

NEXUS CHAMPION KALE RUSH



“ Our goal is for him to always be as happy as possible. ”

Kale was admitted to Nexus Children’s Hospital with a diagnosis of Prader-Willi Syndrome (PWS), a rare genetic disorder, after spending a month in a children’s hospital in his hometown with congestive heart failure and a severe cold.

“We were having a hard time finding the right diet plan for him, and he was continuing to gain weight rapidly,” said Danika Joseph, Kale’s mother. “He’d been diagnosed with PWS when he was around two months old, and for most of his life we’d been trying to redirect him from his food-seeking behaviors.”

After being admitted to Nexus Children’s Hospital’s Changes Health & Wellness Program, Kale lost nearly 60 pounds. “Nexus helped tremendously with the weight loss,” said Danika. “They put Kale on an amazing diet plan that we still follow at home today.”

Even though Kale spent his fifth birthday in the hospital, he found enjoyment in the activity room and karaoke day — he even discovered a love for the linen room, delighting in playing with the towels and washcloths stacked on the shelves. Also having autism, Kale thoroughly enjoyed the sensory room that featured bubble machines, textured walls and other engaging elements.

“Nexus helped us in ways I didn’t expect them to help,” Danika shared. “In addition to his weight loss, they assisted him with becoming more stable and mobile through physical and occupational therapy.”

Having just started to walk before he was admitted to the hospital, Kale often needed a wheelchair to get around. Now, he only needs it for long distances. “He doesn’t even need to hold our hands when he walks anymore,” said Danika.

After discharging from the program, Kale has continued to make progress with his weight loss. Danika explained, “The diet plan is very detailed, but also easy to follow, and he continues to lose weight since he’s been home.”

As Kale and his family look to the future, their goal is to maintain his weight while continuing his rehabilitation therapy. “He’s the happiest kid,” Danika said. “Our goal is for him to always be as happy as possible.”

When reflecting on Kale’s time at Nexus Children’s Hospital, Danika explained, “It’s a little bit scary to leave your child with strangers. But the team there is professional and friendly. They try to make you feel as comfortable as possible and always keep you informed. And it’s obvious that they love every child they work with.”

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