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## Stroke Survivor's Walk Across America Brings Thanksgiving Hope

***Mycle Brandy to Visit with Other Survivors at Virginia Mason Nov. 23***

**SEATTLE - (Nov. 22, 2011)** — In a manner of speaking, Mycle Brandy is coming home for Thanksgiving this year. But coming home for this 60-year-old, four-time stroke survivor doesn't mean gathering around his San Clemente, Calif., dining room table with family and friends. It means completing his second cross-country walk in 18 months at Virginia Mason Medical Center's Rehabilitation Unit, and sharing his message of hope with his extended family of survivors.

At 3 p.m. on Wednesday, Nov. 23, Brandy will complete a 1,400 mile walk from San Diego to Seattle that began on July 17 by visiting with current patients and stroke survivors at [Virginia Mason's Stroke Center](#). He has met hundreds of other survivors during dozens of similar visits over the last two years while walking across America to raise awareness about heart attack and stroke.

Brandy's walking began in 2005 when the American Heart Association (AHA) and American Stroke Association trained him to walk his first marathon. Eight full marathons and five half-marathons later, Brandy decided to take on the ultimate marathon by walking coast-to-coast. His first walk began in Irvine, Calif., on Valentine's Day 2010, his 59th birthday, and ended 2,800 miles and eight months later at the Lincoln Memorial in Washington, D.C.

Not bad for a guy who is deaf in his right ear, numb on his right side and walks with a cane. His message to every survivor he meets is simple, "If I can do it, you can do it. Having a stroke is no reason to give up being active."

Brandy chose to visit Virginia Mason because it is nationally recognized by the American Heart Association for the quality of its stroke care. The Virginia Mason Stroke Center is the recipient of the 2011 Gold-Plus Performance "Get With the Guidelines" Award.

**Coverage of Brandy's visit to Virginia Mason and his meeting with patients and Virginia Mason's Stroke Survivor Support Group is welcome. Brandy is expected to arrive at Virginia Mason's main entrance at 3 p.m. For more information, or to arrange coverage, please contact John Gillespie, Virginia Mason Media Relations, (206) 341-1509.**

#### **About Virginia Mason Medical Center**

Virginia Mason Medical Center, founded in 1920, is a nonprofit comprehensive regional health care system in Seattle that combines a primary and specialty care group practice of more than 440 physicians with a 336-bed acute-care hospital. Virginia Mason operates a network of clinics throughout the Puget Sound area, and Bailey-Boushay House, a skilled-nursing facility and chronic care management program for people with HIV/AIDS. The medical center is affiliated with Benaroya Research Institute at Virginia Mason, internationally recognized in autoimmune disease research. Virginia Mason is known for applying manufacturing principles to health care to improve quality and patient safety. For more information, visit [Facebook.com/VMcares](https://www.facebook.com/VMcares) or follow [@VirginiaMason](https://twitter.com/VirginiaMason) on Twitter.

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[Back](#)