



## Stories of Strength

Photo by Kelsy Zumbrun

# BETTY KENDALL

JULY 2018

### **Betty is the official race starter of the 2018 b STRONG Events**

My name is Betty Kendall. My husband Dick & I moved to Bremen in July of 2017. Thank you for allowing me to share my story.

My husband and I winter in Florida for a few months of the year. We knew we would be home by noon on the day of my laporostic procedure, so we decided to go ahead and have the gall bladder removal surgery in Florida. We were reminded there really aren't any minor surgeries. When the surgery was complete, we were sent home and told what to expect in the next 24 hours. However, the pain was so severe that we quickly turned around and within an hour we were back at the ER of the hospital.

I was put on some medication to relieve the pain, but I had to wait for the medical team to figure out what to do. Thirty-six hours later, a major surgery finally took place. They discovered bile had leaked from the initial surgery site. As a result, they cleaned the area out and glued me back together. Unfortunately, damage had already been done. Many people do not survive an incident of this nature. There were a few times I didn't think I was going to live. After three weeks in the Florida hospital, the doctor came to our family and said that they had exhausted all of their expertise and they needed to move me to a university hospital.

Our family chose University Hospital in Indianapolis and I was reassigned to a surgeon who specializes in Whipple type surgeries. He determined that I would not be able to digest my food, but I wanted to give it a try. After a week at a Rehab



Photo Provided

**Dick and Betty Kendall on the front porch of their new home located on b STRONG Hill.**

hospital I became dehydrated and wasn't able to keep any food down. I was admitted back to University Hospital and in no time at all, I was hooked up to an IV and received a feeding tube. I was discouraged, but I knew I needed this in order to gain strength for another surgery to repair my G.I. tract.

The next two months I was either in a Rehab hospital or at University Hospital, all in Indianapolis. The days were long, lonely, and so painful, but I was determined to live- if that was what God would have for me. The pain was so intense. My inability to digest food and the strong medication caused nausea. Our family would travel to Indianapolis on a regular basis, having set up a schedule and working together. My pastor face-timed me with some encouraging words and Scripture to sustain me. I chose Psalm 28:7 to help me during these very difficult days. I began meditating on this verse, repeating it over and over became part of my day. I would also listen to music on my phone to help me.

***"The Lord is my strength and shield, in Him I put my trust and I am helped." -Psalm 28:7***

Finally, on March 10th, I was scheduled for surgery. The surgeon determined that it would be a three to four hour surgery. However, that turned into a six hour surgery as he had to rebuild, reconnect and put in six different bypass areas in my abdomen. The feeding tube was still in place after the surgery and "we were not finished yet". For reasons I do not know, an ileostomy bag was put in place during the surgery. The surgeon said that in 3-6 months I could have elective surgery and have the ileostomy reversed. Back to rehab I went. This time it was in Mishawaka and much closer to home. I still had the feeding tube however, and now an ileostomy bag as well. I was apprehensive to eat thinking the nausea would return. Little by little, I was able to digest food. We tried to wean off the feeding tube but in so doing I became weak again. My family had just learned how to change bags and hook up the feeding tube when insurance dictated it was time to go home. We did not appeal as before. When I left the rehab hospital, I went to live with my daughter and her husband. We counted calories and slowly disconnected from the feeding tube. Home health care came, physical therapists came, and I was on the road to recovery. In mid June, three months after the March 10 surgery, I was scheduled for another surgery to reverse the ileostomy. Another week in University Hospital and a five week recovery at home now left me with no stitches, no bags, no tubes, and I am gaining strength daily!

My husband and I realized that we could no longer physically keep up with the work on our 23 acres near Potato Creek State Park. As a result, we sold our home, had an auction, and are now living in our new residence in the town of Bremen. We have been so warmly welcomed to our neighborhood and we are happy to be living in our "forever home" and look forward to the days ahead. We were given t-shirts at the b Strong race last year. You may have heard us ringing our bells as we cheered runners as they ran by our home on the b STRONG Hill! I was able to walk the 5K in this year's Sunburst and look forward, Lord willing, to join the many participants in this year's b Strong 5K at the end of July.

***We are grateful for each day the Lord gives us and are reminded to "Never Give Up".***

-written by Lana Zeltwanger, Betty's daughter

**BLACK** stands for the **SIN** that separates us from God. (Romans 3:23)



**WHITE** stands for **FREEDOM**. When we accept Jesus our sins are forgiven and we are made white as snow. (Isaiah 1:18)



**GREEN** represents our need to **GROW** in the **LORD day by day**. (2 Peter 3:18; Isaiah 40:31)



**RED** is for the **BLOOD** that Jesus shed on the cross for us that cleanses us from all sin. (Romans 6:23; John 3:16)



**YELLOW OR GOLD** We will someday walk the streets of gold in **HEAVEN**. (Revelation 21:21)



## A SIMPLE PRAYER

Here is a prayer you can use to receive Jesus Christ as your Lord and Savior. It is a suggested prayer. The exact wording doesn't matter, what counts is the attitude of your heart: ***"Lord Jesus, thank you for showing me how much I need You. Thank you for dying on the cross for me. Please forgive all my failures and the sins of my past. Make me clean and help me to start fresh every day in a close relationship with You. I now receive You into my life as my Lord and Savior. Help me to love and serve You with all of my Heart. Amen."***

Jesus said: "Whoever comes to me I will never drive away." John 6:37

***\*If you prayed this prayer for the first time, please tell someone you love so they can celebrate your eternal life in Heaven with you.***