



Take One Step, You Have the Power – Ambassador Newsletter

Volume 4 April 2009



## Power Sunday- May 3

### What is Power to End Stroke?

Power to End Stroke is an exciting national campaign that raises awareness about stroke and encourages African Americans to understand their risks and control their risk factors, while embracing the culture and tradition of the African American spirit.

### How can I help spread awareness?

- \* Provide a heart fact in the Church Bulletin each Sunday.
- \* Say the Stroke Pledge before dinner prayer.
- \* Encourage co-workers, women groups and/or church membership to complete the pledge card at any social gathering.
- \* Encourage the congregation to say the Stroke Pledge at a Sunday service.
- \* Print the stroke warning signs in the Church Bulletin.

### Call now for your free Power Sunday Packet, which includes:

- ⇒ Soul Food cookbook
- ⇒ 25 Power to End Stroke Pledge Cards
- ⇒ Power To End Stroke Brochure
- ⇒ Family History Brochures
- ⇒ Risk Factor Reduction Brochure
- ⇒ Sickle cell and Stroke Brochures

**Contact Shannon Rudolph,**  
**Cultural Health Initiatives Director,**  
 at 515-246-4563 or via email  
 at [Shannon.Rudolph@heart.org](mailto:Shannon.Rudolph@heart.org).

## Did You Know?



**“Give Me 5”**  
 is a quick stroke  
 check:

- ⇒ **WALK** (Is their balance off?)
- ⇒ **TALK** (Is their speech slurred or face droopy?)
- ⇒ **REACH** (Is one side weak or numb?)
- ⇒ **SEE** (Is their vision all or partly lost?)
- ⇒ **FEEL** ( Is their headache severe?)

## Save the Date!



⇒ **Saturday, June 6**  
**Greater Des Moines**  
**Start! Heart Walk**



Join the American Heart Association for its annual Start! Heart Walk. Festivities for the entire family kick off at 8 a.m. Sign up to be team captain! Form a team from family, friends and/or fellow church members. Contact Joani Matalone at [joani.matalone@heart.org](mailto:joani.matalone@heart.org). Visit website at: [www.dsmheartwalk.org](http://www.dsmheartwalk.org)



## Get to Know!

### Deidre Howard- 2009 Miss Black Iowa USA

The crowning ceremony of Deidre Howard, Miss Black Iowa 2009, was more than an acceptance speech; it was a potentially life-saving event. Each of the more than 80 supporters in attendance that day pledged to prevent stroke by signing the American Heart Association's Power to End Stroke pledge and learned how to reduce their own personal risks.

The Miss Black Iowa organization in Iowa has joined forces with the American Heart Association to promote Go Red For Women and Power to End Stroke. By making her own lifestyle changes due to her family history, Miss Black Iowa Deidre Howard serves as a role model for other women and girls across the state to take charge of their own health.



## Free Training For Churches!

**Who:** Teams of 2 – 6 representatives of African American churches (including pastor or designated church leader)

**What:** Free training on starting a Body & Soul program in your congregation.

**When:** Thursday, April 23rd 10AM-3PM

**Where:** Waterloo Center for the Arts  
Town Hall Room  
225 Commercial Street, Waterloo

**RSVP:** RSVP to Sara Comstock at 319-335-8144 or [comstock@canceriowa.org](mailto:comstock@canceriowa.org) by **Monday, April 20th** to reserve a spot for your team. Space is limited!

## You Are the Power!



### Teach a Friend How to Recognize a Stroke

#### Knowledge is power!

Learning to recognize the warning signs and acting quickly when a stroke occurs can mean the difference in surviving a stroke and minimizing long-term disability, or being physically and mentally devastated—or worse yet, dying—from it.

Let people know you love them by sharing this important information.

## Soul Food Recipes



### Sweet Potato Muffins

- Vegetable oil spray (optional)
- 1 18.5-ounce package spice cake mix
- 1 13-ounce can sweet potatoes packed with no liquid or in light syrup, drained if needed
- 1/2 cup uncooked quick-cooking oatmeal
- 1/2 cup egg substitute
- 1/2 cup water
- 2 teaspoons grated orange zest
- 1/2 cup fresh orange juice
- 1 tablespoon ground cinnamon

Preheat oven to 350 degrees. Lightly spray two 12-cup muffin pans with vegetable oil spray or put paper muffin cups in the pans. In a large mixing bowl, stir all the ingredients together. Using an electric mixer, beat according to the package directions. Spoon the batter into the muffin cups. Bake for 22 to 24 minutes, or until a cake tester or wooden toothpick inserted in the center of a muffin in the middle of the pan comes out clean. Transfer the muffins from the pans to a cooling rack. Let cool for 15 to 20 minutes before serving.

#### Nutrients per Serving

|                           |                           |
|---------------------------|---------------------------|
| Calories 115              | Total Fat 1.5 g           |
| Saturated Fat 1.0 g       | Polyunsaturated Fat 0.0 g |
| Monounsaturated Fat 0.5 g | Cholesterol 0 mg          |
| Sodium 159 mg             | Carbohydrates 24 g        |
| Dietary Fiber 1 g         | Sugars 12 g               |
| Protein 2 g               |                           |