

Daryl Brown, stroke survivor, United States Air Force veteran, and college graduate with a computer networking degree, was born in 1952 in Cincinnati. He was married for twenty-eight years and had two children: Melanie, and Samuel. Today, Daryl, is mostly referred to as “Pop-Pop”, a name acquired from his three grandchildren (one grandson and two granddaughters). His best friend Morty, a shelter rescue dog, joined the family shortly before he suffered his second stroke in June of 2022. His hobbies include cooking, baking, gardening, and playing with my dog. I have recently started working on my house and getting it “the way I want” since I am now widowed. Although his stroke has made his life a little more challenging, I refuse to give up and just sit around. I push myself to continue to be active and workout when possible. Despite having two strokes and one heart attack he refuses to give up. His motto is “I keep with my healthy active lifestyle to ensure he can live forever.”