



AUSTIN SPEECH LABS

stroke recovery one word at a time

2008: Hopeful



2009: Determined



Our first summer boot camp was in 2009. We had ten clients and we all worked in this one room.

One Word

Since opening in 2008, we have spent the last ten years helping stroke survivors find their words. We have collaborated with other professionals to find better ways to access words. We have utilized the power of music to unlock the hold on words. We have trained speech pathology, medical, and nursing students to look beyond the traditional paths to find lost words. We are in the process of developing an app to help read those words. Our clients will tell you the process of recovering words – even ONE WORD – requires hard work, persistence, and time.

To celebrate our 10th anniversary, we asked our community to provide ONE WORD to describe Austin Speech Labs. Read on to see what they had to say.

2010: Community



In 2010 we expanded our services to other cities by starting our Teletherapy program.

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Years After Stroke, Learning Continues

Communicating using words, or through writing, is a basic human need. We use words to express our emotions. Whether we're connecting socially, being heard in society, or saying "I love you", words are fundamental. When someone suffers a stroke, this basic human need is lost without warning. Regaining this powerful mode of communication takes intense hard work, repeated practice and support from family, friends, and society. It cannot be achieved by sitting alone, watching videos, or walking idly. Verbal communication is active learning and has to be done every day with support.

Over the last 10 years, your generous donations, grants and hard work as volunteers, family, and friends have helped stroke survivors at Austin Speech Labs work tirelessly to regain their words so they can be heard again. Your generosity has provided hope and a place for stroke survivors to receive affordable intensive speech therapy for as long as needed. We have trained medical students, nursing students, physical therapy and speech therapy students to work with stroke survivors. In turn, they are able to provide education on medications, assist with posture training, practice taking medical histories, and help our stroke survivors learn to talk again.

Today we are able to better understand stroke recovery in a holistic manner and change treatment to help stroke survivors regain language. It is your support, advocacy and continued financial investment that has helped our stroke survivors continue therapy for years after stroke. Austin Speech Labs is proud to say that through years of therapy several of our stroke survivors like Casey Gwinn, Christina Fleuriet, David Little, Lacey Coleman, and Tom Hilgendorf, are back in the community working and socializing again. If they had to rely only on insurance, we would not be able to see them return to work. They have proved that learning continues years after stroke.

In 2019, we are looking forward to collaborating with stroke experts to find prediction tools and superior treatment approaches to speed up stroke recovery and increase our outreach. On behalf of Austin Speech Labs board members and staff, I would like to thank you for your support and hope you will continue to help many more stroke survivors regain language 'One Word At A Time'.

Happy Holidays!

Shilpa Shamapant,
President, Co-founder

2011: Growth



In 2011 we opened the clinic to five days a week. We increased our team to include two Speech Language Pathologist Assistants.

2012: Teamwork

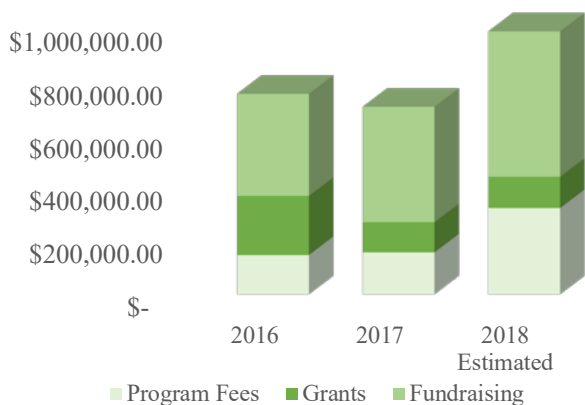


In 2012 we moved to our third home. We opened the clinic to morning and afternoons and hired two speech therapists.

