

# It's



THE ACHIEVABLE FOUNDATION  
Winter 2013

## The Dream Becomes A Reality

On November 4th, Achievable organized an official grand opening event for our wonderful community of supporters. Many of our major funders travelled from near and far to share in this wonderful celebration with members of the Achievable Board of Directors, staff, volunteers and Clinic Advisory Committee; WRC partners; clients; and family members. The festivities began with some heartfelt speeches from key stakeholders, including Roland Palencia (Director of Community Benefits for L.A. Care Health Plan), Kent Graham (President of the Achievable Board of Directors), Mike Danneker (Executive Director of the Westside Regional Center), Mark Benor (Chief Medical Officer of the Achievable Clinic) and Fernando Gomez (Parent and President of the Association of Regional Center Agencies). Guests were also treated to a wonderful video produced about the clinic, as well as a preview of the new clinic website ([www.achievableclinic.org](http://www.achievableclinic.org)).

Steven Rose (President of the Culver City Chamber of Commerce) presided over the ceremonial ribbon cutting. In addition, a donor wall was unveiled to recognize the most significant contributors to the Achievable Clinic. Danise Lehrer revealed the wall, and was warmly surprised to discover that the Board and staff had put her name in the middle of the display—a small token of gratitude for her vision and commitment to realizing this dream. Oscar's Cerveteca served an amazing array of hearty appetizers and



Clinic ribbon cutting (from L to R): Roland Palencia (L.A. Care Health Plan), Steven Rose, Lynne O'Hara (Special Hope Foundation), Danise Lehrer & Moira Tenzer (Women Helping Youth)

desserts and, following tours of the clinic, music was provided by DJ Ray Ray, and Ramon Michel and Jorge Aguilar from Ignite Arts Center, creating a festive and jubilant atmosphere.

Little did everyone know that even more good news would arrive shortly thereafter. A couple of days later, we were notified that Achievable had been awarded one of the very competitive Federally Qualified Health Center (FQHC) New Access Point Grants. As an FQHC, the Achievable Clinic could potentially receive up to \$675,000 over the next two years,

as well as qualify for federal subsidies to ensure that we can provide the highest quality care for our clients for years to come. Although much more work is yet to be done, we are delighted to share these milestones with you and hope that you will continue to support the Achievable Clinic, now a reality in the heart of Culver City!

The past few months have been very eventful for the team at Achievable. Following on the heels of becoming a State Licensed Community Health Center, our clinic opened at the end of September. We have now served more than 100 clients at the Achievable Clinic.



"Providing quality healthcare  
for our community"

Hours: Monday - Friday 9AM to 5PM

[www.achievableclinic.org](http://www.achievableclinic.org)



A family in the Achievable Clinic play area

Schedule your appointment at  
(424) 266-7474 or [clinic@achievable.org](mailto:clinic@achievable.org)

***"What a wonderful  
opportunity for  
individuals and families  
that we serve."***

Mike Danneker, Executive Director  
Westside Regional Center and  
Founder of the Achievable Foundation

# Message from the Board of Directors



Achievable Board members (from L to R):  
Ereida Galda, Bob Steiner, Rayvone Douthard,  
Kent Graham, John Chavez, Carrie Griffiths,  
Russell Tanner, Mary Rollins & Lou Spitz

**"Never, never, never give up."**

**- Winston Churchill**

Thanks to the tireless, persistent and loving efforts of Achievable's staff, the Achievable Clinic is now a reality. As members of the Board, we would be remiss to not acknowledge the names of those who helped us realize this dream:

- Alicia Bazzano—Pediatrician
- Ari Zeldin—Pediatrician Neurologist
- Alejandro Soschin—Strategy Consultant
- Christopher Barrett—IT and PCC Manager
- Elizabeth Gomez—HR Consultant
- Erin Fox—Development Consultant
- Francisco Cacho—Clinic Director
- Ida Diab—Grants Manager
- Dr. Mark Benor—Clinic Medical Director
- Nathalia Jimenez—Grants Consultant
- Nubia Macias—Programs and Operations Coordinator
- Steven Wang—Development Consultant

## Emergency Support Stories

**Emergency Support is one of Achievable's cornerstone programs, implemented to provide financial assistance whenever state, school district and/or regional center services fall short for the people who we serve. Below are just a few stories of those who we have helped over the course of the past six months.**

James is a 31 year old man with intellectual disability. James could not afford to cover initial costs of moving out on his own, so Achievable provided him with funding to secure a new apartment. Now James has a home of his own and can

Whether you are a person with a developmental disability or a parent or caretaker, you know how important the clinic will be for the health and well-being of the people we serve. Maybe you have had to wait long hours in a crowded clinic only to receive a few moments of inadequate care. Maybe you have been faced with doctors who do not have a clue about the special needs of a person with your specific developmental disability. It is our hope that those days are over.

