

2011

Austin Speech Labs

Annual Newsletter

We hope 2011 has been a good year for you all. It certainly has been for Austin Speech Labs, for whom the year could be summed up with three words: busy, busy, busy! As for our clients, we have been busier than ever at the task of rehabilitation...writing journal entries, solving math problems, taking online courses, discussing novels, debating issues, and giving speeches. As for our leadership and staff, we have been busier than ever raising money, developing new programs, and finding new and better ways to serve stroke survivors here in Austin and beyond. We hope this newsletter gives you a glimpse into the world of Austin Speech Labs over these past twelve months and a vision of what lies ahead. If you know of anybody that is in need of our services please have them contact us at austinspeechlabs.org.

Our 2012 boot camps are filling up and starting soon:

January 9 th – March 2 nd	Winter Camp
March 19 th – May 11 th	Spring Camp
June 11 th – July 20 th	Summer Camp
September 3 rd – October 26 th	Fall Camp
November 5 th – December 18 th	Winter Camp

Our Team

Staff

Shilpa Shamapant, M.A., CCC-SLP

Shelley Adair, M.S., CCC-SLP

Board Members

Shelley Adair

David Little

Missy McCarroll

Aditya Mishra

Venu Shamapant

Advisory Committee

Sherri Frachman

Everett Heinze, M.D.

Thomas A. Hill, M.D.

Kacy O'Hare

Sandy Rogge

Steve Saunders

How to Help

Donate by Mail

Austin Speech Labs
7800 Shoal Creek
Suite 240S
Austin, TX 78757

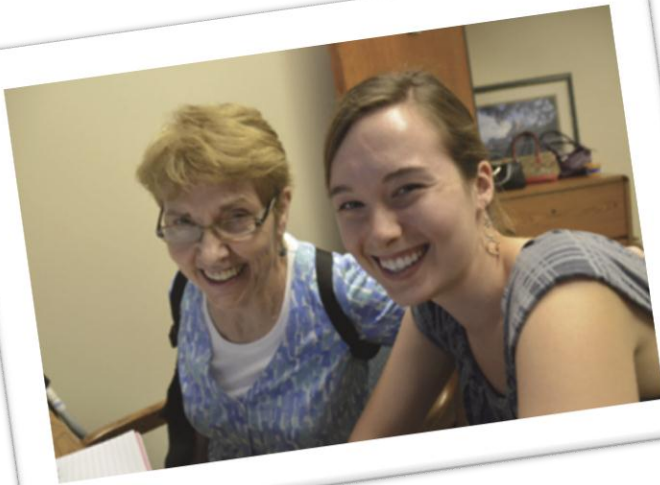
Donate Online

Please visit
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.





2011 Grants

We were thrilled to be awarded grants from Austin Community Foundation, Grant for Technology Opportunities Program, Health's Angels, and Querencia. It is because of your trust and support in us that we were able to expand our services, double our caseload, and meet the needs of more and more stroke survivors. We are grateful. Thank you.



Cheryle Locke Pingel



Austin Community
Foundation

Financials

Income	2011	2012 (Projected)
Grants	73,219	92,425
Program Services Fees	70,344	101,700
Fundraising	106,563	110,000
Other Revenues	11,134	56,200
Totals:	\$261,260	\$360,325

Expenses	2011	2012 (Projected)
Program Expenses	110,368	243,083
Support Services	25,031	42,045
Totals:	\$135,399	\$285,128



My Journey

Last summer I went to camp at age 73. I learned a lot of new things, met people whom I had a lot in common with and, best of all, I was challenged to try things that I didn't think I could do and surprised myself.

I first met Shilpa, the President of Austin Speech Labs, when I went for an evaluation. She pinpointed my word-finding difficulty and she also asked me if I was hungry. That question told me a lot about the caring way she treats people. When the evaluation was completed, Shilpa informed me that I was going to be in Boot Camp for the next six weeks.

When I arrived the first day of camp, I realized that, like me, all the other campers were recovering from a stroke. (We weren't called campers, but I couldn't call the others clients or patient, those words aren't individual enough for the personal, individual approach to our needs.) None of our strokes had been the same and the challenges we were facing were different. I was the oldest camper and the youngest was 21, but our ages made no difference. Soon we bonded. Seeing a fellow camper relearn how to write or another start to talk in full sentences from a few words here and there made the rest of us want to cheer.

We were supported by interns, college students who were studying to become speech pathologists. Each and every one was positive, gentle, friendly and skilled at helping people improve their communication skills.

No two days were the same. Sometimes in the morning we would gather together and Shilpa would give us a task to work on as a group focusing on attention, memory word finding, or problem solving. Later in the day, participants would be given an individualized plan, tailored to their specific needs. Usually one or two of the interns would coach her or him. Shilpa made sure that each camper took a break and invited us to bring a snack.

One of the projects Shilpa proposed was reading a best seller a few chapters each week and coming back to discuss it in a group. It was a colorful story, so we didn't want to miss a word. Two of the members of our boot camp book group got a family member to read the assigned chapters to them so they wouldn't miss a word.

If one of us were momentarily feeling like giving up, we would remind that person what he or she had accomplished that day or week. There wasn't a day when someone didn't make progress, or a day when a camper wasn't encouraged and praised for his or her achievement.

It takes a long time to retrieve what we had once taken for granted. At Austin Speech Labs the time flies.

Lynn Stiles