

Frank Bailey's Journey:

My journey started with a five-year routine colonoscopy. A large mass was discovered in my large intestine requiring surgery. Cardiac and diabetic problems complicated the issue. Surgery eliminated the mass, but the night before my discharge, I experienced a rupture causing an infection. Emergency surgery and 21 days in ICU followed the removal of the entire large intestine and addition of an ileostomy bag. Use of an intravenous rolling medical cart and ventilator allowed walking in the hallways. I was discharged home in lieu of an outpatient facility. Home nurses did dressing changes and monitored a wound vac. After 3 months, I no longer needed either and felt free. My wife has excelled in dressing my wound and ileostomy. Problems with the ileostomy included leakage that caused several daily changes and severe irritation. My sugar and BP were out of control. Included in our trials were the replacement of the wound vac and several prescription changes. Our prescription and product costs escalated yet prayers and love offerings provided the funds to help manage the additional expenses. I went to zero BP medication, insulin was reduced to a minimum and the bags haven't leaked. My last accomplishment was the elimination of the fires, the feeling of red hot lighters pressing against my stomach, that have been consistent since the ileostomy. Lasting for hours, the pain was completely draining and deprived me of sleep. A cure was found, strength returned, and I now help with chores and run errands. A complete physical found me anemic. An iron supplement was prescribed but not tolerated by my body, therefore it was eliminated.

As announced in 2017, expectations of final reconstruction surgery were delayed. Twice I was admitted to the hospital due to dehydration. My body weight was 132 pounds and I was extremely weak and anemic. Iron was given intravenously. The surgeon said that due to my health condition, he felt uneasy about performing complete final reconstruction and suggested we find a team of specialists. Prayers were answered in April, 2018. After consultation, tears of happiness were shed when the team revealed I was a surgery candidate with 90% success of closure of the hernia and reversal of the ileostomy. Surgery was scheduled for June, 2018. Pre-op included visitation of all doctors involved. A nephrologist was enlisted due to kidney failure of 75%. June 5th brought successful surgery followed by the completed closure and removal of all drainage tubes. I have gained weight and physical therapy has helped with muscle mass.

Thanks for all of your prayers, unconditional love and gifts. With faith and hope, I am much better. God is great!

Communities In Schools (CIS) of Rowan County is a member of a national network of agencies dedicated to the improvement of attendance, behavior, classwork, and parent involvement in high poverty, low performing schools. CIS is the nation's leading dropout prevention organization. The mission of CIS is to surround students with a community of support, empowering them to stay in school and achieve in life.



It is our belief that children need and deserve five basic life tools to achieve successful lives:

- A personal, one-on-one relationship with a caring adult;
- A safe place to learn and grow;
- A marketable skill to use upon graduation;
- A chance to give back to peers and community; and
- A healthy start and healthy future.

CIS places a dedicated Student Support Specialist at each participating partner school. In this pivotal role the coordinator works together with school staff to identify students at risk and to implement strategies to address the educational needs of those students. We provide resources obtained through our relationships with local business partners, churches, social service agencies, and parent and volunteer organizations. The key to CIS's effectiveness is its integrated student services model, which provides a comprehensive range of community-based interventions that can help each student reach his or her own potential.



Meals on Wheels Rowan provides nutritious meals to homebound seniors and disabled citizens in Rowan County.

Meals are delivered by volunteers who offer a friendly greeting and provide an informal safety check. Currently, volunteers deliver between 225-230 meals every Monday-Friday. We have 47 people on our waiting list. We partner with over 57 churches and businesses who help deliver meals. As examples but not from St. Matthews, Jane and Ben receive meals because Jane has dementia and her husband, Ben is her caregiver with health issues of his own. They tell each volunteer that delivers their meals how grateful they are for the meal and visit. The meal program cost is based on a sliding scale, and each participant contributes between \$1-\$7 if they are financially able to do so. For those who cannot contribute the full meal program cost, Meals on Wheels raises money from individuals, churches, fundraisers, foundations, and grants. Jane and Ben are very grateful for the financial support that makes it possible for them to receive a nutritious meal each weekday. For 42 years, Meals on Wheels has served this community by the grace of God and the generosity of many.



