

April 2023- June 2023

GRANT TOWN EMS NEWSLETTER

Events

Birthdays

Stress Awareness

APRIL IS STRESS AWARENESS MONTH

Stress is the state of worry or mental tension caused by a difficult situation, as defined by The World Health Organization.

Studies show that stress is linked to other health problems including dementia, heart disease, cancer, and diabetes*. Stress is generally a response to an external cause, such as taking a big test or arguing with a friend and generally goes away once the situation is resolved**.

The main treatments for stress are therapy and medications. If you need help with your stress you can call or text the Crisis Hotline simply by dialing 988 or online at 988lifeline.org



Stress can be dangerous, find help by talking to your primary care doctor.

granttownems.com 304-278-7777

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CALL VOLUME

January - 123
February - 126
March - 117

BIRTHDAYS

April 2 - Wes Able
May 9 - Greg Carr
May 20 - Amanda Ammons
June 3- Austin Boylen
June 20 - Jennifer Higginbothm
June 24 - Robin Richardson
June 30 - Kandi Price

UPCOMING EVENTS

PIONEER WOMAN & BASKET
BINGO
APRIL 22ND

DOORS OPEN 11:30
EARLY BIRD 12:30
REGULAR BINGO 1:00

TICKETS: \$20
EARLY BIRD: \$5
ADVANCE TICKETS RECEIVE FREE EARLY BIRD
GRANTTOWNEMS.COM

HOSTED BY:
GRANT TOWN EMS
110 BALLAH AVE. GRANT TOWN, WV 26574

April 15 - Paint-N-Sip

Hosted at The Fairview Diner & Bakery

April 22 - EMS Bingo

Hosted at our station

May 4 - Fire Fighter Day

May 21-27 - EMS Week

June 3 - Market Day

To purchase tickets for our events please visit our website

GRANT TOWN EMS PRESENTS PAINT-N-SIP
Come and paint this patriotic tribute with us and your friends!
April 15, 2023 @6pm
Grazing Table provided by The Fairview Diner & Bakery

\$45.00 PER PERSON
INCLUDES PAINT, BRUSHES & TICKETS FOR APRIL 15

Hosted @ The Fairview Diner & Bakery

Tickets can be purchased through our website
Granttownems.com

Please direct questions to 304-694-2073

* "Links between Stress and the Most Common Causes of Death - the Stress Management Society." The Stress Management Society, 15 Mar. 2018, www.stress.org.uk/links-stress-common-causes-death/.

** National Institute of Mental Health. "NIMH» I'm so Stressed Out! Fact Sheet." Www.nimh.nih.gov, Nov. 2022, www.nimh.nih.gov/health/publications/so-stressed-out-fact-sheet.