

# Austin Speech Labs

2012 Newsletter

We are thankful for a great year! Volunteers and staff at Austin Speech Labs were busy in 2012 helping clients regain the gift of speech as well as raising money and awareness about the needs of stroke survivors. Clients worked tirelessly in the lab and at home, practicing speaking and writing so they could reengage in their social lives. We hope this newsletter will give you a sense of our lives this past year and a glimpse into all that lies ahead. Thanks to all our volunteers and donors for their support!

Our 2013 Boot Camps are starting soon and filling up, so sign up today!

January-March-Dates TBA  
March-May-Dates TBA  
June-July-Dates TBA  
September-October-Dates TBA  
November-December-Dates TBA

If you know of anybody who is in need of our services please have them contact us at [www.austinspeechlabs.org](http://www.austinspeechlabs.org)

## Our Team

### Staff

Shilpa Shamapant, M.S., M.A., CCC-SLP  
Shelley Adair, M.S., CCC-SLP  
Mayra Mata, B.S., CCC-SLPA  
Gaby Villanueva, B.S., CCC-SLPA

### Board Members

Missy McCarroll  
Aditya Mishra  
Kim Scofield  
Venu Shamapant  
Tom R. Locke  
David Little  
Harish Gagneja, M.D.

### Advisory Board Members

Sherrie Frachtman  
Everett Heinze, M.D.  
Thomas A. Hill, M.D.  
Kacy O'Hare  
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## How To Help

### Donate By Mail

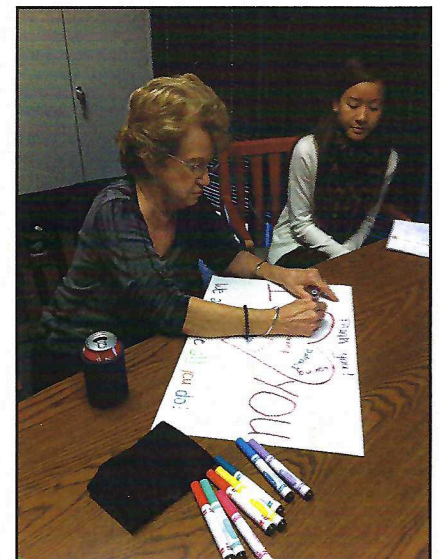
Austin Speech Labs  
7800 Shoal Creek Blvd.,  
Suite 240 S  
Austin, TX 78757  
(512) 992-0575

### Donate Online

Please visit [austinspeechlabs.org](http://austinspeechlabs.org) and click on "Donate Now" to make a secure donation.

### Shop at Randall's

Link our Good Neighbor Number (12478) to your Randall's Remarkable Card





# Letter from the President

Dear Friends,

At Austin Speech Labs, stroke survivors are eagerly waiting to express their thanks using words . . . words that they have regained through therapy because of your generous time, effort and donations. Austin Speech Labs would like to thank all our donors, grantors and volunteers for supporting us in our mission. It is because of your tireless effort and love for stroke survivors that Austin Speech Labs was able to expand programs, recruit and train more volunteers, hire new staff members and help many stroke survivors.

Here are some of the things we accomplished in 2012:

- *Provided 180 clients (including repeats) with intensive speech, language and cognitive therapy.*
- *Enrolled 40 new clients this year.*
- *Conducted pilot music and Spanish-therapy programs to provide relaxation and improve auditory processing skills in stroke survivors.*
- *Hired part-time Volunteer Coordinator/Office Assistant.*
- *Initiated talks with Music Department at the University of Texas, Austin to include music therapy on a regular basis.*
- *Raised stroke awareness at five senior centers, community organizations and local churches.*
- *Graduated Boot Camp clients became volunteers and helped other clients.*



ASL students speak at AAASLP.

In 2013 Austin Speech Labs hopes to accomplish the following:

- *Reach out to increasing numbers of stroke survivors through collaborations with other local agencies.*
- *Expand office space to accommodate the growing number of clients.*
- *Continue to raise stroke awareness in our community.*
- *Educate more volunteers so they can make a difference in the community when they begin their careers as speech therapists.*



One stroke survivor helps another read.



Pilot music therapy program.



## From A Caregiver

We recall vividly the day we were told that speech therapy in an outpatient setting would end. Bob was not making progress quickly enough to continue to meet Medicare guidelines. He could only say a few words and desperately needed more therapy. Research told us quickly that our retirement budget could not handle the expense of private therapy. How would we ever be able to help Bob get a voice back? Fortunately, friends had told us of a place that helped them, a not-for-profit organization with affordable rates and great success stories. "It was here where I learned to talk again," was a strong testimony for Austin Speech Labs (ASL).

What began as a decision based primarily on finances and a friend's recommendation has turned into our most significant investment since Bob had his stroke over two years ago. The returns cannot be measured in dollars, only in a profound improvement in our quality of life. Bob came to ASL with garbled words and a robust laugh. Today, he finds acceptance by others who share his same difficulty. They cheer and celebrate each individual victory with "Hurrah!" or "Way to go!" He finds wisdom from experienced therapists, willing to go the extra mile to find a way to help him express himself. When fatigue is a problem, they work around it. New approaches keep him stimulated and motivated. He gets individual attention, even in group settings. The UT student mentors bring enthusiasm and passion as they observe and begin to use their newly learned skills. Computer sessions offer the latest in language and aphasia software.

