

## NEXUS CHAMPION

# DAVID YORK



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On December 9, 2023, David York sustained a stroke as the result of a ruptured brain aneurysm. After being rushed to the hospital for surgery, he developed a brain bleed that required the placement of a shunt.

David was in a coma throughout this period of intensive care. When he awoke five weeks later, he found himself unable to perform basic activities, such as showering, eating, and using the bathroom without assistance.

**“It was a dark time for me,”** said David. **“I didn’t want to accept it. I was scared, but I quickly found strength in the Lord. He was just so good and kind to me.”**

David’s faith played a crucial role in his recovery over the next seven months, which he spent at Nexus Neurorecovery Center – Conroe (NNC-C). He participated in intensive speech, physical, and occupational therapy to strengthen his damaged vocal cords, compensate for the left neglect he developed, and re-learn activities of daily living.

**“The staff at Nexus is just so amazing. All the therapists and CNAs are wonderful. They’re so well organized, they’re friendly, outgoing, they talk to you. I don’t know what would have happened if I had gone somewhere else. It was a godsend that I was able to go there.”**

As David began to regain his physical and cognitive strength, he discovered a passion for encouraging other patients on similar recovery journeys. Uplifting and connecting with members of the NNC-C community became a crucial part of his rehabilitation.

**“Once I got better, I wanted to share the good news with other people,”** said David. **“I would always encourage everybody to give 110%, especially on the days they didn’t want to. I made it my mission while**

**I was at Nexus to relate to others. It’s incredible the way you can connect to somebody that’s in the same position as you. Other people can tell you they understand, but unless they’re undergoing what you’re going through, they don’t.”**

After being discharged from inpatient care, David visited NNC-C regularly for outpatient therapy, and now continues to practice his therapeutic exercises at home. He can now take care of himself and his elderly mother, who lives with him, and looks forward to re-engaging in one of his favorite activities: cooking. Prior to his stroke, David took great joy in preparing food for others.

**“My pleasure was feeding people,”** said David. **“I fully believe I will be able to cook again. I never thought I was going to walk again, but now I’m walking without a cane.”**

During a recent hospital check-up, David was invited to volunteer in a program for stroke victims. This will allow him to continue fulfilling the purpose he found at Nexus — sharing his strength with people in recovery.

**“I can’t wait to encourage people in the way I did at Nexus. I just want to share the joy and light I have found.”**



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