



# Austin Speech Labs

OCTOBER 2009 NEWSLETTER

We provide intensive group, individual, and computer therapy for stroke survivors.

## Celebrating our first year

*On September 15, 2009, Austin Speech Labs completed its first year of work. We have much to celebrate.*

This has been a great year for ASL. We have provided affordable therapy to 24 individuals, we've completed six boot camps, we started developing our computer lab, expanded our Board, and have outgrown our current space. We are thrilled and amazed at all we've been able to do this past year, but none of those things compare to the accomplishments of our clients.

The 2009 year started off with a bang when, after completion of our first two boot camps in 2008, **Lacy Coleman** was able to return to college—a goal that she had all but given up on. Not only was she able to

take a full course load, Lacy also received A's in all her classes.

Next, we were overjoyed to see **Casey Gwinn** move into his own apartment in the Spring of '09. Casey had spent the last three years living with family members and was ready to have a place of his own. In addition, he has gotten back in the saddle and has been pedaling his way to therapy every day.

We saw things come full circle when **Tom Hilgendorf** started volunteering with our program after completing two bootcamps of his own. Tom has become a valuable part of our volunteer program and he offers insight into our clients that no one else can provide.

Another client, **David Little**, has returned to practicing law and has also become a

*continued on page 2*

### Inside this issue:

|                |      |
|----------------|------|
| WE CELEBRATE   | 1, 2 |
| OUR NEEDS LIST | 1    |
| TOM'S STORY    | 2    |
| OUR VOLUNTEERS | 2, 3 |
| OUR DONORS     | 4    |

### ASL's Needs List

#### Can you help?

#### Office:

- Internet service (\$360/year)
- Computers (6 needed)
- Printers (2 needed)
- Fax/copy Machine
- Phone
- Furniture: tables and chairs
- Office supplies: spiral notebooks, paper, filing cabinets

#### Educational:

- Cognifit software (\$1440)
- Parrot software (\$299.40)
- Posit Science Lab software (\$3000)
- Therapy materials (\$2000)

#### Volunteers:

- Fundraising
- Public relations
- Grant writing



John and Bob contribute pros and cons for a Spring group discussion topic.

## Celebrating our first year (*cont.*)

Board member of our organization. David has become a true spokesman for ASL. This past summer, **Pat Crow** showed us all how hard work and determination can pay off. She too moved into her own apartment and is in the process of returning to her political consultant career.

These are just a handful of the success stories we've gotten to be a part of this year. We are so proud of all our clients and their accomplishments. Thanks to everyone for helping them continue to pursue their dreams and reach their goals.

*Shelley and Shilpa*



Clients Casey and Pat enjoy a group discussion.

## My story—from client to volunteer

My name is **Tom Hilgendorf** and my stroke happened on Feb. 2, 2005. My reading, writing, and speaking were very bad. St. David's rehab and the University of Michigan helped. Then for two years there was no help for my language. Shilpa called me last year and said that there was a new intensive speech therapy in Austin. So I tried it. I have been in all of the sessions.

This year we had five sessions. Our first session was called Boot Camp, with five clients, and we had Boot Camp for eight weeks, three days a week for three hours each. We started each day with a group. The groups can share their ideas, have some conversations, and learn from each other. Then we split the groups; some people had computer and others had individual sessions.

Our second session was called Reading and Writing Club. Lacy and I were the only clients that time. We started with some articles that we could read and discussed the articles. Then we had to write about what we talked about. We still

had some individual and computer sessions. Shilpa and Shelley pushed us harder to write better and it worked.

Our third session started in January with a Book Club. We read a book called *Life Is So Good*, by George Dawson. George was 92 years old and he could not read or write. So he went back to school. We also read and discussed articles and Shilpa started with some topics.

Our fourth session was Public Speaking. We still read a book; this one was called *The Man Who Mistook His Wife for a Hat*, and we discussed each chapter. David Little and Pat Crow could talk on public speaking, especially by the end of the session.

In May we had a celebration/fundraiser. There were over 100 people at this event. We had a public speaker and ended the event with clients Pat and David sharing their stories.

In July we had a special boot camp that lasted four weeks and met every day for four hours. It was intense, but the daily therapy allowed clients from outside Austin to participate. I was one of the volunteers at this session.

