



MARCH 2025

IT'S ACHIEVABLE

Achievable Health's Newsletter



Carmen's Corner

Dear Friends of Achievable Health:



Carmen Ibarra
Chief Executive Officer

Exciting progress is happening! Construction of our new community healthcare center, the Achievable Health Lovelace Center, is nearing completion. We remain focused on ensuring that this state-of-the-art facility will provide high-quality care for our patients.

We would not be here without the dedication of our "Building Our Future: Achievable. Together." campaign co-chairs Teddy Tannenbaum and Michael Galper. Thanks to their passion and the generosity of our community, we have raised over 80% of our \$4 million goal. However, we still need your support to reach and surpass our goal to ensure our new center can provide comprehensive, life-changing care to those who need it most.

Now more than ever, community engagement in supporting the population of individuals with intellectual and developmental disabilities (I/DD) is critical to ensuring they receive the care and opportunities they deserve. By working together, we can ensure that individuals with I/DD have an opportunity to lead healthy lives.

On behalf of our campaign co-chairs and the Board of Directors, we invite you to continue being part of this incredible journey:

Outreach: Many of you have already helped spread the word about Achievable Health. If you know others who could benefit from our specialty services, encourage them to reach out. For more information, contact outreach@achievable.org.

Engagement: Personal testimonials and firsthand experiences can be powerful in spreading awareness. We invite you to share why Achievable Health matters to you. To share your story contact communication@achievable.org.

Giving: Your generosity has brought us this far, and we deeply appreciate it. As we approach the finish line, every contribution matters. Please consider making a gift to help us fully realize our vision. Donations can be made via the enclosed envelope or online at achievablehealth.org.

Thank you for being part of this journey. We warmly invite you to our ribbon-cutting ceremony on May 1, 2025, at 10 AM at the new Achievable Health Lovelace Center. To learn more and RSVP, please email [Iliana Magana](mailto:Iliana.Magana@achievable.org) at Iliana.Magana@achievable.org.

Your support, advocacy, and generosity make all the difference.

With gratitude,

Carmen Ibarra
Chief Executive Officer

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Claudia Kunin's Act-of-Kindness Journey Dog. Art. Achievable Health.

Who knew!

Internationally acclaimed artist Claudia Kunin never could have imagined that a little dog she rescued from an animal shelter would dramatically change her life and lead her to a life-long mission to inspire people with disabilities through art. This small act of kindness would ultimately bring her to Achievable Health.

Here's how it all began. Claudia, very quickly, realized there was something special about her newly adopted dog.

"She was too cute not to be shared," said Claudia.

So, Claudia and her puppy, affectionately named 'Lambchop,' enlisted in a local Pet Assisted Therapy program and they began spending time with people with cerebral palsy who were receiving social services at a local community center.

Then the COVID-19 pandemic hit. In-person volunteering was no longer an option. Wanting to stay connected, Claudia turned to what she knew best. Art. She began facilitating art classes, helping people with disabilities cope with loneliness and isolation. Some of those individuals were receiving healthcare services at Achievable Health.

The more Claudia learned about Achievable Health, the more interested she became in staying involved. She was impressed to learn that Achievable Health is the first-of-its-kind community health center in the United States to provide high-quality integrated healthcare for individuals with intellectual and developmental disabilities (I/DD), regardless of their ability to pay.

After taking a tour, meeting with medical staff and patients, she was so moved, Claudia became one of the first donors to make a planned gift.

Cut to today. Achievable Health has embarked on a philanthropic campaign to relocate and expand its healthcare center. When the new Achievable Health Lovelace Center opens, it will include 10,000 square feet of clinical space (compared to 3,300 square feet currently) and more than double the number of patients served.

As part of Achievable Health's ongoing commitment to the health and well-being of its patients, much thought and care has gone into creating comfortable, soothing spaces for patients and families to enjoy. That's where Claudia comes in.

"I was surprised, and yet so moved, when I received a call from Achievable Health's CEO Carmen Ibarra to ask if I'd be willing to take on the role as art curator for the new clinic," said Claudia. "Of course, I said yes. Art plays a powerful role in promoting wellness, calm, and healing."

With Claudia's guidance, Achievable Health has made a commitment to purchase art from professional artists who are people with disabilities. Claudia has spent the last several months building out the selection criteria, carefully reviewing works of art, and determining where acquired art will reside at the new Achievable Health Lovelace Center.

As the Lovelace Center prepares for its opening, one thing is for certain: Claudia's contribution to Achievable Health will be celebrated for a long time to come.

"Art plays a powerful role in promoting wellness, calm, and healing."

CLAUDIA KUNIN



In the News:

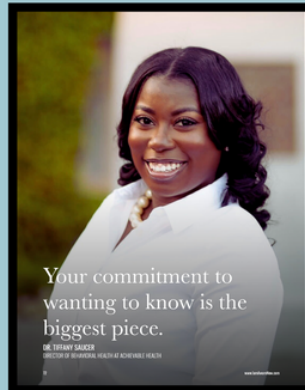


Dr. Michelle Catanzarite was featured in an episode of the I/DD Health Matters podcast, hosted by Dr. Craig Escudé.

In the episode, the two providers discuss the importance in delivering patient-centered care for individuals with I/DD.



Dr. Tiffany Saucer, joined Allié McGuire in an exclusive interview featured in 'The Thrive Edition of AwareNow Magazine.



Achievable Health is excited to share a recent feature in Mélange Magazine.

The interview with Diane Paylor, Achievable Health Board Member, shares her personal story as well as her experience as a patient at Achievable Health.



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We are now on **Bluesky!** Find us @AchievableHealth.bsky.social 

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Achievable Health

Presents Our Annual

It's Achievable Gala An Evening In Azul

Saturday, May 17, 2025 | 6:00 pm | Marina del Rey Marriott

Join us for a night of celebration! Scan the QR Code to become a sponsor or purchase your tickets.



achievablehealth.org



It's Achievable Gala 2024 Memories

