



SEPTEMBER 2024

# IT'S ACHIEVABLE

Achievable Health's Newsletter

## Carmen's Corner

Dear Friends of Achievable Health:



**Carmen Ibarra**  
Chief Executive Officer  
She/Her

It is official! We broke ground for the relocation of our community healthcare center early in July. With shovels in hand, a small group of us -- board members, staff, patients, families, donors and community members - gathered at the site of our future home to celebrate this exciting milestone.

Our new site will be named the Achievable Health Lovelace Center, to honor our long-time supporters Anahita and Jim Lovelace. Scheduled to open in early 2025, the expanded 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.

I am grateful to our leadership team, including the Building Our Future: Achievable. Together campaign co-chairs Teddy Tannenbaum and Michael Galper. Thanks to their passion and persistence, we have raised 80% of funds to meet our \$4 million capital campaign goal.

As the construction project is unfolding, our fundraising efforts continue. On behalf of our campaign co-chairs, and the entire Board of Directors, we invite you to join us. Here are three easy ways to support this campaign and help us to advance health and wellness for the patients in our care.

**SERVICES:** Word of mouth referrals are a great source for identifying new patients who would benefit from receiving care at Achievable Health. To learn more about our services, contact [outreach@achievable.org](mailto:outreach@achievable.org).

**KNOWLEDGE:** Introduce your friends and family to Achievable Health. Invite them to join our mailing list to receive our quarterly newsletter and other important updates. Contact [communication@achievable.org](mailto:communication@achievable.org) to subscribe to our mailing list or for more information.

**SUPPORT:** As a non-profit community health center, philanthropy empowers our work today and fuels our ability to expand critical services to support our community. Donate to our mission via the enclosed envelope or online at [achievablehealth.org](http://achievablehealth.org).

Thank you for your partnership, advocacy and support. We couldn't do this work without an engaged and supportive community of donors.

Stay tuned for exciting updates about our grand opening plans. I look forward to celebrating with all of you as the doors to our new Achievable Health Lovelace Center prepare to open.

All the best,

Carmen Ibarra

Chief Executive Officer



## This issue:

Carmen's Corner

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&  
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Prevention Month

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Photo Album

## Team Spotlight: Tiffany Saucer, DSW, MSW, LCSW

If laughter is the best medicine, a trip to Dr. Tiffany Saucer's office will do the trick. Always ready to offer patients a kind smile or a warm hug, Dr. Saucer is a ray of sunshine here at Achievable Health.

She is Director of Behavioral Health and part of a caring team dedicated to providing high quality healthcare to people with intellectual and developmental disabilities (I/DD), their families, and other vulnerable populations. Dr. Saucer's connection to the I/DD community is deeply personal. She grew up in South Central Los Angeles in a tightknit family. While Dr. Saucer is an only child, she and her Aunt Tashay, eight years apart, grew up like sisters. Tashay was born with cerebral palsy, seizure disorders and intellectual disabilities. From an early age, Dr. Saucer experienced first-hand what is required to support a loved one with disabilities.

A pivotal moment in the family, and the start of her own journey as a disability advocate, began when Dr. Saucer's grandmother was forced to quit her job as a dedicated school bus driver because Tashay was experiencing several seizures and required round-the-clock care. There were no affordable, quality care options available in their community.

"I remember how this difficult decision weighed heavily on me as a child. I began to question why certain people get access to support services, while others, like our family, do not. I've never forgotten this painful feeling. I hold on to it and it drives my work," says Saucer.

Dr. Saucer has dedicated her career to dismantling systemic inequalities for people with I/DD. She is proud to be part of the Achievable Health clinical team and strengthening its mental health services. Recognizing that most clinicians receive little education and lack training working with people with I/DD, Dr. Saucer is working to change that by embedding meaningful mentorships and training opportunities at Achievable Health.



Dr. Tiffany Saucer  
and her aunt Tashay

## National Suicide Prevention Month

September is National Suicide Prevention Month. It is a good reminder to check in with your loved ones and seek help if you or someone close to you is in need of mental health services. Achievable Health wants you to know, you are not alone and there are resources available to you, should you need assistance.

The 9-8-8 Suicide and Crises Lifeline is a nationwide mental health hotline that provides immediate assistance to individuals experiencing mental health emergencies, including suicidal thoughts, severe emotional distress, and substance abuse crises. It provides confidential emotional support, available 24 hours a day, 7 days a week. In an emergency, call or text 9-8-8 to chat. And, for more information, visit: [988lifeline.org](https://www.988lifeline.org).

"I began to question why certain people get access to support services, while others, like our family, do not. I've never forgotten this painful feeling. I hold on to it and it drives my work."

DR. TIFFANY SAUCER  
DIRECTOR OF  
BEHAVIORAL HEALTH



# In the News:



In the August issue of *DiversityComm Magazine*, CEO Carmen Ibarra shared, "Since I came on board as CEO, we have experienced extraordinary patient growth—a 250% increase in the number of patients seen annually. This indicates the high demand and need that exists within our community."

*Spectrum News* aired a segment highlighting Tom & Alan Kenney, Dr. Michelle Catanzarite (Achievable Health Chief Medical Officer), and Achievable Health's expansion of the Lovelace Center. Achievable Health is expanding into a bigger health center, with more than double the number of patients we serve, to continue to support families like Tom and Alan's.

Visit [achievablehealth.org/in-the-news](https://achievablehealth.org/in-the-news) or scan the **QR Code** to the right for full access to the news publications mentioned above.

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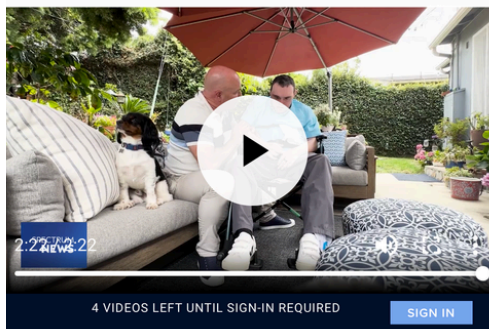
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(*Spectrum News/Zarina Khairzada*)

HEALTH

This center could expand disability health care options



# Ground Breaking Photo Album:



Scan the QR Code or click [here](#) to access the Lovelace Center Ground Breaking photo album.

