



achievable

ANNUAL REPORT **2022**

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Inspiring Health. Improving Lives.

Message From The Chief Executive Officer

Dear Achievable Community,

This has been a year of reengaging with our community, building new partnerships and continuing growth through the evolution of care we provide to our patients and their families. In the enclosed Annual Report, you will find a few highlights and patient stories from the past year. I am thankful to the staff of The Achievable Foundation (Achievable), for their hard work and dedication in making 2022 a year where so much was achieved.



Carmen Ibarra
Chief Executive Officer

- Achievable continued providing COVID vaccines and testing. We also hosted several Saturday clinics for children and young adults to receive vaccines.
- We heard from our patients that they want to continue to be able to select a virtual visit, and depending on their individual medical and appointment needs, we will continue providing this option.
- Through patient surveys, we learned that our community would like an opportunity to come together, build relationships and participate in group workshops. As a result, our Behavioral Health Team created a weekly 'You Belong' group for our patients. Acknowledging the weight often associated with being a caregiver, we also created a safe space series for those caring for people with intellectual and development disabilities (I/DD).
- Achievable also looked to amplify its presence as an employer of choice. Thanks to the generous support of two key philanthropic funders, L.A. Care Health Plan and Cedars-Sinai Medical Center, we began a multi-year program focused on strengthening employee retention and supporting employee wellness.
- As a community, we celebrated with the return of our annual It's Achievable Gala. This event raised critical funds in support of Achievable and celebrated Dr. Barbara Ferrer, Director of the Los Angeles County Department of Public Health, along with Special Needs Dental Associates.

This work, and so much more, is only possible thanks to our generous community. I hope you will enjoy reading more about the patients and impact of Achievable this year.

Thank you to our Board of Directors, government funders, philanthropic donors and community partners for sharing our vision and making our mission possible.

All the best,

Carmen Ibarra

Chief Executive Officer

MEET DIANE PAYLOR

Discovering lifesaving care.

When Diane Paylor moved to Los Angeles in the late 1990s, it was with the dream of becoming a Hollywood writer. But over the years, the glitz of this lifestyle eventually wore off as her stress increased and her passion waned. She eventually became a yoga instructor and took a leap of a faith in walking away from a road which would have likely led to more financial success.

Yet she was passionate and decided to focus on teaching yoga to black women and residents of under-served communities. She would supplement her income with additional jobs like grocery shopping for the elderly in her community. Diane found peace and was happy and in early 2020, she published a book on yoga.

Just weeks after publication, the COVID-19 pandemic hit and she received word that her mother, who was living in New York, was diagnosed with breast cancer. As Diane dealt with the loss of her yoga community, isolation and her mother's illness, her own health took a backseat.

During her battle with breast cancer, her mother died of COVID. Diane and her siblings weren't allowed to see their mother before she passed, and they said their final goodbyes over FaceTime. In addition to the wave of grief which accompanied this loss, Diane's employment was gone as a result of the pandemic. A fear of hospitals, especially after her mother's tragic death, drove Diane to continue to ignore symptoms she was experiencing, although she knew something was not right.

While standing in line to enter a grocery store, Diane fainted and strangers called an ambulance. At the emergency room they did an ultrasound which determined that she likely had fibroids which may have been causing the bleeding she was experiencing. She was treated with several blood transfusions. Additionally, the emergency room doctor made Diane promise to seek follow-up treatment and identify a primary care physician. Diane kept that promise and began looking for a health care provider in her community.

After qualifying for Medi-Cal and doing research on Health Centers, Achievable appealed to her for many reasons, including its female leadership. In a first virtual visit with Janayia Richardson, an Achievable Nurse Practitioner, Diane appreciated the time and thoroughness of the conversation.



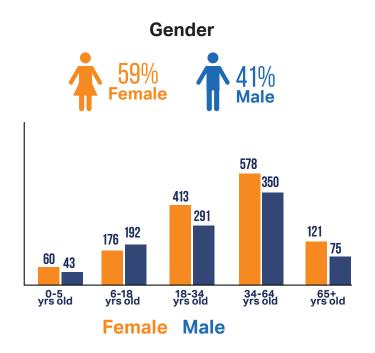
"As a fellow black woman, I felt she understood the challenges and overshadowing our community can face. Janayia really made sure she covered all bases." Diane said, "As she coaxed information out of me, she grew very concerned. I knew from her line of questioning that she felt something weird was happening. She said, 'We need to get you into Achievable as soon as possible.'"

That's when Diane's Achievable care team became her advocates, family and trusted medical providers. Every referral included follow-up to ensure she didn't fall through the cracks. Diane began one-on-one appointments with Achievable's Director of Clinical Social Work, Dr. Tiffany Saucer.

Diane was diagnosed with uterine cancer, but treatment and scheduling would be challenging during the pandemic due to hospital overcrowding. Thanks to her advocates at Achievable, Diane received the lifesaving care she needed. Diane underwent a hysterectomy, followed by radiation and chemotherapy. Today Diane's cancer is in remission. As she looks back on what has been the most challenging time in her life she said, "During my whole journey, I felt so loved and supported from everyone at Achievable--from the front desk staff to my referral coordinator, to mental health services. The entire Achievable team has been exemplary in caring for me."

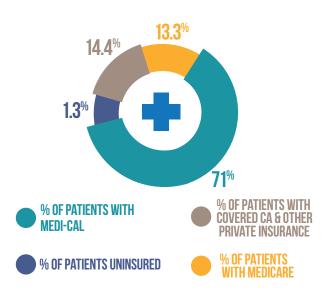
Fulling Our Mission: Achievable's mission is to provide high quality, integrated health care to individuals with I/DD, their families, and other vulnerable populations. Here are the metrics that illustrate another part of our story.