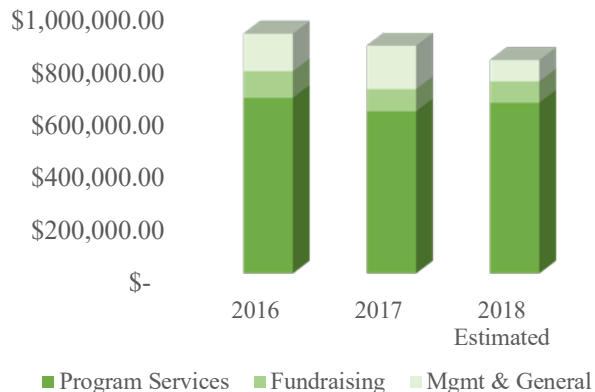
Austin Speech Labs Growth 2016-2018



Income Distribution



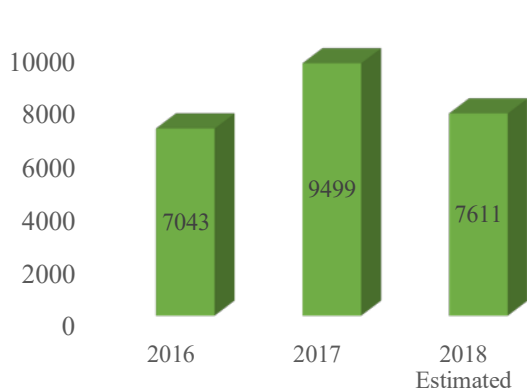
Expense Distribution



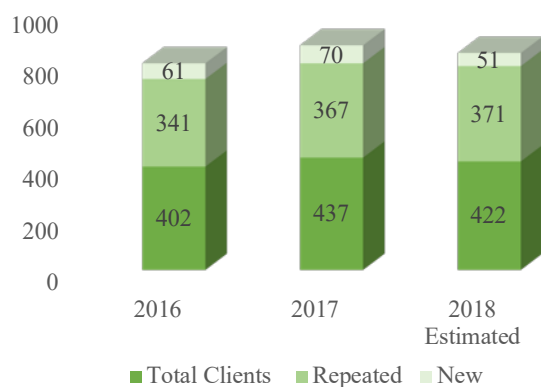
	2016	2017	2018 Estimated
Program Fees	\$147,730.00	\$157,865.00	\$324,675.00
Grants	\$222,670.00	\$113,400.00	\$117,800.00
Fundraising	\$384,521.83	\$434,826.83	\$547,596.14
Total	\$754,921.83	\$706,091.83	\$990,071.14

	2016	2017	2018 Estimated
Program Services	\$666,140.00	\$615,081.41	\$647,623.56
Fundraising	\$101,231.00	\$84,301.10	\$80,952.95
Mgmt & General	\$142,213.00	\$164,601.77	\$80,952.95
Total	\$909,584.00	\$863,984.28	\$809,529.45

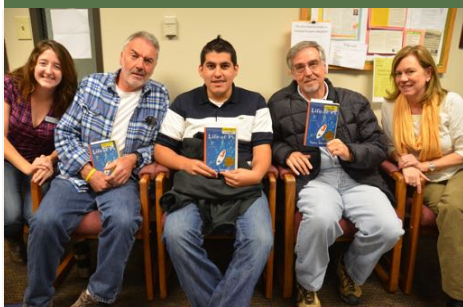
Volunteer Hours



Client Numbers



2013: Interactive



In 2013 we launched our research program and added our scientific board members.

2019 Boot Camp Dates

January 14th - March 8th
 March 25th - May 17th
 June 3rd - August 2rd
 September 3rd - October 25th
 October 29th - December 20th

2014: Outreach



In 2014 we started providing teletherapy to the Laredo Stroke Support Group.

One Word At A Time

On May 3rd, 2018, we celebrated ten years of service: 10 years of clients finding their words, 10 years of students training to become better clinicians, 10 years of caregivers fighting for their loved ones, 10 years of volunteers giving their time, and 10 years of sponsors supporting our cause at our 2018 One Word At A Time annual event.

Kelly Kopecky was the emcee for the evening. Kelly attended our event in 2012 to support her friend, whose mother had a stroke. Little did she know that a year later her father would suffer a massive stroke, and the organization would become an essential part of her family's life. Kelly's personal experience with the organization gave deeper insight into the importance of Austin Speech Labs for not only the clients but for the community as well.