As a 24/7 caregiver, ASL even offers recovery for me. The healing that goes on in the lobby is an added bonus. Listening to techniques for coping and sharing stroke stories have helped me better understand the difficulties my husband faces everyday. Some use the therapy time for running errands or sharing lunch with a friend. Several walk the halls and stairs for some needed exercise for their own bodies. Some days the lobby hours are the only time I sit down all day! Therapists always make time for family members and want them to be partners in this recovery journey. Bob and I are healing together.

I look ahead with confidence to the time we will spend with the ASL family, helping Bob to become the best he can be. Love, acceptance, and a caring environment have healing powers sometimes far beyond the world of pills and prescriptions. The returns on our Speech Therapy investment have truly been far reaching. Every member of our family receives a dividend each time Bob is able to respond to one of them. Our lives are surely richer because we chose ASL!

-- Ann Busby



## Wish List

### Computers

Laptops (4)  
iPads (4)

### Sponsor a Client

\$800/Boot Camp (\$10/hr)  
Evaluation \$50/client

### Monthly Fees

Internet \$100/mo  
Software \$50/mo  
Water \$25/mo  
Phone \$50/mo

### Materials

Testing Materials \$500  
Therapy Materials \$200  
Gas Cards \$50/client  
Printing Paper \$50 (5 reams)

If you would like to donate, please call the office at 512-992-0575.



## One Word at a Time

May is National Stroke Awareness Month, and Austin Speech Labs (ASL) celebrated by hosting its third annual fundraising event, *One Word at a Time*. On May 10, 2012, approximately 300 people gathered at the Four Seasons Hotel in downtown Austin to commemorate stroke awareness.

A silent auction was conducted as the friends and families of Austin Speech Labs trickled into the foyer before the ballroom doors opened. Shortly thereafter, the doors opened and the cocktail-attired assembly moved into the ballroom to sit and enjoy a meal as the event began.



The event launched with a touching video broadcast that was graciously filmed, edited and produced by videographer Neha Gupta. The video captivated the audience as clients and staff members alike shared stories of despair turn to hope. There was not a dry eye in the audience. The tenacity of these survivors and their families, told in their own words, was incredibly poignant and gave us a glimpse into what stroke survivors face when trying to return to their lives. Dr. Everett Heinze, Neurologist and Medical Director of St. David's Rehab, brought to our attention the growing need for organizations like Austin Speech Labs. Dr. Heinze shared his hope that events like *One Word at a Time* would foster the conversation about the impact of stroke in our community. The audience was attentive while he conveyed the need for us to be involved and a call to action to assist the many more stroke survivors in need.

Cheryle Locke, mother of three and a young 48 year old stroke survivor, delivered a heartfelt speech depicting her battle with recovery. She described how it took years to see progress and how she was very hesitant about starting therapy at Austin Speech Labs. Cheryle recalled that it wasn't until about the second Boot Camp that things started to click.



She was so very proud of herself for now being able to speak in front of a crowd of almost 300 people. Cheryle's determination was illustrated in her deliverance. Every audience member was fully engaged in her enthralling story of personal perseverance.

Senator Kirk Watson rounded out the evening and helped support the cause by delivering the keynote address at the event. The senator talked about how a stroke had touched his life and what it meant for him to help a loved one cope with and battle back from a stroke. Listening reverently, the crowd appreciated Kirk Watson's testimony and held their applause to show their gratefulness long after he finished speaking.

ASL extends a tremendously special thanks to Kacy O'Hare, Missy McCarroll, and their entire committee whose tireless efforts helped make the event a monumental success raising over \$87,000. Thank you to everyone who volunteered or participated through efforts and attendance for making this year's *One Word at a Time* fundraiser such a memorable event!







### 2012 Grants & Donors

We were thrilled to be awarded grants from St. David's Foundation and City of Austin - GTOPS. Thank you! We are also grateful to our organizational donors: First United Methodist Church, National Student Speech Language and Hearing Association, Austin Area Association of Speech Language Pathologists (AAASLP) and many individual contributors.



National Student Speech  
Language Hearing  
Association (NSSLHA)



FIRST UNITED  
METHODIST CHURCH

### Financials

Income	2012
Grants	\$46,703
Program Service Fees	\$97,525
Fundraising & Contributions	\$123,341
<b>Total Income</b>	<b>\$267,569</b>

Expenses	2012
Program Expenses	\$124,251
Discounted Fees	\$16,015
Support Services	\$9,674
Fundraising Expenses	\$24,875
<b>Total Expenses</b>	<b>\$174,815</b>

<b>In-Kind Donations</b>	<b>\$110,108</b>
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## One Word at A Time

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KLRU-TV, Austin PBS  
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Zocalo Café

Special thanks to  
Westbank Flower Market



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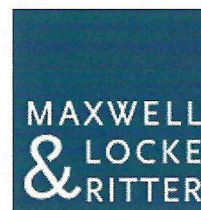
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Austin Speech Labs

7800 Shoal Creek Suite 240 S

Austin, TX 78757

Austin Speech Labs

2012 Newsletter

# Our Mission

Austin Speech Labs is a 501(c)(3) approved non-profit dedicated to improving the quality of life for stroke survivors and their caregivers. We provide intensive speech, language, and cognitive therapy at an affordable cost.

