

# Now I can...

protect the park

Having a stroke at the age of 48 never crossed Greg Plump's mind.

"It just came out of the blue," he said. "I was working out every day, and I tried to eat healthy."

To recover from the unexpected stroke that paralyzed his left side, the Holmes County State Park ranger and former Mississippi State University quarterback underwent inpatient rehab at Methodist Rehabilitation Center.

"MRC's staff was unbelievable," he said. "I tell you they gave me some of the best workouts I ever had—and I played college football."

He then enrolled in MRC's Quest outpatient program so he could return to work, and is now back on the job.

"I'm a little bit slower than I was, but I can still do everything," he said. "It's my job to ensure that people who come to the park enjoy themselves."



Earl R. Wilson, Founding Chairman  
**METHODIST**  
REHABILITATION CENTER

