

Know the Warning Signs and Symptoms of Stroke

Make sure you can spot the symptoms in yourself and a loved one

Strokes are one of the top three causes of death in the United States and the leading cause of long-term disability. What's more, North Carolina is located in what researchers call the stroke belt, meaning the death rates for stroke are highest in this area compared to the rest of the United States.

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While most stroke cases are unpredictable, identifying warning signs as soon as possible can make a big difference in how someone is treated for and recovers from a stroke.

"Symptoms can include weakness on one side of the body, numbness, confusion, fatigue, dizziness, blurred vision, a severe headache and potentially paralysis," says Joe Bernard, MD, an interventional radiologist at Atrium Health. "However, each stroke case has its own unique combination of signs and symptoms, so not everyone will experience all of them simultaneously nor at the same level of intensity."

F.A.S.T is an easy way to remember the signs of stroke. If you spot these signs in yourself or a loved one, you should call 911 immediately.

• **Face Drooping:** Does one side of the face droop, or is it numb? Ask the person to smile. Is the person's smile uneven?

• **Arm Weakness:** Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?

• **Speech Difficulty:** Is speech slurred? Is the person unable to speak or hard to understand? Ask the person to repeat a simple sentence, like "The sky is blue." Is the sentence repeated correctly?

• **Time to call 911:** If someone shows any of these symptoms, even if the symptoms go away, call 9-1-1 and get the person to the hospital immediately. Check the time so you'll know when the first symptoms appeared.

Some lifestyle choices and medical conditions can put you at a higher risk of stroke. Some examples include:

- Poor nutrition
- Lack of physical activity
- Smoking
- High stress
- High blood pressure

By making an effort every day to move more, eat more fruits and vegetables, get more sleep, quit smoking and regularly checking your blood pressure, you can cut down on your risk of having a stroke.

To learn more about stroke care visit stroke.org.

Church

AUGUST 4 - 7

Homecoming & Revival

At New Grove Missionary Baptist Church, 1782 Poplar Hill Church Rd, Polkton. Homecoming Sun with Rev. Sharon Lockhart at 11am. Revival Mon-Wed with Rev. Broce Sowell of Barringer Chapel at 7pm nightly.

AUGUST 4 & 6 - 8

Homecoming & Revival

At Savannah AME Zion Church. Homecoming Sun morning with Rev. Dr. Linwood Carver. Revival Tue-Rev. Fred Miller of Pleasant Hill AME Zion Church; Wed-Bro. Jeremy McKinze of Mt. Pisgah AME Zion Church Youth Night; Thu-Rev. Fred Miller, all at 7pm.

AUGUST 4 & 7 - 9

Homecoming & Revival

At East Rock Ford Missionary Baptist Church. Homecoming Sun with Pastor Taylor at 11am. Revival Wed-Fri with Rev. Warren Parson at 7:30pm each evening.

AUGUST 4 & 6 - 8

Annual Revival

At Cedar Creek Missionary Baptist Church, 1293 Cedar Creek Rd, Wadesboro. Sun-Rev. Freddie Little at 11am followed by lunch. Rev. Berdie Ingram at 3pm. Tue-Rev. Debra Kirby, Wed-Rev. Tonja Smith, Thu-Min. Brownette Moore, all at 7pm.

AUGUST 10

Leadership Workshop

At Divine Unity House of Restoration Ministries, 6090 Hwy 109 S, Wadesboro, 10am conducted by Pastor Renwick Fisher, Pastor of True Holiness Church of God.

AUGUST 11

Homecoming At Cedar Hill AME Zion Church in Ansonville. Rev. Columbus Kiser at 11am, followed by lunch. Dr. Joseph McFarland, along with the choir & congregation of Macedonia Baptist Church in Cheraw at 2:30pm.

Homecoming At Elizabeth Missionary Baptist Church in Lilesville, 11am with Pastor Michael McLeod, followed by dinner. All are invited.

Homecoming At Deep Springs Baptist Church, 1908 Deep Springs Church Rd, Peachland, 10:30am with Rev. Billy Crabtree. Covered dish lunch after service. Visit online: www.deepspringschurch.com

Homecoming

At Sandy Plains Christian Fellowship Church. 9am Morning Fellowship; 9:45am Sunday School; 11am Morning Worship, followed by food, fellowship & fun! Concert by 2nd Chance Ministry at 6pm. Located at 1154 Cason Oldfield Rd, Morven.

AUGUST 11

Southern Gospel Group 2nd Chance Ministry

In Concert during Homecoming at Sandy Plains Christian Fellowship Church. Doors open 5:30pm. Located at 1154 Cason Oldfield Rd, Morven.

