, longer lives. Gaps in access to care can result in poorer outcomes for people living with obesity.

You can hear about kickstarting a body size conversation from Dr. Jason Lofton in a [GSA Momentum Discussion podcast episode](https://gsamomentumdiscussions.podbean.com/e/kickstarting-body-size-conversations-in-older-adults-with-obesity/) (<https://gsamomentumdiscussions.podbean.com/e/kickstarting-body-size-conversations-in-older-adults-with-obesity/>). Dr. Lofton cares for his neighbors at the Lofton Family Clinic and Wellness Center in rural De Queen, Arkansas, and stresses how comprehensive obesity care can help people meet their overall health and wellness goals.

Your health matters! The National

Council on Aging launched a campaign to make obesity care accessible and affordable for all. Tell your member of Congress to take action to assure that rural Americans have access to FDA-approved medications through Medicare to treat obesity: [Help Make Obesity Care Affordable for All \(ncoa.org\)](https://ncoa.org/help-make-obesity-care-affordable-for-all).

Earlier this year, the National Council on Aging and National Consumers League launched an Obesity Bill of Rights to establish a set of rights so people with obesity will be screened, diagnosed, counseled and effectively treated for their overweight and obesity based on medical treatment guidelines. You can learn more here about the Obesity Bill of Rights here and join the Right2ObesityCare movement that supports the Bill of Rights: [National Consumers League - The Obesity Bill of Rights \(right2obesitycare.org\)](https://right2obesitycare.org/national-consumers-league-the-obesity-bill-of-rights).

Take Action to make sure the voice of rural Americans is heard. Your health and outreach matter!

GRASSROOTS ADVOCACY IN ACTION AWARD



submit a minimum one-page written description
of your Grange's grassroots advocacy action
along with at least one photo

Deadline: September 1

More information: grange.biz/ngadvocacy2024



SUPPLY STORE

www.grangestore.org

JUNIOR GRANGE PINS



\$5.00
PLUS SHIPPING

Show off your Junior Grange pride with this 1" soft enamel Junior Grange clutch-back pin!

The JG emblem will be sure to stand out, whether you're wearing it at a fair, at a meeting, or just to show off how proud you are to be a Junior member or supporter!

Order at www.grangestore.org or by calling Loretta at (202) 628-3507 ext. 109.



SUPPLY STORE

www.grangestore.com

GRANGE PROMOTION KIT



With Fair and Convention season upon us, it's time to think about promoting the Grange to the public.

This kit includes multiple brochures and pamphlets about the Grange and how you can inform potential members about what the Grange has to offer, from Juniors and Youth to e-members and more!

Get your kit by ordering online through the Grange Supply Store at www.grangestore.com or by calling Loretta at (202) 628-3507 ext. 109.

GRANGE MEMBER BENEFIT

Planning to travel this summer?

Grange Members save 20% at over 4,000 Comfort Inns, Comfort Suites, Quality, Sleep Inns, Clarion, MainStay Suites, EconoLodge, and Rodeway Inn hotels worldwide, and other Choice properties.

To obtain a Choice Privileges membership please call 1-800-258-2847 or visit www.choicehotels.com provide the National Grange ID code number 00211660.



NATIONAL GRANGE

HEADQUARTERS: 1616 H ST. NW, SUITE 200, WASHINGTON, DC 20006 | (202) 628-3507

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