



The Patrons Chain

THE OFFICIAL NEWSLETTER OF THE NATIONAL GRANGE

March 12, 2021

JOIN US IN CELEBRATING WOMEN'S HISTORY MONTH

"The Grange has always welcomed women, making it truly a social order."

-Grange Installation Ceremony

The Therapeutic Power of Plants

Courtesy of NICH/ConsumerHort.org. with Commentary by National Grange President Betsy Huber

Celebrate National Horticultural Therapy Week March 14-20, 2021!

Many people (especially me!) enjoy looking at plants and flowers and find it relaxing to dig in the dirt. But research and a growing number of horticulture therapy programs are showing that gardening holds serious healing power.

Trained and certified therapists, including members of the American Horticultural Therapy Association (AHTA), help clients treat physical and psychological conditions including PTSD, addiction, and dementia through gardening.

According to the AHTA website, "Horticultural therapy helps improve memory, cognitive abilities, task initiation, language skills, and socialization. In physical rehabilitation, horticultural therapy can help strengthen muscles and improve coordination, balance, and endurance."

Horticulture therapy programs have been implemented in schools, correctional facilities, retirement homes, hospitals, outpatient facilities, and community centers, and the same techniques can be adapted to home gardens. More information on finding a program or licensed therapist can be found at AHTA.org.

National Garden Bureau past-president Heather Kibble says, "Caring for plants and experiencing nature brings healing and purpose to people whose lives have been affected by illness, addiction, violence or military service." The National Garden Bureau (NGB.org) administers an annual grant for therapeutic gardens to support garden-based education and therapy.

Research compiled by the National Initiative for Consumer Horticulture (NICH) reveals other benefits of plants and gardening on the healing process, including a reduction in the amount of pain relievers taken post-surgery by patients in rooms containing plants. Plants in room décor also reduced the stress, blood pressure, and reported fatigue levels of hospital patients.

More findings on the healing benefits of plants can be found in the infographic, "#PlantsDoThat Where We Heal," available for download, reprint, or adaptation at ConsumerHort.org. When posting on social media, please use the hashtag #PlantsDoThat.

The National Initiative for Consumer Horticulture (NICH) is a consortium of industry leaders who are promoting the benefits and value of horticulture. NICH brings together

academia, government, industry, and nonprofits to cultivate the growth and development of a healthy world through landscapes, gardens and plants — indoors and out.

If you have a Grange hall with property, have you considered using a portion of it for community gardens? You could be instrumental in feeding people as well as healing their stress from a long winter of pandemic isolation!

COVID Relief Highlights

By Sean O'Neil, Legislative Intern

Earlier this week, the House finally passed President Biden's \$1.9 trillion American Rescue Plan, a bill aimed at tackling the COVID-19 pandemic and associated recession.

Highlights of the bill are:

- \$1,400 stimulus checks for individuals earning up to \$75,000 and dependents
- Extension of \$300 federal unemployment benefits increase to September 6
- Expansion of the Child Tax Credit to \$3,600/child for children aged 0-6, \$3,000 for children aged 6-17
- \$7.25 billion in money for the Paycheck Protection Program, with new emphasis on small businesses
- \$128 billion in education funding
- \$4.5 billion for the Low-Income Home Energy Assistance Program, expanded SNAP and WIC benefits
- \$25 billion in rental assistance
- \$7.5 billion for the CDC, \$46 billion for coronavirus testing, \$14 billion for vaccine distribution
- \$350 billion for state and local governments
- Increased assistance under the Affordable Care Act, incentives for states to expand Medicaid

These are just highlights of the bill as the Senate discussed many different issues such as a wage increase. These issues will continue to be at the forefront of the 2021 session and amidst the COVID crisis.

Attention Secretaries:

Form M – Grange Membership Recognition Application form has been updated and revised on 11/20. Here is the link <https://www.nationalgrange.org/wp-content/uploads/2020/11/Form-M-Revised.pdf>

The form can be found on the National Grange website Member Resources tab, under Secretaries forms.

While some states have created their own version of this document, we ask that you make sure you utilize this new form and discard any old forms that you may be using.

Grange Month is just around the corner.

Don't forget to order your Community Citizen Award and/or Pomona Grange Award for Public Service either in the Grange Supply Store or by mailing the order form <https://www.nationalgrange.org/wp-content/uploads/2020/03/Grange-Month-Citizen-Award-Order-form.pdf>. These awards are available for purchase year round and with Grange month right around the corner, there is no better way to honor those within your community.