For this year's event, we took a different approach with our guest speakers. We let our clients do the talking. Three clients shared their amazing stories: Julie Cordiano, Kevin Lee, and Todd Ballengee. They had different backgrounds, goals, and dreams, but were bound together by stroke. They showed the audience what it means to lose your words, to have to fight to count or say the alphabet, to struggle reading to your children. These clients told **our** story through **their** words.

We ended the evening by Shining a Light on Stroke. We wanted to show the impact of strokes on our community. Each person was given a candle and asked to light it when they heard a category in which they belonged. Stroke survivors lit their candles first. The faint glow grew brighter when caregivers joined. Then family members, medical providers, and finally friends joined the illumination. With all groups added, every light in the room was shining on stroke. It was a beautiful moment, and a reminder that strokes do impact us all, and together we can keep up the fight, One Word At A Time.

We are beyond thankful to Missy McCarroll and Ann McIver for taking on the monumental task of organizing another hugely successful evening. We were able to raise over \$360,000 to support stroke survivors and continue to serve our mission. We are looking forward to our next celebration on May 2nd, 2019 at the Four Seasons Hotel.



one word to describe Austin Speech Labs



Community

When you walk into the office, you don't see a clinic. You see smiles, you hear laughter, you bump fists with someone walking down the hall, you feel life. This group of individuals is a part of not only each client's journey to recovery but their personal and social lives. They communicate about sports, the weather, their families, even with limited speech ability. And this is why stroke survivors from across this country come to this program. Because it's not a just a clinic, it's a community.

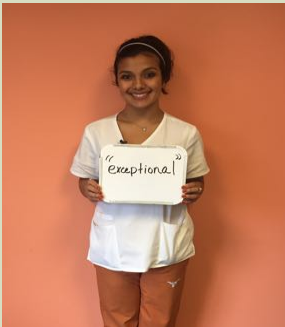
Texas Tower Communications



Compassionate

Shilpa and Shelley lead by example and treat everyone with compassion, kindness, and respect. The authenticity, intelligence, and big hearts of these two women and the staff have been inspiring me for years.

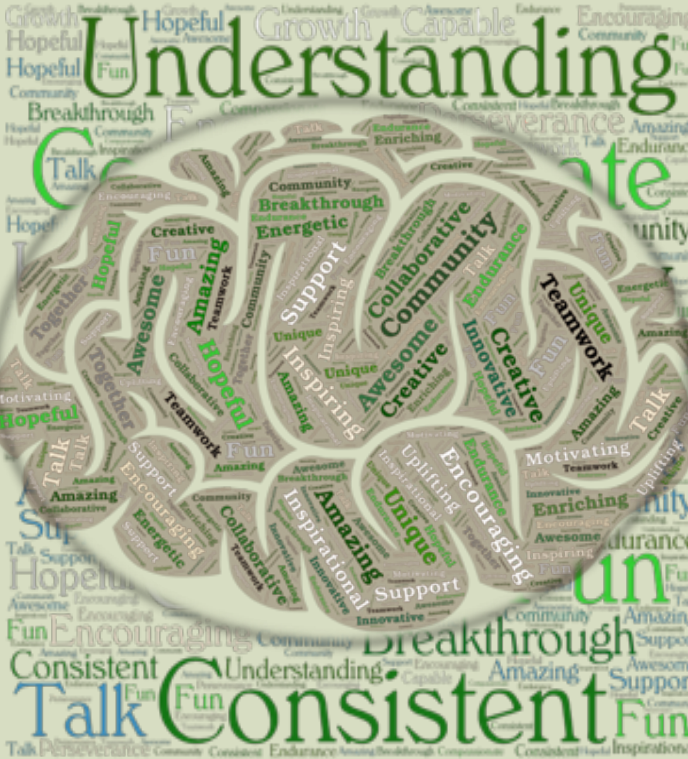
Laura York,
Board Member
Fundraising Chair 2017 & 2019



Exceptional

It's very unique here. The things that you do here. It's one of a kind and inspiring.