African American 0.3% White (Non-Hispanic) 21.8% Hispanic 39.2% Mulitple Races 4.5% Asian/Pacific Islander 6.9%

Type of Insurance



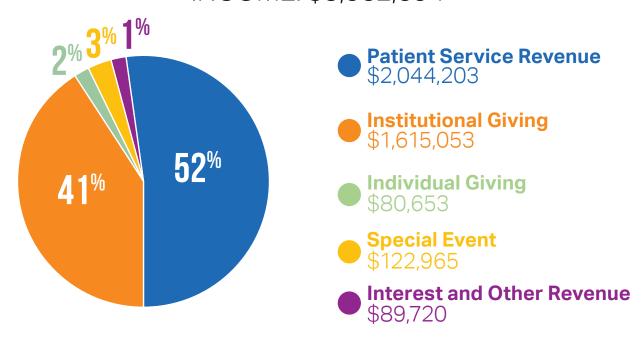
Household Income



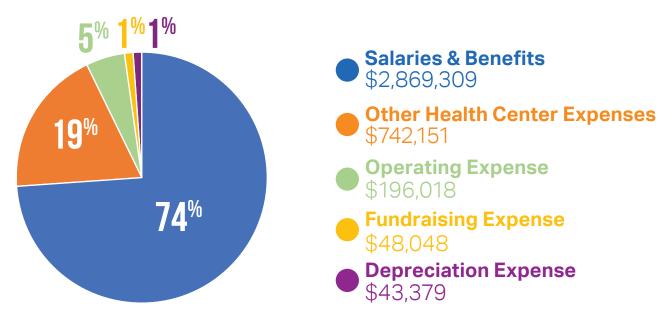
MORE THAN 71% OF ACHIEVABLE PATIENTS HAVE A HOUSEHOLD INCOME OF LESS THAN \$38,295 FOR A FAMILY OF FOUR.

Fiscal Year 2022 Financials*

INCOME: \$3,952,594



EXPENSES: \$3,811,344



NET INCOME: \$141,250

Thank You To Our Philanthropic Partners

The Achievable Foundation is so appreciative of every contributor that supports our organization. Every gift – whether \$25 or \$25,000 – provides the funding needed to inspire health and improve lives. In this year's Annual Report, we would like to extend special appreciation to our donors that made cumulative cash contributions or pledge payments of \$1,000 or more from July 1, 2021 through June 30, 2022:

\$50,000 OR MORE

Annenberg Foundation Good Hope Medical Foundation S. Mark Taper Foundation

\$25,000 to \$49,000

California Healthcare Foundation

\$10,000 to \$24,999

Carl W. Johnson Foundation
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The Rosalinde and Arthur Gilbert Foundation
Venteux Vineyards

\$2,500 to \$4,999

Gerald & Joan Doren
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Carmen & Leonel Ibarra
L.A. Care Health Plan
L.A. Speech & Language Therapy Center
Lucile Packard Foundation for Children's Health

\$2,500 to \$4,999 Cont'd

Options for Life Paloma Realty Partners Dr. Pamela Wiley WITH Foundation Ed & Marla Wolkowitz

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Meet Keysha Atkinson

Despite several challenges over the past year—Keysha is celebrating life

Her 47th birthday indulgences included two slices of strawberry cake and adding *Now That's What I Call Music Volume 83* to her extensive CD collection. Keysha deserves to go all out following the strength and positive attitude she showed this year.

Keysha's mother, Miriam Atkinson, said, "Keysha is my absolute pride and joy. When she was a baby I was the only one who could stop her when she was crying. She knew, even then, I was her mother and I'd always be there for her."

Keysha was diagnosed with a developmental disability in grade school. Her special education and community arts classes helped shape the confidence and storytelling skills she has today. In addition to a passion for all types of music, Keysha enjoys being near the water and a sunny day at the beach.

Keysha and Miriam found Achievable after her doctor retired and she received a referral from Westside Regional Center. Achievable's Chief Medical Officer, Dr. Michelle Catanzarite, (or Dr. C. as many of her patients refer to her), has become an integral part of Keysha's care team. And when Keysha began experiencing irregular menstruation cycles, Miriam knew Keysha would be comfortable talking about these challenges with Dr. C. Keysha adds, "I was confused, I don't drink or smoke. Did I do something wrong? I knew I could talk to Dr. C., I trust her and knew she would help me."

After visiting a specialist who performed an ultrasound which showed concerning findings, Keysha's biopsy showed that she had precancerous cells that would need to be removed. In August 2022, Keysha underwent a successful surgery. As the tests which followed concluded that the damaged cells were removed and Keysha would not need to undergo additional treatments like radiation or chemotherapy.

Over the last year Achievable was alongside Keysha and Miriam in helping get the right treatment and proper care for the Keysha's unique situation. As a caregiver and self-proclaimed 'momma bear,' Miriam protects and treasures Keysha—as parents do. According to Miriam, "Any parent or anyone who has someone





they love with disabilities should know that when they come to Achievable, they are part of a family. And that care, that cushion of support, means that when I bring her here, whatever the size or scope of what's going on that day--- she'll get the care and consideration she deserves."

The Achievable Foundation



Achievable staff celebrates the return of the It's Achievable Gala in June 2022.

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5901 Green Valley Circle, Suite 405 Culver City, CA 90230 Appointments, Patients and Health Center Inquiries: (424) 266-7474 The Achievable Foundation – Patient Support Site 100 Corporate Pointe, Suite 270 Culver City, CA 90230 General Organizational Information: (424) 266-7480

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