



MARCH 2024

IT'S ACHIEVABLE

Achievable Health's Newsletter

Carmen's Corner

This year marks my 10th anniversary as Chief Executive Officer (CEO) of Achievable Health. It has been an honor to be at the helm of this great organization and to help drive our mission forward. My biggest takeaway from these ten years of growth, evolution, and impact, is my gratitude for the Achievable Health community.



Carmen Ibarra
Chief Executive Officer
She/Her

As you may know, Achievable Health (formerly The Achievable Foundation) was founded by a deeply committed and passionate group of volunteers, including many parents of children with intellectual and development disabilities (I/DD). The dedication this group demonstrated by working tirelessly until securing Federally Qualified Health Center (FQHC) status is an incredibly impressive feat. I am grateful for our organizational founders whose perseverance made this happen.

Similarly, there are so many amazing, dedicated partners who have helped empower our work. From individual donors and foundation leaders, to elected officials and community leaders. Achievable Health works with countless partners who have been integral in helping Achievable Health build and refine its roadmap over the years.

I commend our incredibly talented and passionate team which brings Achievable Health's vision to life each day. They collaborate, think creatively, and first and foremost see our patients as individuals.

It is an honor and a privilege that more than 2,400 patients put their trust and healthcare in our hands each year. We recognize the importance of building a community that prioritizes the health and wellness of individuals with I/DD and their families. From mental health services to meeting your primary care needs, Achievable Health strives to safeguard your wellbeing and provide resources to improve your health.

After a short hiatus, we welcome the return of the It's Achievable newsletter. Enclosed you will find a few stories which help articulate what makes Achievable Health special. I invite you to learn more about our impact and meet our team and patients at our upcoming It's Achievable Gala on April 13th. I hope you share my excitement for the future.

All the best,

Carmen Ibarra
Chief Executive Officer



This issue:

Carmen's Corner
PAGE 01

Team
&
Patient Spotlight
PAGE 02

Achievable Health
Patient Cities
PAGE 03

It's Achievable
Annual Gala
PAGE 04



“I was excited to support the audacious and inspiring vision of the founders who worked to make Achievable a Federally Qualified Health Center.”

**ERIC CARR
PRESIDENT
BOARD OF DIRECTORS**

Team Spotlight: Eric Carr

Eric Carr (he/him/his) was appointed to the role of President of Achievable Health's Board of Directors in August of 2023. According to Carr, "I joined the board in 2019, since that time I have been very impressed with the staff, leadership and community support shown for Achievable Health. My business is in Culver City, and it is important for me to give back to this community. Being able to do so at Achievable Health has been a terrific experience." Carr is the owner of Home Instead in Culver City, an organization focused on providing in-home care and support for aging adults.

Carr continues, "With my background in healthcare, I was excited to support the audacious and inspiring vision of the founders who worked to make Achievable a Federally Qualified Health Center." Carr adds, "As a Board leadership group, more than 51% of our patients are consumers of Achievable Health, this allows for the patient voice to elevate to the highest level in the organization—which is pretty unique and motivating. I also really enjoy meeting the providers and hearing the passion they bring to their work."

Carr is honored to be serving as President of our Board of Directors, and with his leadership and partnership, Achievable Health will continue to implement innovative medical practices in order to give our patients the care they deserve.



Eric Carr
President, Board of Directors
He/Him/His

Patient Spotlight: Rebeca Aguirre

Rebeca Aguirre has been a patient of Achievable Health since 2015. Aguirre shared her experience as a patient at our health center. "I wholeheartedly recommend Achievable Health clinic's mental health services to anyone in need. The staff's expertise and proficiency in developmental disabilities and mental health are truly remarkable. Their guidance has been instrumental in enhancing my self-awareness and developing effective coping strategies."

Aguirre continues, "I felt welcomed and supported in a manner that exceeded my expectations. The staff members possess a deep understanding of the unique obstacles faced by individuals with developmental disabilities. They devote considerable time to active listening and designing personalized treatment plans tailored to address our specific needs. The team at Achievable Health leaves no stone unturned in equipping us with everything necessary to lead healthy and fulfilling lives."



Rebeca Aguirre
Achievable Health Patient

Achievable Health offers provides whole-person, comprehensive, and integrated primary care. We also provide behavioral health care and enabling services to over 2,400 patients of all ages annually. We aim to care for the community's most vulnerable and medically complex residents, including individuals with intellectual and developmental disabilities (I/DD), people with low-income, and communities of color.