Linzy Amador, UT Nursing Student



Persistence

Every day I saw clients persistently challenge themselves to regain a part of themselves they had lost. I also saw the unwavering efforts of clinicians and volunteers to keep the clients motivated and supported during their sessions.

Shannan Bloomstrand,
Graduate Student, former volunteer



Opportunities

No matter where you are in your recovery, you get a chance here. Everyone has an opportunity to give and make progress.

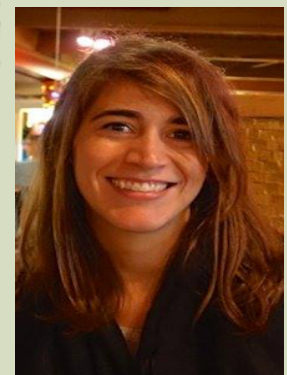
Abi Amadin, Dell Medical Student



Humanism

I believe Austin Speech Labs emphasizes the values of human beings and the capability of the brain and body to heal itself over time.

Michelle Sawtelle,
PT Professor



Uplifting

The positive community of staff and volunteers at Austin Speech Labs supports stroke survivors as they work towards their goals and lifts their spirits along the way.

Catherine Bailey, M.A.
Speech Language Pathologist, former intern

Zack's Story



My name is Zack Northcutt, I'm a Chef from Austin, Texas. I was working for U. S. Foods as a Food Fanatic Chef. My job was to inspire other chefs with our products. I had been cooking for 20 years. I believe that working in the kitchen brings people together towards a common goal.

On January 9th I had my stroke. I was spending a day testing non-stick cooking spray. When all of a sudden, I felt out of it, so I called my friend and coworker Joey for help. He took me to the hospital in Kyle where I was air-lifted to Seton. I was in the hospital for at least a week, I couldn't really tell you for sure. The only place I really remember is Central Texas Rehabilitation Hospital. I could understand almost everything going on around me but couldn't do anything about it. It was difficult to express my wants when my mouth wouldn't do what I wanted. It was frustrating, but I had my wife and other family here to help me out. I'm especially lucky to have my wife Jenna to help me through this. Most importantly Jenna thank you for being you.

It's been ten months since my stroke, I can walk on my own, and write the article you are reading today. It is still a struggle to come up with the right words that I am trying to say. That's what I am working on here at Austin Speech Labs the bestest place ever!

For the stroke survivor do not forget to try every avenue available.
For the caregiver don't give up on your loved one.

2015: Innovative



In 2015 we added Bri Rocha, our Neurologic Music Therapist, to the mix. We also designed and carried out a pilot research study using transcranial direct stimulation and verb therapy.

Awards

Shilpa Shamapant was awarded the Nonprofit Leadership Award by Mission Capital on October 17, 2018.

This award is given to a current nonprofit director whose notable achievements over the course of their career have resulted in lasting community impact. This leader inspires and empowers others to achieve meaningful, measurable and sustainable solutions to critical community challenges.

-Mission Capital



A Look Ahead

Amplify Austin: March 1, 2019

One Word At A Time: May 2, 2019

World Stroke Day: October 29, 2019

Year End Celebration: November 2019

World Stroke Day

2016: Uplifting



We were given the RAISE award by the National Stroke Association.

Do you know your risk for having a stroke? This was one of the many questions answered at our second annual World Stroke Day Health Fair presented by Medtronic. On October 29th, 2018 World Stroke Day, people gathered in the Austin Speech Labs courtyard for a free community health fair. This year, our guest speaker, Jefferson T. Miley, M.D. Assistant Professor, Department of Neurology, Dell Medical School, spoke about stroke prevention and rehabilitation. The Director of Clinical Services, Kevin Schrank, also spoke about the services that CommUnityCare offers to those in need in the area. Additional sponsors included CommUnityCare, Ottobock, St. David's Health Care, Talk To Me Technologies, Capital Investment Advisors and The University of Texas Dell Medical School.

