



Carmen's Corner

Dear Friends of Achievable Health,

Spring is in the air, and with it I always feel renewed energy and a sense of focus and intentions for the year ahead! Last year, we stood together with neighboring community health centers to fight for accessible, high-quality care for all Angelenos. As we move through 2026, our commitment remains unwavering—health centers continue to face challenges as more people become uninsured. Misinformation on vaccines threatens the very care our communities rely on. Together, we will stay vigilant and continue advocating for the health and well-being of every patient we serve.



Carmen Ibarra
Chief Executive Officer

Living our Mission + Future Goals

Every new year brings an opportunity to put our mission into action. In 2026, we are focused on nurturing future physicians and leaders to improve healthcare for individuals with intellectual and developmental disabilities (I/DD), building on successful partnerships with organizations such as the Kaiser Permanente Bernard J. Tyson School of Medicine.

Investing in Excellence

We are proud to welcome Dr. Kim-Thy Hoang Nguyen as our new Director of Clinical Education. After completing a clinical rotation with Achievable Health during her medical residency, Dr. Nguyen found that our mission of providing accessible care to individuals with I/DD aligned with her beliefs and goals in making healthcare more attainable for all. Learn more about Dr. Nguyen on Page 2.

Celebrating a Legacy of Care

Join me in celebrating a Legacy of Care at our It's Achievable Gala on Saturday, April 18. After more than 12 years as Chief Executive Officer of Achievable Health, I am beginning to prepare for retirement next year and am excited to reflect on this incredible journey.

This special evening will be a time of gratitude and celebration—for the progress we've made as a community and for the continued support that makes Achievable Health's work possible. I would be honored to see you there. For more information, please visit achievablehealth.org/gala.

While many questions remain about the future of healthcare in our country, our commitment to compassionate, dignified care for every patient and family we serve continues to guide us.

Warmly,

Carmen Ibarra, Chief Executive Officer



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Investing in Excellence: Meet Dr. Kim-Thy Hoang Nguyen

“I’m grateful for the opportunity to be a provider at a health center whose mission and values directly align with my own. I have a passion for caring for individuals with I/DD, and for addressing health inequities for this underserved population.”

DR. KIM-THY
NGUYEN



Dr. Kim-Thy Nguyen
Director of Clinical Education
Achievable Health

At Achievable Health, our mission is to provide high-quality healthcare to our community, with a specialty in treating individuals with intellectual and developmental disabilities (I/DD) and their families. That mission resonates deeply with Kim-Thy Hoang Nguyen, DO, who recently joined Achievable Health’s growing healthcare team.

For Dr. Nguyen, caring for individuals with I/DD is not only a professional commitment—it is also deeply personal. Her 32-year-old brother has I/DD, and she remembers how difficult it was for her family when he turned 21 and the services he relied on suddenly stopped.

“I had to see my family struggle to figure out what to do next,” she recalled. “It was devastating for me to witness my family going through that.”

Unfortunately, many families face a similar experience when the support systems available during childhood disappear as individuals transition into adulthood. Dr. Nguyen has seen these challenges not only within her own family, but throughout her medical training and practice.

“There are not a lot of providers who are comfortable seeing patients with I/DD, and that shows in our current healthcare system,” she said. “Many of my patients have shared difficult experiences with specialists and other primary care doctors. Physician bias is something that’s really important to address, and something I’m passionate about working to change.”

Dr. Nguyen received her Doctorate of Osteopathic Medicine from Touro University California and completed her Family Medicine residency at Riverside University Health System in Moreno Valley. She also completed the Train New Trainers (TNT) Primary Care Psychiatry Fellowship at the University of California, Irvine, advancing her skills in diagnosing and treating psychiatric conditions in primary care while helping train other clinicians.

Her connection to Achievable Health began during her residency, when she spent a month training at the clinic, shadowing Chief Medical Officer Dr. Michelle Catanzarite and caring for patients. The experience helped affirm her interest in expanding quality care for people with I/DD.

Her early efforts to develop an Intellectual and Developmental Disabilities (IDD) Curriculum and Track at Riverside University Health System/University of California Riverside were further strengthened by her rotation experience, which reinforced her passion for IDD care; this work was later presented at the 2025 Annual Society of Teachers of Family Medicine (STFM) Conference. The program helps prepare resident physicians to better understand the unique challenges involved in caring for patients with I/DD.

“I’m grateful for the opportunity to be a provider at a health center whose mission and values directly align with my own,” said Dr. Nguyen. “I have a passion for caring for individuals with I/DD, and for addressing health inequities for this underserved population.”

As Achievable Health continues to expand care for individuals with I/DD and their families, we are excited to welcome providers like Dr. Nguyen—clinicians who not only care deeply about this community but are also working to transform how healthcare systems serve individuals with I/DD.



Dr. Nguyen with her two brothers,
Long Nguyen and Minh Nguyen



Achievable in Action

Celebrating Women Leaders: Dr. Michelle Catanzarite Honored

The Culver City Chamber hosted its 10th Annual Women in Business Leadership Awards & Luncheon—a day full of inspiration and celebration. In honor of National Women’s Month, the Chamber recognized five remarkable women for their achievements, innovations, and leadership in business. Among the honorees, Dr. Michelle Catanzarite, Chief Medical Officer, received the Women in Business Visionary Award, highlighting her outstanding contributions and impact in the community.



2026 Women in Business Honorees stand alongside Culver City Chamber staff



Dr. Michelle Catanzarite
Chief Medical Officer, Achievable Health



2026 Abilities Expo

The Abilities Expo took over the Long Beach Convention Center for an inspiring weekend. This free event highlighted innovative technologies and resources designed to promote independence and accessibility for individuals with intellectual and developmental disabilities.



Achievable Health’s Development & Outreach team at the 2026 Abilities Expo



Courageous Comics at the 2026 Abilities Expo



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It's Achievable Gala

Celebrating a Legacy of Care

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