Our new clinic was designed with input from a large number of people who are very sensitive to the needs of individuals with developmental disabilities. The physical space is designed with patient comfort in mind. The doctors and staff have training and experience in caring for people with developmental disabilities. And we will do everything possible to prevent long waits or delays for services.

We hope that the clinic opening will be just the beginning of our journey together. Over the next months and years, we will need additional funds to maintain a high quality of care and continue to expand healthcare services. If you can donate, in whatever amount, please do so via the enclosed donation envelope or online at [www.achievable.org](http://www.achievable.org). If you know of foundations or corporations who can fund substantial amounts to our clinic effort, please put us in touch with them.

The needs that the Achievable Clinic addresses are profoundly important. Our dream is that this clinic will serve as a model for healthcare delivery throughout the city, state and nation. We are extremely confident that we can **achieve** this dream together!

work towards living an independent life.

Claire is a 20 year old woman with borderline intellectual functioning, bipolar, intermittent explosive disorder and mood disorder. Claire lived in a community care facility and was approximately eight months pregnant. For reasons beyond her control, she could no longer live at the facility and needed to relocate as soon as possible. She received SSI benefits, but had no additional income, family support or savings. Achievable assisted Claire with money to help her secure an apartment and avoid homelessness.

# Support Our Clinic



We need your support! Please consider giving a charitable gift to the **Achievable Clinic**. Visit our website to learn more [www.achievableclinic.org](http://www.achievableclinic.org) or contact Shannon Nelson, Director of Development at (310) 258-4256.

## Happy Holidays

We want to take time out from our busy schedules and wish everyone a Happy Holiday!

The Achievable Foundation and the Achievable Clinic are possible because of the continued support of our staff, volunteers, donors, community partners and families. Have a safe Holiday and Happy New Year!



## Save the Date

**Sunday, April 27, 2014**

**Annual Opera Benefit Concert**—this year's event will take place 4-6PM at the Moss Theater at New Roads School in Santa Monica. All proceeds will support the Achievable Clinic. For tickets and sponsorships contact us at (310) 258-4256 visit our website to learn more about the event [www.achievable.org](http://www.achievable.org).

## Camp is Achievable!

This year, Achievable awarded 58 camp scholarships totaling \$59,866 to children with autism served by the Westside and Frank D. Lanterman Regional Centers. These deserving kids from underprivileged families were sent to adapted programs, which provided fun, educational games and activities, eye-opening field trips and rewarding peer interactions. All of the funded camps were staffed by personnel specially trained to work with individuals with autism, including speech and language, occupational and physical therapists. For more information visit [www.achievable.org](http://www.achievable.org).



# Quality and Specialized Healthcare



*Our patient centered approach in action at the Achievable Clinic*

Children and adults with developmental disabilities have more health problems and more difficulty getting appropriate healthcare than the general population. In Los Angeles, thousands of people with developmental disabilities suffer with untreated health issues because they lack access to medical providers trained to treat them.

The Achievable Clinic is a *first-of-its-kind*, licensed community health center in L.A. County that is dedicated to providing high quality, comprehensive and coordinated healthcare tailored to the unique needs of people with developmental disabilities and their families.

The clinic's specially trained and caring medical and support staff are committed to long-term, positive health outcomes for patients with developmental disabilities. We use a patient-centered, medical home model that addresses healthcare needs throughout life.

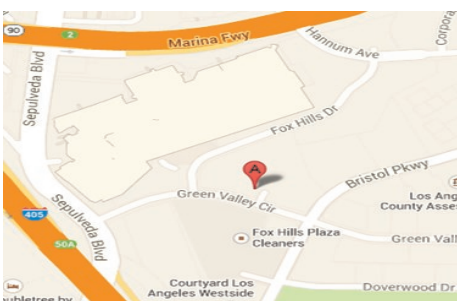
Primary and specialty care services include annual exams, family medicine, immunizations, management of chronic conditions (e.g., diabetes and high blood pressure), neurology, pediatrics, preventive care and screenings, psychiatry and mental health, specialty referrals and care coordination, well-child care, well-woman care and family planning.

We are ready for you and your family to make an appointment or just to visit our brand new, state-of-the-art facility. We take private insurance and can offer services on a sliding fee scale to those who do not have any insurance. We will shortly be able to take Medi-Cal and Medicare, as well.

The clinic is **open Monday through Friday from 9AM to 5PM.**

For appointments or questions, please call **(424) 266-7474** or email **clinic@achievable.org**.

The Achievable Clinic is co-located with the Westside Regional Center.