Headed by our very own Elle Kemp, the event offered free screenings including hearing, vision, glucose, balance, and chiropractic. Screenings were made possible by The University of Texas nursing students, Student Society of Health System Pharmacists, the University of St. Augustine Physical Therapy Students, Central Texas Hearing Center, and The Optometry Center for Vision Therapy. We were very fortunate to have a number of volunteers from Austin Speech Labs and the UT American Medical Student Association help us set up and run the event. Thirty vendors from the surrounding areas attended the event to promote resources for healthy living. There were door prizes and live music, including a special musical performance by the talented Heather Bishop, a stroke survivor.



2017: Educating



This year, we partnered with UT nursing students. They did an 8-week rotation where they teach healthy living to our clients.

Mark your calendars for our 3rd Annual World Stroke Day Health Fair coming to you October 29th, 2019.



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Caregiver Corner



We can't thank Marcy Thomas enough for all she has done for the caregivers at Austin Speech Labs. She has volunteered countless hours this past year building up our caregiver program. She puts together a weekly email and sends it to the caregivers updating them on the topics that were discussed at the support group meetings and provides links to resources that may be helpful to them. Marcy goes out of her way to come to the office multiple times per week, so she can catch any

caregiver that may need help. She has made numerous referrals to our caregivers for needs that they may have casually mentioned when they pass in the halls. She seeks out all our new clients to make sure they feel comfortable in the office, and they know they have a hand to reach out to if necessary. Marcy is constantly looking for family outings and activities our clients and their loved ones can do as a group, so they don't lose their connections to others. Thank you, Marcy, for leading the charge with our caregivers. You have given so many people that extra bit of support that they need during their unexpected journey as caregivers.



Broken Sounds By Aphasia

"I didn't say nothing"
 "I don't like"
 "It fall down"
 "That's mine"
 "I ain't got nothing"
 "Where's Debra?"
 "You like me?"
 "I like you."
 "That's good"
 "What time is it?"
 "Yesterday, Tomorrow."
 "The Lord will come."
 "Can I go?"
 "I'm going."
 "I love you."

By Debra Hall,
 Daughter of Mae Hall
 (pictured right)



Broken Sounds By Aphasia is a collection of phrases from my mother's present vocabulary and communication challenges resulting from a stroke that occurred in 2012. I put her phrases together in a poem to help me move beyond my own frustrations from the humbling remnants of this stroke.
 Debra Hall

2018: Perseverance



Ten years later we have ninety clients per boot camp, a music therapist, six speech language pathologists, an office manager, a grant writer, an accountant, a developer and over fifty volunteers per boot camp. In addition, we started a choir, a caregiver support group, and we have nursing students and medical students doing rounds with us. It is because of our incredible community that we have been able to shine a light on stroke and continue to offer so much to our stroke survivors and their families.





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Odd Duck
Paper Place
Pecan Street Brewing
Pilates 360 Degree
Pinthouse Pizza

Ramen Tatsu- Ya
RedBird Boutique
Roaring Fork
The Salt Lick
San Luis Spirits
Santa Rita Tex Mex Cantina
Shalom Austin: Jewish Community Center
Shamapant and Gagneja Families
Shoal Creek Nursery
68 Degrees Kitchen
David E. Smith/Classified Wine and Spirits
South Congress Hotel
Southern Glazer's Wine and Spirits
Still Austin Whiskey Co.
Tarver Hill Salon
Texas Keeper Cider
Texas Roller Derby
Texas Rowing Center
Texas Sailing
Texas Stars Foundation
Third Coast Coffee
34th Street Café
Jeff and Marcy Thomas
3 Centered Yoga and Body Work
Tiff's Treats
Tito's Handmade Vodka
Twisted X Brewing Company
The University of Texas Golf Club
The University of Texas at Austin – Office of the President
Violet Crown Austin
Wanderlust Yoga Austin
Karen Weber
ZACH Theatre
Zocalo Cafe

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Our Mission:

Austin Speech Labs is a 501(c)(3) approved nonprofit dedicated to improving the quality of life for stroke survivors and their caregivers. We provide affordable intensive, speech, language, music and cognitive therapy to stroke survivors, advance our therapy methods through innovative research, and shares results with the community.

austinspeechlabs.org

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