AUGUST 11 - 14

Homecoming & Revival At Cedar Grove Baptist Church, 130 Cedar Grove Church Rd in Polkton. Homecoming Sun with Rev. Mark Swaringen. Revival Sun-Wed with Rev. Flynn Richardson at 7pm nightly.

Homecoming & Revival

At Red Hill Missionary Baptist Church. Sun-Elder Samantha Bowman 11am & Bishop Clarissa Young of Corner Church COGIC, Albemarle at 3pm. Mon-Wed Associate Pastor Efirm Cato of Victory Temple, Albemarle at 7pm nightly.

Homecoming & Revival

At West Rocky Ford Baptist Church, 4497 White Store Rd. Homecoming Sun. with Pastor Lennon Parson. Revival Mon & Wed-Bishop Walter Ellerbe of New Parkers Grove; Tue-Rev. David Gaddy of East Macedonia Baptist Church, 7pm nightly.

AUGUST 11 - 15

Homecoming & Revival At Mineral Springs Baptist Church in Polkton. Homecoming Sun at 10am with a guest speaker. Revival Sun-Thu with Rev. Dennis Underwood at 6:30pm each evening.

AUGUST 18

Homecoming & 1 Day Revival at Rocky Mount AME Zion Church. Morning service 11am, afternoon service 2:30pm. Guest speaker is Rev. Dr. Anthony Neal, Pastor of First Baptist Church in Badin, NC.

No Service

At East Rock Ford Missionary Baptist Church. Services resume August 25.

AUGUST 18 - 22

Homecoming & Revival

At Garris Grove Baptist Church. Homecoming Sun at 11am with Dr. Roy Lisenby followed by dinner. Revival Mon-Thu with Rev. Frank Butler, 7pm nightly.

AUGUST 25

Women of the Bible Program presented by the Missionary Department at Greater St. Mark Church of Deliverance, 3pm with Pastor Cindy Wiggins of House of Faith Outreach Ministries in Wadesboro. All women are asked to wear caftans, African attire...or come as you are! Located at 1003 N Main St in Wadesboro.

Fellowship Hall Dedication Service Divine Unity House of Restoration Ministries, 3pm with Pastor Terry Little of West Deep Creek Baptist Church. The fellowship hall is located at 3760 Hwy 109 S, Wadesboro.

AUGUST 25 - 28

Homecoming & Revival At Pleasant Hill Baptist Church in Ansonville. Homecoming Sun 11am with Bishop Nelson Barringer. No afternoon service. Revival Mon-Pastor Kirby Woodard of Cedar Grove AME Zion Church of Locust; Tue-Pastor Charles Barrino of Saints Delight Church o Albemarle; Wed-Pastor Daimon Rawlinson of Mt. Calvary Baptist Church in Gastonia, all at 7:30pm.

SEPTEMBER 15 - 18

Fall Revival

At Harmony Community Church, 1984 Pulpwood Yard Rd, Peachland, featuring Evangelist Steve Hale, author of *Awakening: Now or Never! America's State of Emergency Amidst the Church's State of Complacency*. 9:30am Sun & 6:30pm Sun to Wed. Info 704-272-7410. Pastor Rocky Carpenter invites you to attend.

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2ND CHANCE MINISTRIES



Sunday, August 11
Doors Open 5:30pm

Sandy Plains will conclude a day full of Homecoming Celebration activities with this concert. See The Express Newspaper Church Calendar for Homecoming details.



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Events

AUGUST 8

Compassionate Friends Meet

at 7pm, at the Training Room at First Baptist Church on Lee Avenue in Wadesboro. Bereaved parents, family and friends who have lost a child of any age are invited. Group meets 2nd Thursday of each month. Info Ken Caulder 704-694-2524.

AUGUST 15

Free Food

Anson Mobile Food Market at Burnsville Recreation & Learning Center (BRLC), located at 13349 Highway 742 North in Burnsville, across from the Fire Department. For more information you can call 704-826-8737, check their Facebook page or visit www.burnsvillele.org. It begins at 10am. Fresh veggies, fruit & bread if available. Blood pressure checks, along with healthy living topics & booths. Nothing required to receive food, just come! Sponsored by Anson Extension Service.

AUGUST 26

NAACP Meeting They invited you to attend. 6:30pm at Ebenezer Baptist Church, located at 612 Salisbury Street in Wadesboro. They welcome everyone. For info: Sinic Marsh mrs6@yahoo.com or 704-254-0630.

ONGOING EVENTS

Lions Club Welcomes New Members The Wadesboro Lions Club meets at Papa Joes Restaurant the 2nd & 4th Thursday each month at 6:30pm For more info or to purchase a broom please call Jim Chandler 910-571-1448

Senior Box

Program at Feed My Lambs starts the third Tuesday each month for seniors only. Located at 2290 Hwy 74 West, Wadesboro. 704-695-1820

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