



achievable

ANNUAL REPORT
2024

achievablehealth.org



Inspiring Health. Improving Lives.

Message From The Chief Executive Officer

Dear Friends of Achievable Health,

Thank you for your shared belief that people with intellectual and developmental disabilities (I/DD) deserve high quality, affordable healthcare services.

As this year draws to a close, I am filled with joy and gratitude by the tremendous support Achievable Health continues to garner. In 2024, we reached several important organizational milestones, including my own personal celebration of leading this great organization for the last ten years.

Reflecting on my time here, I am especially proud of our compassionate medical team, the daily health impact we make in the lives of our patients and their families, and our commitment to growth in order to serve more community members who need us.

Through it all, I am awed by the unwavering commitment from our generous supporters. They trust Achievable Health to provide patient-centered healthcare to individuals with I/DD in a developmentally appropriate manner.

A decade ago, Achievable Health was just getting started. Today, we've outgrown our current site and are in the middle of a major relocation and expansion project. Scheduled to open in early 2025 as the Achievable Health Lovelace Center, the 10,000 square foot, state-of-the-art facility will feature:

- A large reception and patient intake area with plenty of comfortable seating
- Thirteen patient treatment rooms outfitted with specialized equipment for those who require special mobility devices
- Four behavioral health rooms designated for mental healthcare services
- Two sensory/ quiet rooms to create peaceful environments that provide a calming effect

This is where donor generosity shines. At the start of 2024, alongside Board Members and Campaign Co-Chairs, Teddy Tannenbaum and Michael Galper, we launched an ambitious \$4 million-dollar capital campaign.

In March, Achievable Health received a transformational \$2 million-dollar donation from the MacKenzie Scott's Yield Giving Open Call. This has been the largest single gift in our organization's history and the catalyst to turn our expansion dreams into a reality.

We are nearing the finish-line thanks to donors who have stepped up their support, including Anahita and Jim Lovelace, our entire Board of Directors, friends of Achievable Health and other community partners. Quite the achievement in less than one year!

Throughout this report, we will share stories depicting our impact, and why your support truly matters.

With gratitude,



Carmen Ibarra
Chief Executive Officer



Carmen Ibarra (she/her)
Chief Executive Officer

A WELCOMING PLACE FOR AMAYA!

Amaya has a contagious smile and big heart. This nine-year-old loves storybooks, her baby doll and making new friends.

Her mother Michelle still remembers being in the hospital when she learned that Amaya was born with Down syndrome. "The doctors kept asking me how I was doing, and I couldn't understand why," recalls Michelle. "Sure, it was scary news because I really didn't know anyone with a disability. But it didn't matter to me. I was just overjoyed by the arrival of my second daughter."

Early on, Amaya received physical and occupational therapies and other support. Through her local Regional Center, she was assigned a pediatrician who was quite a distance from her home. This didn't feel like the best scenario for Amaya. Her diligent mom did her homework to find a pediatrician who specialized in supporting children with disabilities, and through her research, discovered Achievable Health.

Achievable Health's Dr. Stacey Shuai is now Amaya's pediatrician. "When I have questions about understanding symptoms of illness Amaya may show, I know Dr. Shuai takes the time to listen and hear me, and then she will explain these health concerns in a way that makes sense."

"The atmosphere at Achievable Health is welcoming. Everyone is friendly and helpful which makes both Amaya and I feel comfortable and cared for. We never feel rushed. The doctors and nurses accommodate Amaya's independent personality. If she wants to stand for an exam, they let her stand. It's those little things that matter and make a big difference."

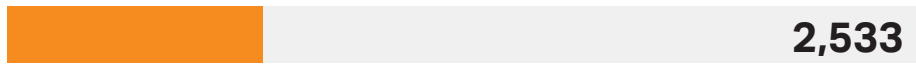


“Everyone is friendly and helpful which makes both Amaya and I feel comfortable and cared for.”

Michelle is excited for the opening of the new Achievable Health Lovelace Center with expanded services. She loves the idea of a larger reception area, plus quiet places for patients to wait. "Kids like Amaya are often triggered by small spaces, unfamiliar noises and people crowded together. Giving patients more options to sit quietly will be so helpful and takes the stress out of going to the doctor's office."