A Few Great Mentions


The Grange has been hard at work these last two weeks! Here are some links to some of our more popular articles about the Grange in action. Take the time and check out what is happening both on the National and State level. If you have any news highlights you would like to share with the Grange community email, them to kgwin@nationalgrange.org

High Desert Grange, NV. Thanking front line workers:

https://www.nevadaappeal.com/news/2021/mar/10/high-desert-grange-thanks-front-line-heroes/?fbclid=IwAR3rV4i3-Lyahc5dA8K2_K5jGnjtMMmQKeDhcJN4_aPUeCl6dv0IxDzkkEs

Williamsport Grange #1815, OH. Hometown Hero Banner Project:

<https://www.morrowcountysentinel.com/news/36464/hometown-hero-veteran-banner-project-under-way?fbclid=IwAR10xgavkRK9T9N--03hGTdX3QHuyvJ1dR1iCSPI5ZPrkhkiEbuBnfA6FG8>



Membership Matters

**THIRD
TUESDAYS
@ 8:30 ET
ON ZOOM**

Use app or go to bit.ly/z-1867
Or call in at (301) 715-8592

Meeting ID: 525 965 930
Passcode: 981892

Membership Matters: Off on the Right Foot

Join us for the next Membership Matters Zoom event on Tuesday, March 16 at 8:30 p.m. Eastern as State Presidents and membership directors from Washington, Pennsylvania and North Carolina will discuss the ways in which their State Granges work to welcome new members. From the importance of welcoming to the timeliness of outreach to our newest members and the ways in which we can engage and put our best foot forward.

To log on, go to bit.ly/z-1867 or your Zoom app or zoom.us and enter the Meeting ID: 525 965 930 and Passcode: 981892. You may also call in by dialing (301) 715 8592.

MEMBER BENEFIT

RX Pharmacy Card provided by CV Caremark (also for pet prescriptions) –program offers the RxSavings Plus Card, a NO FEE exclusive benefit to National Grange members that is not offered to the public. The RxSavings Card allows members to go to almost any pharmacy. Unlike other savings plans, the CVS-Caremark program applies to 99% of prescription drugs. Save on Lipitor, Viagra, Plavix, high blood pressure medications and thousands more—even pet medications! For the Rx Card Program, go to <http://nationalgrange.rxsavingsplus.com>.



WEDNESDAY, APRIL 7, 2021

Speakers from Capitol Hill, the Biden Administration, issue coalitions, National Grange leadership and staff, and more



[REGISTER TODAY FOR THIS EVENT](#)

		<p>Youth Sling Backpack \$12.00 ea</p> <p>Insulated Grocery Tote \$5.25 ea</p> <p>Silicone Cooking Spatula \$3.50 ea</p> <p>Two-Tone Windsock \$15.00 ea</p>	
<p style="text-align: center;"><u>Click Here To See These Items And More!</u></p> <p style="text-align: center;">Grange Store™ by Monroe Classic - www.promoplace.com/grange or www.monroeclassic.com Order on line or call 1-800-868-2330 or email sales@monroeclassic.com</p> <p style="text-align: center;">APPAREL PROMOTIONAL ITEMS JEWELRY REGALIA SIGNS & BANNERS BUSINESS CARDS PLAQUES & AWARDS</p>			

NATIONAL GRANGE & GRANGE FOUNDATION STAFF

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Lecturer Chris Hamp for program ideas, Quilts of Valor labels, contest details and more, by email at lecturer@nationalgrange.org or call/text (509) 953-3533.

Community Service Pete Pompper for project ideas, information about "Of the Year" awards and more by email at communityservice@nationalgrange.org or phone at (609) 820-6239

Legislative and Policy Issues Burton Eller for advocacy information and Grange priorities, contact him at National HQ, ext. 114 or email beller@nationalgrange.org.

Grange Youth Mandy Bostwick for contest, program and more information for young members at youth@nationalgrange.org or call/text (785) 250-7606.

Junior Grange Samantha Wilkins for Passport and other program and contest information at junior@nationalgrange.org or call/text (210) 838-7892.

Grange Foundation Joan C. Smith, Chairwoman, for more details about grants, programs and Foundation outreach at info@grangefoundation.org or (571) 662-7220.

Foundation Strategic Partnership Director Donny Olencziak with corporate giving and grant leads at donny.olencziak@grange.org or (229) 288-6111.