

It's achievable

Clinic Progress Update



Build-out plans for clinic space located in Culver City in Westside Regional Center building.

With so much exciting progress toward opening the Achievable Clinic—an innovative community health clinic designed to provide comprehensive and specialized care to children and adults with developmental disabilities through a medical home model—we hardly know where to begin! In July, Nathalia Allevato Jimenez, MPH, MBA, joins the team as Director of Clinic Operations. Nathalia, formerly Clinical Services Program Coordinator at Westside Regional Center and, most recently, Director of Operations at Comprehensive Community

Health Centers in Glendale, has been critical to the clinic initiative from the start, providing consulting services that helped Achievable secure a federal planning grant and move toward state clinic licensure. Nathalia's long-time involvement and impressive background in public health and business ensures a near-



Clinic exam room design.

seamless transition to her new role.

Next, the clinic build-out plans have been finalized by our architects at Houston/Tyner and, pending review and approval by Culver City, we plan to start remodeling the clinic space later this summer, and finish construction in the fall.

On the funding front, we have secured over half a million dollars in new clinic funding from foundations, corporations and individuals since last year. With your help, we can keep up the forward momentum!

UPCOMING COMEDY EVENT!

Achievable is teaming up with the legendary Jamie Masada to host a very special event at the Long Beach location of the world-famous...



...comedy club.

Supporters of Achievable and fans of stand-up comedy are invited to attend this exclusive engagement featuring live performances by comedians at the top of their game and benefiting the Achievable Clinic. Thanks to Mr. Masada's generous sponsorship, all proceeds from ticket sales will go directly toward clinic construction and operations.

**DETAILS AND TICKETS
AVAILABLE SOON AT
www.achievable.org**

Message from the President



Ted Tannenbaum

"Wherever there is a human being, there is an opportunity for a kindness." ~ Seneca

We can all reflect on this passage that goes right to the heart of the human condition. At Achievable, we have many different ways of reaching out to those we care about, whether it is through a summer camp scholarship, help

with this month's rent, a donated wheelchair, or (with the impending Achievable Clinic) access to a team of skilled and culturally competent healthcare professionals providing individualized and comprehensive care. While these projects each require a great deal of effort, coordination, administrative talent, funding, and many other elements to ensure their successful implementation, at the heart of it all is an abiding belief in being kind to one another.

It is very humbling to see our efforts

being recognized and supported by a growing and diverse group of individuals, companies and foundations from far and wide across the Achievable network. Since our Winter 2011 Newsletter, we have been fortunate enough to receive over \$300,000 in competitive grants from the likes of L.A. Care, Cedars-Sinai, The Baxter International Foundation, the Weingart Foundation in addition to donations from many like-minded individuals who care so passionately about the work we do. We are

Message from the President (from page 1)

always mindful of this public trust and generosity and have tremendous gratitude for these gifts. _

We also realize that, apart from dollars, many people give their time, talents and experience, and that these efforts open doors to new opportunities and provide us the encouragement we need. In turn, we do our best to keep this virtuous circle moving forward by

serving our clients and always striving to be mindful to undertake our work with open hearts.

As you will see across these pages, there are many ways that Achievable is touching lives and being touched by the generosity of spirit that we encounter in return. We hope that you will continue to feel motivated to stay involved, whether it is by attending one of our up-

coming events, joining our soon-to-be announced Clinic Advisory Board, donating a few hours of time or spreading the word to others about the work Achievable does in the community.

As you enjoy this summer, please accept our deepest thanks for sharing your kindness with us and the wonderful people Achievable proudly serves.

~Ted Tannenbaum

Carrie Glaspie-Griffis Inspires & Supports Achievable Clinic

Carrie Glaspie-Griffis is intimately acquainted with the unique healthcare needs of children and adults with developmental disabilities. Carrie's tremendous service and dedication to community members with special needs dates back over 20 years when she opened Griffis Small Family Home for children



Carrie and Abraham, December '11.

from low-income backgrounds with severe, co-occurring medical and developmental issues.

Carrie cared for many such children like they were her own, including Abraham Chavez (1977-2012) who held a very special place in Carrie's life and heart from age three to his untimely death from cardiac complications this year. Carrie's many fond memories of Abraham include their frequent trips to Toys R Us and watching his face light up when he saw children playing.