Fulfilling Our Mission: Achievable Health's mission is to provide high quality, integrated healthcare to individuals with I/DD, their families, and other vulnerable populations. The metrics below provide a more in-depth look at the patients in our care.

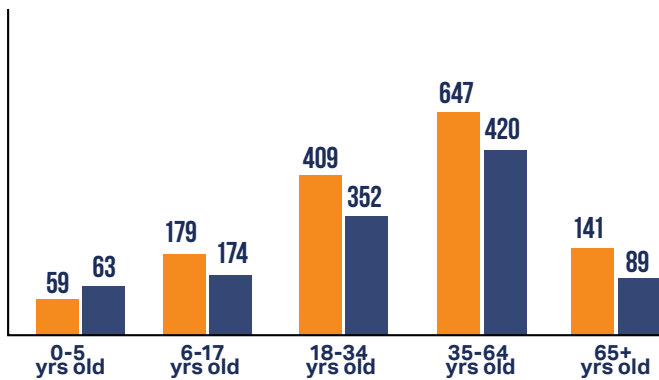
Unique Patients Seen



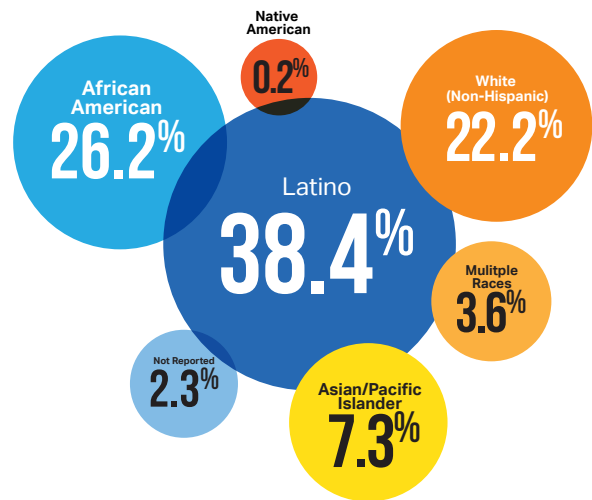
Patient Visits



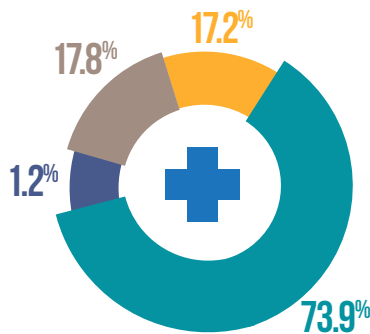
Gender



Race/Ethnicity



Type of Insurance



- % OF PATIENTS WITH MEDI-CAL
- % OF PATIENTS WITH COVERED CA & OTHER PRIVATE INSURANCE
- % OF PATIENTS WITH MEDICARE
- % OF PATIENTS UNINSURED