Thank you, Rebeca, and all of our patients, who entrust their care to Achievable Health.





Achievable Health Patient Cities

Where do our patients come visit us from?

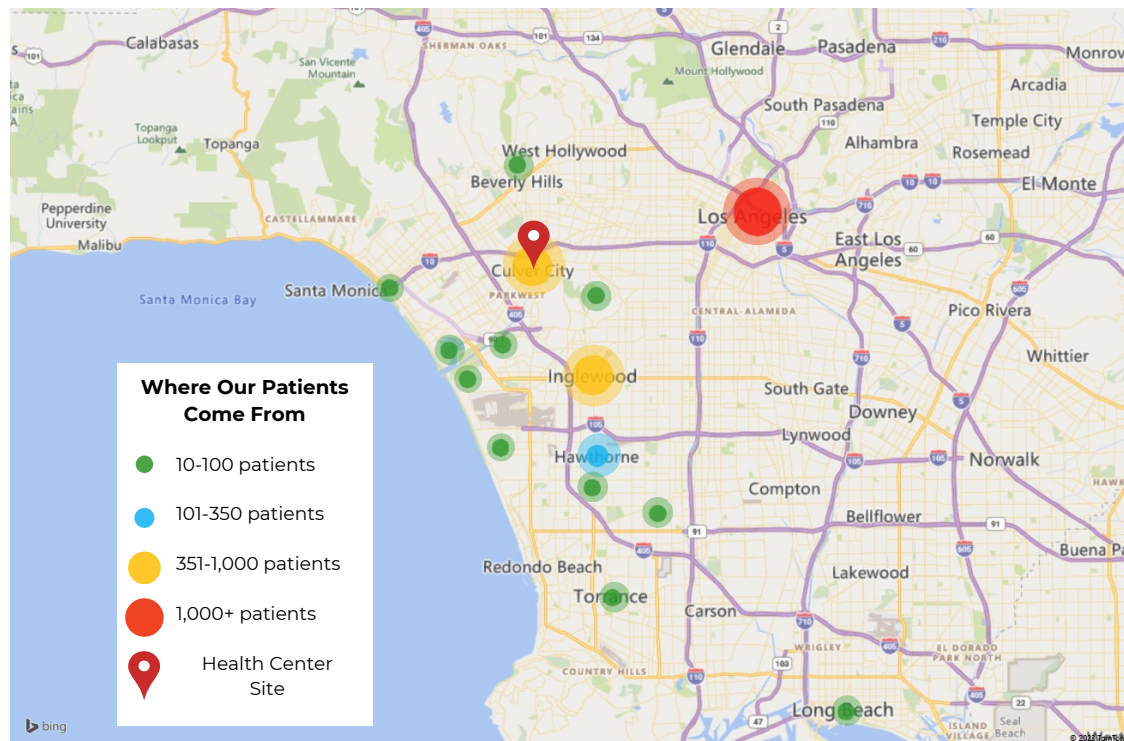
In 2013, Achievable Health opened a first-of-its kind community health center in California focusing on the unmet healthcare needs of individuals with intellectual and developmental disabilities (I/DD) and their families. That same year, we were granted a Federally Qualified Health Center (FQHC) designation giving Achievable Health an opportunity to receive federal funding to cover a portion of its total cost. More than 10 years later, Achievable Health is proudly serving patients in multiple cities across the Greater Los Angeles Area.

As pictured below, Achievable has grown in size over the years, averaging more than 2,400 patients a year. With our health center's location being in Culver City, we receive most of our patients from all over Los Angeles County and **28 adjacent zip codes**, with our biggest populations visiting our health center from Los Angeles city, Culver City, and Inglewood.

Our mission is only **achievable** with the partnership and support of our generous donors and supporters, like you. We encourage you to **give the gift of health**, and consider making a donation to our cause.

“Their kindness and understanding have significantly influenced my mental health journey.”

REBECA AGUIRRE
ACHIEVABLE HEALTH
PATIENT





Achievable Health

Presents Our Annual

It's Achievable Gala

Saturday, April 13, 2024
6:00 pm
Marina del Rey Marriott

Honoring
Michael Galper, MPH, CPA
Retired Partner PwC
Adjunct Professor
UCLA Fielding School of Public Health
&
Molina Healthcare of California
Sayeed Khan, MD

achievable.org

Tickets Now Available

Visit achievable.org or [click here](#) to purchase your tickets, make a donation, or participate in our silent auction.