



APHASIA CENTER
— of West Texas —

Finding His Voice Again Arick's Story

For Arick Heredia, teaching was more than a career—it was his life's purpose. A proud West Texas native, Arick poured his heart into guiding children and teens, serving as a teacher, coach, and school administrator alongside his wife, Brenna. Their journey took them through rural communities before settling in Crane, Texas, their hometown.

But in April 2021, everything changed. At just 44, Arick suffered a stroke—followed by three more in the years that followed. After his fourth stroke in May 2024, Arick lost something central to his identity: the ability to communicate.

Arick's voice is still his, but now each word takes time. Thanks to programs at the Aphasia Center of West Texas, speaking is getting easier — though forming full sentences still requires effort. He works through pauses and searching, determined to be understood: “The words. . . they aren't there. Just. . . nothing. I was a teacher and a coach. I loved children, books, reading. It was. . . it was really hard. I had to stop. No more teaching. We have three kids. . . and now, it's just one income.”

A Place to Heal and Hope

In spring 2025, Arick found the Aphasia Center—and with it, a path forward.

“Before I got here. . . I was kind of. . . not sure, you know?” he said. “It was hard, people didn't really. . . get what I meant. But now, here, it's different. There's laughing, and people who. . . they just know. It feels. . . I feel more like. . . me again.”

Today, Arick is embracing a new mission: advocating for others with aphasia.

Your Support Creates Stories Like Arick's

The Aphasia Center changes lives—but we can't do it alone. Please consider making a gift today. Every dollar helps someone like Arick rediscover their voice, their confidence, and their future. Complete the enclosed remit card or donate online at acwtx.org.

Scan the QR code or visit
aphasiawtx.org/2025report to watch a video
of Arick's full story and view the
annual report web page.