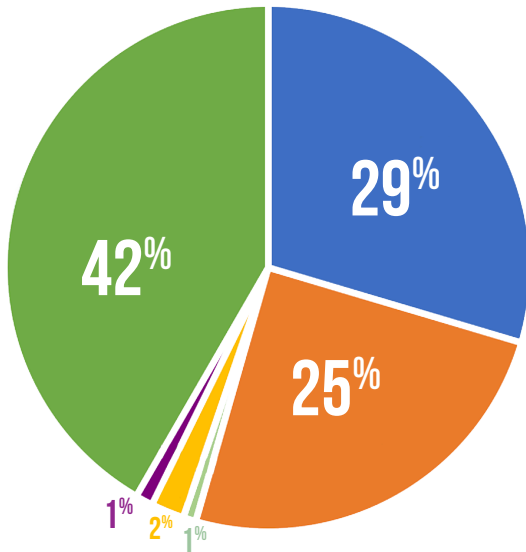
Household Income



1 IN 3 ACHIEVABLE HEALTH PATIENTS HAVE A HOUSEHOLD INCOME OF LESS THAN **\$31,200** FOR A FAMILY OF FOUR.

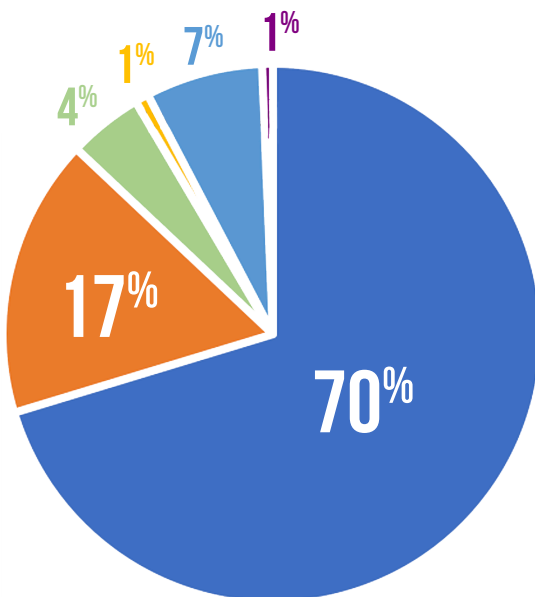
Fiscal Year 2024 Financials*

INCOME: \$7,841,958



- **Patient Service Revenue**
\$2,320,711
- **Institutional Giving**
\$1,947,910
- **Individual Giving**
\$62,389
- **Special Event**
\$159,898
- **Interest and Other Revenue**
\$83,625
- **Capital Campaign**
\$3,267,425

EXPENSES: \$4,921,574



- **Wages & Benefits**
\$3,460,342
- **Other Health Center Expenses**
\$822,901
- **Operating Expenses**
\$221,023
- **Fundraising Expenses**
\$39,786
- **Health Center Expansion**
\$345,755
- **Depreciation Expenses**
\$31,766

NET INCOME: \$2,920,384

* Unaudited
Once the audit is complete, it will be available upon request.

Thank You To Our Philanthropic Partners

Achievable Health 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. The below list recognizes donors who made cumulative cash contributions or pledge payments of \$1,000 or more from July 1, 2023 through June 30, 2024.

\$2,000,000+

Yield Giving Open Call

\$100,000-\$999,999

Anahita & Jim Lovelace
JL Foundation
John Gogian Family Foundation
L.A. Care Health Plan

\$50,000-\$99,999

Cedars-Sinai

\$25,000-\$49,999

Kaiser Permanente
Mike & Gayle Galper
Molina Healthcare, Inc.

\$10,000-\$24,999

Carl W. Johnson Foundation
Crail-Johnson Foundation
Danise Lehrer & Teddy Tannenbaum
Ed & Marla Wolkowitz
George Hoag Family Foundation
Max Factor Family Foundation
The Sawchuk Family Foundation
The Sheri & Les Biller Family Foundation

\$5,000-\$9,999

Alan C. Kenney & Adam Ma
Albertsons/ Vons/
Pavilions Foundation
Amir & Gini Desai
Carmen & Leonel Ibarra
Eric Carr & William Tobin

\$5,000-\$9,999 Cont'd

Mary Jane & Bob Steiner
PwC
The Dancy Dreibelbis Family Charitable Fund
The Harold R. Swanton & Winifred R. Swanton Foundation
The Henry W. Bull Foundation
The Rosalinde and Arthur Gilbert Foundation
UCLA Fielding School of Public Health
Whole Foods Market

\$2,500-\$4,999

Adam & Patricia Goldenberg
Andy Ponce
DBL-WRC-Paloma Realty Partners
Hunter Family Fund
Ira Goldberg
Margaret and William R. Hearst III Gift Fund
Mike & Diann Danneker
Sheila & Burt Galper
Special Children's League South Bay Committee
The Tides Foundation

\$1,000-\$2,499

Alan Tong
Amanda Diaz
Ben & Renee Adams
Breslow Family Foundation
Children's Hospital Los Angeles
Claudia Kunin
Cynthia Budzyn
Diane & Michael Taylor

\$1,000-\$2,499 Con't

Gary & Stephanie Ahwah
Gerald & Lorraine Factor
Howard Gussman
Jack Needleman
Jane Moh
John & Catherine Chavez
Josh & Negin Kamali
Judith Guzy
Karen & Jerry West
Kenneth Sleeper & Diane Manke
Kent & Pat Graham
Laura Frank Barnard
Los Angeles Speech and Language Therapy Center
Los Angeles Trial Lawyers' Charities
Lou & Melinda Spitz
Maria Nazario & Armando Castevlli
Meghan Sahli-Wells
Mike Longacre
Mitch Harris
Ozzie & Sharon Levine
Peter & Helen Kim
Scott Liberenz
Sharon & Amanda Porta
SMBC Manubank
Special Needs Dental Associates/
Lekavich Dental Corporation
Sycamores
The Gurwin Family Foundation
West Basin Municipal Water District

This year Achievable Health also recognizes cumulative donations and pledges in support of our expansion project, Building Our Future: Achievable. Together.