Carrie also recalls the challenges she faced in seeking appropriate care for Abraham's serious medical issues and laments the lack of suitable healthcare services available to children and adults with developmental disabilities. Fueled by endless passion to improve the qual-

ity of care for people with developmental disabilities, Carrie formally converted her home into an intensive care nursing facility for medically fragile children. She later opened other sites offering adult group homes to individuals aging out of their childhood homes as well as a range of supported living services to individuals who wanted to live more independently.

Carrie is a fervent supporter of the Achievable Clinic for individuals with developmental disabilities, and **this year, in memory of Abraham, Carrie helped raise over \$4,000 for the clinic.** We are extremely touched and grateful to Carrie and her family for championing Achievable's mission. In return, we hope to help celebrate Abraham's life and legacy with the clinic's success.

Stories of Hope: Emergency Support Program Makes a Difference

Through the Emergency Support Program, Achievable provides vital assistance, not otherwise available, to people with low-income and developmental disabilities. For example...

Cole, a 28 year-old man with mild intellectual disability, could not have achieved his goal of independent living in an apartment with his partner and their two children without financial assistance from Achievable to cover the initial deposit and move-in costs.

Victor, a 13 year-old boy with cerebral palsy, requires assistance with all self-help tasks and his family faces extreme financial hardship. This year, Victor was able to participate in the year-

end class trip to Disneyland thanks to Achievable funding.

Fiona, a 10 year-old girl with mild intellectual disability and cerebral palsy, requires a special adaptive car seat to keep her safe on the road. Though Fiona's mother could not afford this expensive piece of specialized equipment, Achievable could, and now Fiona can travel safely around town with her mother.

Juliette, a 23 year-old woman with mild intellectual disability and epilepsy, needed to have dental braces removed, but her family, suffering extreme financial hardship, could not afford the cost. As a result, Juliette's braces remained

on far too long, leading to extensive tooth decay. Achievable recently provided the funds to have the braces removed, so Juliette could lead a healthier and pain-free life.

Ray, a 44 year-old man with epilepsy, was evicted from his apartment when he was unable to pay his monthly rent. Ray found a more affordable studio apartment, and, with Achievable's financial support, was able to cover his deposit and first month's rent.

To give the gift of Emergency Support, visit our online gift catalog in the "How You Can Help" section of www.achievable.org

Achievable Clinic Grant Highlights

As we forge onward and upward with the clinic initiative, we are honored and grateful to have the support of the following respected philanthropic organizations which have collectively provided over \$300,000 in foundation grants since September 2011:

Cedars-Sinai Medical Center's Community Mental Health Grant Program, which helps expand direct, community-based mental health services, supplied a \$75,000 grant to help provide mental health services through the Achievable Clinic over a two-year period.

The Baxter International Foundation, dedicated to making healthcare more accessible and affordable for disadvantaged and underserved populations worldwide, awarded a two-year \$72,800 to support care coordination services for Achievable Clinic patients.

The Special Hope Foundation, promoting the establishment of comprehensive health care for adults with developmental disabilities, was one of the first major contributors to our clinic initiative with a \$40,000 grant.

The **Weingart Foundation** and the **Carl W. Johnson Foundation**, both committed and invaluable partners of Achievable through the years, provided \$15,000 and \$10,000, respectively, in general operating support.

The **Wolfen Family Foundation** awarded a \$12,500 grant toward the clinic initiative.

The **Rosalinde and Arthur Gilbert Foundation**, a long-time Achievable supporter and annual donor, was the first foundation to fund the clinic initiative with a \$5,000 donation.

In support of its mission to improve access to health care for low-income populations in Los Angeles County, **L.A. Care Health Plan**, the largest public health plan in the nation, awarded Achievable our largest clinic grant to date. This grant is in the amount of \$100,000 to support primary health care and care coordination services for our patients with developmental disabilities, plus a \$40,000 allocation for an independent evaluation of the clinic and our approach to better healthcare for our clients.

Your added support will help us expand clinic services and enhance quality of care.
Please donate today: www.achievable.org

Meet the Board: Renaissance Man Lou Spitz

Lou Spitz, Achievable Vice President and founding member, joined the Board of Directors in 1996 and has enthusiastically championed Achievable's mission ever since. Lou's passion for improving access to critical services and opportunities for independence for individuals with developmental disabilities ignited 40 years ago when he was a single father raising four children, including daughter, Suzanne, who lives with intellectual disability.