4TH ANNUAL

St. MATTHEW'S 5K RUN/WALK

OCTOBER 27, 2018

9:00 AM 5K RUN/WALK
10:00 AM 1/2 MILE FUN RUN

9275 Bringles Ferry Rd.
Salisbury, NC 28146



THRIVENT
FINANCIAL®



St. Matthew's Lutheran Church
1838

WHEN

OCTOBER 27, 2018

5K RUN/WALK 9:00 am
FUN RUN 10:00 am

WHERE

ST. MATTHEW'S
LUTHERAN CHURCH
9275 Bringles Ferry Rd.
Salisbury, NC 28146

COURSE

Will start and end at
St. Matthew's

REGISTRATION

Early registration through
Mail in: October 24
On-line: October 26
www.sportoften.com

PRE-REGIST. PRICE

\$20 - 5K RUN/WALK
\$10 - 1/2 MILE FUN RUN

RACE DAY REGIST. PRICE

Register from 7:30 am to 8:45 am
\$25 - 5K RUN/WALK
\$10 - 1/2 MILE FUN RUN

TIMING

Timing and Scoring will be done
by the Salisbury Rowan Runners.

SHIRTS

5K RUN/WALK participants
receive a Dri-Fit Technical T-shirt.
Pre-Registered 1/2 MILE Fun Run
participants receive a cotton
t-shirt.

Contact Information:
Robert Sweatt - 704.642.8144
jcp15990@gmail.com

SPORTOFTEN.COM

AWARDS

5K RUN/WALK
Top 2 Overall M/F
Top 3 Age Group M/F

1/2 MILE FUN RUN
Top Overall M/F
Medals to all other Fun Run
Finishers

AGES

5K RUN/WALK
10 & Under, 11-15, 16-19, 20-24,
25-29, 30-34, 35-39, 40-44,
45-49, 50-54, 55-59, 60-64,
65-69, 70-over.

This 5K Run/Walk is an approved
Thrivent Action Team Event. They have
donated \$250 to be used toward water
and refreshments.



**Come dressed in your favorite
Halloween costume!**

**Best Youth (M/F) costume will win a
Gift Card from Sweet Frog and a trophy!**



Winner(s) of Costume Contest must be
registered in the 5K Run/Walk and
participated in costume.

ST. MATTHEW'S 5K

	By OCT. 24	OCT. 27
<input type="checkbox"/> 5K Run/Walk	\$20	\$25
<input type="checkbox"/> Fun-Run	\$10	\$10

Name _____

Address _____

Town _____ State _____ Zip _____

Phone _____

Email _____ Age on Oct. 27 _____

☐ Male ☐ Female

Shirt Size (circle one)

Adult Sizes: S M L XL XXL

Youth Sizes: XS S M L

Please make entry fee payable to:
ST. MATTHEW'S LUTHERAN CHURCH
9275 Bringles Ferry Rd.
Salisbury, NC 28146

Participant Waiver: In consideration of acceptance of this entry, I, the undersigned, intending to be legally bound, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against the Salisbury Rowan Runners, St. Matthew's Church, Rowan County, and all sponsors, contributors and their representatives, successors and assignees for injury or illness which may result from my participation. I attest that I am in proper physical condition to compete in this race and understand the risks associated therewith. I also give my permission for the administration of medical aid in the case of emergency. I further give my permission for the free use of my name, voice recording, or picture in any broadcast, telecast or any other account of this event for any legitimate purpose. I understand that if the race is canceled because of circumstances beyond the control of the race committee and sponsors, including, but not limited to hazardous weather conditions or government ban, my entry fee will not be refunded.

Signature (Parent/Guardian must sign if under 18) _____ Date _____