We also participated in the Texas Speech and Hearing Association (TSHA) conference held in April here in Austin. There were over 100 booths and we talked about Austin Speech Labs.

Finally, we were nominated for the 2009 excellence award presented by GreenLights, an Austin nonprofit service and support organization. We were happy to be one of the top three nonprofits nominated for this award, out of 120 member organizations.

*Tom Hilgendorf*



Spring 2009 volunteers Laura, Kristen, and Tom.



ASL's  
2009  
summer  
volunteer  
team  
(left)

We couldn't have done it without you, our fabulous summer volunteers (from left):  
Tara, Lydia, Rebecca, Saba, Laura, Janel, Sarah, and Jennifer.



*Thank you,  
volunteers!*

- Saba Ali*
- Suzanne Batchelor*
- Shannon Clerk*
- Laura Curiel*
- Jennifer Frank*
- Leslie Gammage*
- Marlee Hanederson*
- Tom Hilgendorf*
- Heather Hoskins*
- Sarah Kennedy*
- Paige Layden*
- Laura Lopez*
- Chiara Mercado*
- Kristin Mueller*
- Christine Nguyen*
- Lydia Reid*
- Michelle Rodriguez*
- Rebecca Romano*
- Rebecca Shelton*
- Ru-Shin Gina Shieh*
- Janel Tacardon*
- Mandis Terrazas*
- April Trimm*
- Leslie Wang*
- Tara Williams*
- Robynn Warren*
- Whitney Wilson*

## Volunteers help us serve more clients

Laura, Kristen, and Tom volunteered for ASL's Spring session. Then, a larger team of students studying speech and language pathology at the University of Texas arrived for summer session, enabling us to extend our services to more clients. Before they came to volunteer, we served four to five clients per session. Now, in our current session, we are able to serve 14 clients.

Shilpa and Shelley led our summer group session (above); afterwards, each client, assisted by a volunteer, went to work on an assigned task. We have been so fortunate to have so many exceptional volunteers help with our program, and we'd like to extend a special thanks to all of those who gave so much of their time this past year. We couldn't have done it without you!



Client Becky began her work at ASL in January.

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## *Austin Speech Labs thanks our DONORS:*

### Corporate Donors

*Austin Ventures*

*Escalate Capital*

*St. David's Community Health Foundation*

### Individual Donors

*Above \$2000*

*Kim Scofield and Bill Little*

*Judy and Daniel Lorenz*

*Lillian and Jim Montgomery*

*Kacy and Scott O'Hare*

*Sandy and Paul Rogge*

*Shilpa and Venu Shamapant*

*\$1000 - \$1999*

*Shelley and Brent Adair*

*Ken DeAngelis*

*Georgia K Erickson*

*Nancy Harris*

*David and Amy Little*

*Dick and Missy McCarroll*

*Krishna and Raka Srinivasan*

*\$500 - \$999*

*Betsy Ashcraft and Larry Tu*

*Viabhav Goel*

*Bill Hrcir*

*Manoj and Shubda Saxena*

*Steve Shook*

*Melinda and Barry Twomey*

*Up to \$500*

*Mary and Craig Alhquist*

*Alexander Baker*

*Roopa and Raghuram Belur*

*Yongmi Boswell*

*David Butts and Susan Wiederspan*

*Elizabeth Childers*

*Marc Childers and Jennifer*

*Tony Cooke*

*Kathy Dean*

*Laura Evans*

*Bob and Sherri Frachtman*

*Jennifer Helen Frank*

*Stefanie and Stephen Griffith*

*Bruce Elfant and Lisa Harris*

*Kerri Kallus*

*Elaine S Lawhon*

*Mary Mayes*

*Wiley McCarthy*

*Becky and Brent McDonald*

*J.B and Linda Phillips*

*Suzanne Rollen*

*Gayle and Ben Scott*

*Nikhil Shamapant*

*Pallavi Shamapant*

*Brigid Shea and Associates*

*Shelly and Mitchell Taylor*

*Prashant and Shilpa Vemuganti*

### In Kind Donations

*Suzanne Batchelor*

*Cognifit Software*

*Lacy Coleman*

*St. David's Medical Center*

*Bill and Faye Harrington*

*Tom Hilgendorf*

*Andrews Kurth LLP*

*Lumosity Software*

*Shelly and Mitchell Taylor*



Bill drives in from Laredo every week for therapy at ASL; he began in January 2009.