Lou was a fearless advocate and trailblazer for Suzanne, pursuing regional center services for her through Los Angeles area pilot programs before the Lanterman Act, and working with the Beverly Hills School District to transition Suzanne from a private school for children with developmental disabilities to a mainstream experience at Beverly Hills High, Lou's alma mater.

Lou's vanguard spirit extends to his career pioneering the industry of custom branded sports apparel. Lou was founder and President of Crown of California, a uniform design and manufacturing company, that got its start in 1967 mak-

ing auto-racing uniforms and jackets for legendary racecar driver and designer Carroll Shelby. Crown went on to produce custom branded racing apparel for world-class auto and motorcycle makers such as Chevrolet, Harley-Davidson, Honda, Porsche and Toyota.

Earlier, Lou played football at University of Oregon and University of Arizona, and rugby at UCLA from where he graduated in 1953 with a degree in business. During the Korean War, Lou served as a Lieutenant at Tachikawa Air Force Base in Japan, becoming the head football coach and athletic director. Lou also dabbled in Hollywood, screen-testing with an unknown Mary Tyler Moore at Fox Studios in 1958 and signing with famed producer Jerry Wald. Lou (screen name Steven Gant) appeared in two films, *In Love and War* (1958) and *The Best of Everything* (1959).

For the last decade, **Lou has devoted himself to the cause of access to healthcare for individuals with developmental disabilities, tirelessly paving the way for the Achievable Clinic and raising over \$20,000 last year alone.**

Reflecting on how he first got involved with Achievable, Lou expressed gratitude for the valuable services Suzanne has received over the years through Westside Regional Center. Lou acknowledged the leadership of CEO Mike Danneker and Suzanne's "amazing" Service Coordinator, Alice Rademacher. "If you get a gift," Lou said, "give a gift in return." Lou, we thank you for the innumerable gifts you contribute!



Lou and daughter Suzanne at the West Side Story Clinic Benefit, November '11.



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With Heartfelt Thanks to All Our Supporters...

On behalf of the entire Achievable Team, we are extremely grateful to have so many dedicated and generous supporters. We could not sustain our mission to improve the quality of life for individuals with developmental disabilities without your help, and we especially thank the following individuals, corporations and foundations who have supported Achievable this year:



Dr. Flopsy, clinic mascot, thanks our loyal supporters.

tion to our Emergency Support fund.

- Cedars-Sinai Medical Center for your substantial grant to expand mental health care services at the Achievable Clinic.
- Weingart Foundation for consistently supporting our programs.
- Swanton Foundation for your significant contribution to our Emergency Support fund.
- The Baxter International Foundation for your generous support of care coordination for Achievable Clinic patients.
- L.A. Care Health Plan for your invaluable contribution to improving healthcare for our underserved clients.
- Mark Schneiderman, Enright & Ochel-tree LLP, Michael and Joseph Cherry, Ken Sleeper, The William C. Bannerman Foundation, Paul Martin, Ben and Renee Adams, Jean Eis-Edziak, Louise Wannier, Marcy Morris, PPS International Ltd, Janice Arkatov, Harry Horowitz, Miles Benickes, Kacie Quigley, Linda Demer, David and Shelley Kramer, Joel Ward, Harold Sternovsky, Claudia Kunin, Steve Schlesinger, Judy Mark and Joshua Golden for your vital contributions.
- Carrington Care and all others who participated in the Harrah's Turnaround fundraiser. We truly appreciate Sharon Ayers, Lidia Rosales, Joe Montez and Teri Huber for organizing this highly successful event.
- Petite Konstantin of L.A. GOAL for your enthusiasm and valued support.

- Netcom3 Global Inc., Morning Sky, Rosewood Place, Priority One Adult Residential, Vandrick L. Turner Learning Center, Margie McDowell, Victoria De Silva, Robert Abram, Brandie Myricks, Nancy Medina, Arturo Estrada, Bob Steiner and everyone else who donated in memory of Abraham Chavez and Lou Balimeister. Your contributions honor the legacy of these individuals who will be missed though not forgotten.
- Carol Hallowitz and all who donated in honor of Erin Fox's birthday.
- Ted Levine Drum Company, Ruby Wortham and Options for Life for your steady, ongoing support of our programs.
- The Laugh Factory (including Jamie Masada and Cecily Feng) and WME Talent Agency (particularly Carole Katz) for being gracious and generous hosts for upcoming fundraising events.

YOU CAN MAKE A DIFFERENCE TOO!

Donate at www.achievable.org.

Or contact us at (310) 258-4256
or info@achievable.org.