



BECAUSE *we are* CATHOLIC

MedStar Good Samaritan rehab gets WJZ cameraman back to work post-stroke

Darryl Mitchell has always been a hard-worker. Hired by WMAR-TV in the mid-1980's while still in high school, Mitchell was thriving as a videographer at WJZ-TV on Halloween day 2011 when he had a life-changing experience.

"I had a part-time job back then," Mitchell said. "I was working at Kmart in the morning and at JZ in the evening. I left Kmart around 12 and was feeling funny. I then went to pick up my wife at Johns Hopkins, who got off at 2:30, to take her home and get to work by 3:30. When I pulled into Hopkins, I told her I didn't feel well, so she drove home. The last thing I remember was getting back into my driveway."

Mitchell, then 43, a husband, father of five and grandfather, suffered a stroke and was in a coma for nearly a month. He was transferred to MedStar Good Samaritan, one of five Catholic hospitals in the Archdiocese of Baltimore, for rehabilitation. Long known as a specialty center for rehab, "Good Sam" helped Mitchell get back on his feet and eventually return to work.

"They didn't know if I was going to survive because the bleeding on my brain was so serious," Mitchell added. "Good Sam did wonders for me. When I woke up it was shocking. I could not speak. I could not move any parts of my body. All I could do was roll my eyes and pray. Good Sam taught me to speak again, eat again, how to tie my shoes and get dressed. Basically I was like a baby, learning to do things all over again. If not for the folks at Good Sam, I would not have been able to return to work."

Through hard work, dedication and a positive attitude, Mitchell, who turned 47 last month, returned to WJZ in February 2013.

"I have been working since I was 16 and not being able to work or if I would be able to go back to work was my motivation," Mitchell said. "I am not where I used to be and have to focus more on what I do but this happened for a reason. I had always



Darryl Mitchell speaks in a video produced by Good Samaritan about his experience with the hospital.

pushed myself and anyone who has known me for a long time can see this has taught me to slow down. I was a go-getter and this stroke was not going to keep me down but at the same time I no longer have that part-time job."

The Comprehensive Integrated Inpatient Rehabilitation Program at MedStar Good Samaritan Hospital helps patients recovering from a stroke resume active roles within their families and communities. [The hospital produced a video of Mitchell's journey last April.](#)

"There was no other choice but to work hard and get back to work," Mitchell said. "I was always trying to make sure I got things done for my family. Without the care that Good Sam gave me, I would not be able to return to the day-to-day grind and take care of them."

Mitchell reflects back at the last 40 months of his life and gets emotional. "It is hard to see a grown man cry but every Halloween, I cry," Mitchell said. "I am not supposed to be here. Even talking about it today gets me choked up. But I am glad to be here and thankful for everyone who helped."

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