5901 Green Valley Circle, Suite 405  
Culver City, CA 90230  
[www.achievableclinic.org](http://www.achievableclinic.org)



*Achievable Clinic staff (L to R): Yessenia Lopez, Patty Najera-Ponce & Kevin Barahona*

# Donor Spotlight - Women Helping Youth

In spring 2013, Women Helping Youth (WHY) awarded Achievable crucial grant funding to buy key medical equipment vital to serving pediatric patients at our new Achievable Clinic.

Thanks to WHY's generosity, the Achievable Clinic is now equipped to serve pediatric patients with developmental disabilities. With the funding, we were able to purchase a digital infant scale, a pediatric vision screener, a pediatric hearing screener set, a blood lead analyzer, a blood hemoglobin analyzer, a temporal artery thermometer, a pulse oximeter with pediatric and infant sensors, a pediatric blood pressure kit, a pediatric stethoscope, two otoscopes and two ophthalmoscopes.

"WOMEN HELPING YOUTH is a women's philanthropic organization committed to improving the physical, mental, and emotional well-being of children and young adults in need in the Greater Los Angeles area." To find out more about WHY including their mission and services, please email:

[info@womenhelpingyouth.org](mailto:info@womenhelpingyouth.org) or visit their website, [www.womenhelpingyouth.org](http://www.womenhelpingyouth.org). We thank WHY for their generous support of the Achievable Clinic!



*WHY presenting their generous contribution*

## Stay Connected

Do you want to stay informed about what we are doing at Achievable?

Like us on Facebook: **The Achievable Foundation**

Follow us on Twitter: **@Achievable**

For email communication please sign up on our website at [www.achievable.org](http://www.achievable.org) or send us an email at [info@achievable.org](mailto:info@achievable.org)

**It's not too late to make your year end contribution for 2013!**  
**Mail in your donation using the enclosed envelope or make your donation online at [www.achievable.org](http://www.achievable.org)**  
**Please contact us at (310) 258-4256 or email [info@achievable.org](mailto:info@achievable.org) to let us know how you can help!**



5901 Green Valley Circle  
Suite 320  
Culver City, CA 90230-6953

## A Heartfelt Thank You to Our Supporters!

*We would like to thank our many dedicated and generous supporters for Fall/Winter. We would especially like to recognize a number of individuals and organizations who have truly made an impact for the benefit of those we serve:*

- The W.M. Keck Foundation, Carl W. Johnson Foundation, Fishing Pole and Love Foundation, the Rosalinde and Arthur Gilbert Foundation, the Robert Schuman Foundation, Daniels Fund, S. Mark Taper Foundation, HRSA, John Gogian Family Foundation, Enright and Ocheltree LLP, Morning Sky and Netcom3 Global Inc for their sizable foundation and corporate grants;
- Anahita Lovelace, Ira Goldberg, Jeff Fang, Karen Cheng, Kent and Pat Graham, Shirley Hashimoto, Shirley Levine and Carrie Griffis for their considerable personal contributions;
- The Special Hope Foundation, the JL Foundation, Robert Ellis Simon Foundation, Cedars-Sinai Medical Center, the John Gogian Family Foundation, Women Helping Youth, Budget Rent-A-Car of Southern California, Dr. Pamela Wiley (LA Speech and Language Therapy Center), Larry and Mucci Taylor, Ben B. and

Joyce E. Eisenberg Foundation, Geri Brawerman, Gerald and Joan Doren, John and Patty Nickoll and Lou Spitz for their substantial contributions to the Achievable Clinic;

- L.A. Care Health Plan, The Culver City



Lobby area in the Achievable Clinic

Chamber of Commerce, The Culver City News, Ignite Arts Center, Dale's Liquor Jr and everyone else who contributed to a successful clinic opening!

- The Material World Charitable Foundation, Olivia Harrison & Linda Arias;

- Jeff Fang, Karen Cheng and Dr. Roberta Kung for sponsoring the Green for Good wheelchair lift;
- Swanton Foundation for their grant to support our Emergency Support program;
- Ted Levine Drum Company for their steady, ongoing support of our programs;
- Joe Montez, Terri Huber, Sharon Ayers, Lidia Rosales, Mina Gomez and Nicole Pierre for coordinating another successful Casino Run Turnaround fundraiser;
- Carrie Griffis, Charlene Williams and Chandra Talley for coordinating the Old Skool Winter Jam fundraiser;
- The Sherri and Les Biller Family Foundation and John Ohanesian;
- Lou Spitz for his ongoing year end campaigns

***It's not too late to make your year end contribution for 2013!***

***Mail in your donation using the enclosed envelope or make your donation online at [www.achievable.org](http://www.achievable.org) or call (310) 258-4256***  
***Thank you for your support!***