\$2,000,000+

Yield Giving Open Call

\$1,000,000-\$1,999,999

Anahita & Jim Lovelace

\$100,000-\$999,999

The Ahmanson Foundation

\$50,000-\$99,999

John Gogian Family Foundation
UniHealth Foundation

\$25,000-\$49,999

Cedars-Sinai
Cognizant
Danise Lehrer & Teddy Tannenbaum
George Hoag Family Foundation
Mary Jane & Bob Steiner
Mike & Gayle Galper
Wipro

\$10,000-\$24,999

Eric Carr & William Tobin
Max Factor Family Foundation

\$5,000-\$9,999

Alan C. Kenney & Adam Ma
Carmen & Leonel Ibarra
The Rosalinde and Arthur Gilbert Foundation

\$2,500-\$4,999

Maria Nazario & Armando Castevlli
Special Children's League South Bay Committee

\$1,000-\$2,499

Sharon & Amanda Porta
John & Catherine Chavez

A YOUNG MOTHER FINDS FAMILY AT ACHIEVABLE HEALTH

At age 21, Arveda was a first-time mom when her daughter, Aryon was born. While her giggly baby seemed happy, as she began to grow, walk and talk, Arveda noticed that her daughter wasn't picking up developmental cues like other children.

Even with limited resources available to her, Arveda instinctively knew something wasn't quite right. A doctor's appointment with Westside Regional Center would reveal a diagnosis of autism. She was referred to Achievable Health.

"As a young parent and a single mom, I didn't know much about autism. The Achievable Health team was compassionate and made me feel at ease when describing my daughter's challenges. They provided me with the helpful resources and medical referrals needed to help Aryon thrive," says Arveda.

A few years later, Arveda found the courage to address her own health challenges, including her longtime struggle with her weight. She had tried to manage her weight through diet and exercise, but nothing seemed to work. Through her own research, Arveda came to the conclusion that weight loss surgery might be a good option, so she approached her medical provider for advice.

"My doctor's office was always overly crowded, and I felt like my visits were being rushed. My health concerns went unheard. When I expressed interest in weight loss surgery, my doctor didn't show any compassion for what I was going through. I left frustrated with his response," says Arveda.

Once again, Arveda turned to Achievable Health for comfort and support. "Meeting with Dr. Catanzarite, I knew I was in the right place. She listened to me, didn't judge or make me prove my case. In fact, Dr. Catanzarite expressed genuine concern for my wellbeing, and explained to me how weight affects moods swings and depression."

Achievable Health provided a referral with a qualified surgeon for Arveda to undergo weight loss surgery. "Many people judge you for it, or make you think you're taking an easy way out by having surgery. But that was never Dr. Catanzarite. She understood my pain and helped me through my weight loss journey."

Post-surgery, Achievable Health has remained at Arveda's side, helping her to manage addictive behavior. "I confessed to Dr. Catanzarite that I was drinking heavily as a replacement for compulsive eating. Once again, Achievable Health has supported me through my alcohol recovery. I am two years sober, and I am effectively managing my weight."



“The Achievable Health team was compassionate and made me feel at ease.”

"I am thrilled that Achievable Health is getting a new upgraded home, close to where I live and next to TikTok's headquarters. How cool!" says Arveda. "From my own experiences with my daughter, I know waiting rooms can be hard for patients, especially those with autism. I love the idea of quiet sensory rooms for patients to hang out in when needed."

Arveda adds, "I always recommend Achievable Health to my friends and family. It's a family-friendly healthcare center where your voice is heard, and your medical needs are met."

Achievable Health



Achievable Health Board of Directors celebrates the annual 2024 It's Achievable Gala.

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Home Instead Senior Care

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Culver City, CA 90230

Achievable Health
The Health Center Support Site
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Culver City, CA 90230