

Nursing facility presents at June meeting

KITTRELL COMMUNITY WATCH

Kerr Lake Nursing and Rehabilitation Center presented a program during the Kittrell Community Watch meeting on June 21.

Sharon Pernell, admissions coordinator, along with some of the facility's registered nurses, Elaine Overton, Amy Daniels, and Raven Sanford, made a presentation on cerebrovascular accidents, or strokes. They detailed causes and signs of a stroke and the importance of recognizing a stroke, as well as getting treatment within a three-hour window in order to have a more favorable outcome or recovery from a stroke.

The group stressed changes in lifestyle, such as weight loss, exercise, tobacco cessation, along with better control of blood pressure and diabetes



Submitted photo

Pictured (from left) are Sharon Pernell, admissions coordinator; registered nurse Elaine Overton; Edward Woodlief, Kittrell Community Watch president; registered nurse Amy Daniels; and registered nurse Raven Sanford.

can go a long way in preventing the medical malady.

Also detailed was the facility's admission protocol and rehabilitation for victims who have suffered this medical situation, allowing them to return to their home and family as near normal as possible. Attend-

ees were given information packets on this subject to share with

others. A lively question and answer period followed the presentation.

