

IT'S ACHIEVABLE

Achievable Health's Newsletter

Carmen's Corner

Dear Friends of Achievable Health,

As we move into the fall, I can't help but reflect on what makes Achievable Health strong. It is our ability to care for our patients while also standing up for the future wellbeing of our community.

This summer, we joined community health centers across the country in celebrating National Health Center Week and hosted our webinar, Investing in the Safety Net: Policy, Philanthropy, and Health System Alignment. The week was an important reminder of the vital role community health centers play in keeping healthcare accessible for the people who need it most.

As threats to healthcare access and affordability continue, we are doubling down on our advocacy efforts to Say No to Proposition 44. The November election will be an important opportunity for all of us to make our voices heard. Voting is one of the most powerful ways we can advocate for the future of the healthcare safety net and help protect access to care for the communities we serve.

And through it all, we continue doing what we do every day: seeing patients, caring for families, and building toward our vision of a compassionate healthcare community where all individuals—including those with intellectual and developmental disabilities—receive personalized, holistic care that empowers them to live healthy and fulfilling lives.

Inside this issue, you'll hear from our Chief Medical Officer, Dr. Michelle Catanzarite, about caring for patients in our expanded Lovelace Center. You'll also learn about our partnerships with the Kaiser Permanente Bernard J. Tyson School of Medicine and the Keck School of Medicine of USC Family Medicine Residency Program, which help train the next generation of healthcare providers to better serve people with intellectual and developmental disabilities. These partnerships invest not only in better outcomes for our patients today, but in a future where inclusive healthcare is the standard, not the exception.

There is much work ahead, but there is also much to be hopeful about. Philanthropy makes our progress possible, helping us invest in our patients, our clinical team, and the future of inclusive healthcare.

One of the most meaningful ways to support Achievable Health and demonstrate your commitment to our mission is by joining the Healthcare Champions Circle. Your monthly support helps ensure we can continue providing compassionate, comprehensive care to the community we serve.

Thank you for standing with us and helping make healthcare achievable for everyone.

With gratitude,



Carmen Ibarra, Chief Executive Officer



Carmen Ibarra
Chief Executive Officer



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Investing in the Future of Community Health Centers

Director of Development & Communications, Amanda Porta, has a conversation with Achievable Health's Chief Medical Officer, Dr. Michelle Catanzarite

“We have an opportunity to build programs that give future healthcare providers firsthand experience delivering patient-centered care to individuals with I/DD, but we can't do it alone. Our community and philanthropy makes that work possible.”

DR. CATANZARITE



Dr. Michelle Catanzarite
Chief Medical Officer
Achievable Health

Amanda Porta: Thank you for joining us today, Dr. C, as you're known to many of our patients. We know your schedule is busy, so we really appreciate your time. Tell us a little about your background.

Dr. Michelle Catanzarite: Happy to be here! I'm a board-certified Family Medicine physician, and my work has largely focused on serving underserved communities and improving quality of care. I've been the Chief Medical Officer at Achievable Health since 2015.

Achievable Health became a Federally Qualified Health Center in 2013. While we serve the entire community, we have a particular passion for providing primary care to individuals with intellectual and developmental disabilities, or I/DD—a population that has historically been underserved. That mission is what drew me to Achievable Health in the first place.

AP: More than a decade—that's incredible. And over that time, you've seen Achievable Health grow alongside the needs of the community. What drove the decision to expand into the Lovelace Center?

MC: Honestly, we had reached a point where we simply couldn't meet the growing need within our previous space. We were at capacity, and we were hearing from patients that finding comprehensive, coordinated care could be a real challenge.

AP: So it wasn't just about needing a bigger building. It was about creating the capacity to serve more people and provide the care they were looking for.

MC: Exactly. And we didn't want to make that decision in isolation. About three years ago, we conducted a feasibility study and talked directly with patients, staff, and some of our most committed supporters. We asked a fundamental question: What would it take for Achievable Health to better meet the needs of our community?

AP: And what did you hear?

MC: The message was clear: we needed more space and more capacity to welcome new patients. That feedback became the foundation for our Building Our Future: Achievable. Together. campaign. We set an ambitious \$4 million goal to create a larger, more accessible health center that could grow with our community.

AP: And that vision ultimately became the Lovelace Center.

MC: It did. The Lovelace Center represents so much more than a new facility. It's an investment in our patients, our team, and our ability to provide high-quality, comprehensive care for years to come.

AP: What does the Lovelace Center mean for the community?

MC: It's a really significant milestone for Achievable Health—and, most importantly, for the patients and families we serve. With 13 new patient rooms, including two dedicated to pediatric care, we'll be able to more than double the number of patients we can serve within the first three years.

AP: More than double—that's a tremendous increase. What does that mean beyond having more appointments available?



MC: It means more people who have been waiting for care can finally have a place to turn. It means families don't have to navigate a fragmented system trying to find providers who understand their needs. And it means we can continue building a model of care that recognizes the whole person—not just a diagnosis.

AP: And you didn't get here alone. This campaign really became a community effort.

MC: Absolutely. We could not have done this without the incredible generosity and partnership of our community. Supporters like Anahita and Jim Lovelace, The W.M. Keck Foundation, L.A. Care Health Plan, Cedars-Sinai, and so many others believed in this vision and invested in what was possible. Their support is a powerful reminder that meaningful change in healthcare takes all of us.

AP: It's been incredible to see Achievable Health go from launching this campaign to now being fully operational in a new health center. What have these first three months been like for you and the team?

MC: It's been a labor of love. And now that we're in the space the best part has been seeing how excited our patients are about the new center— I've heard so many patients express delight and pride in the new space. They have more space to feel comfortable, and our team now has dedicated workspace and accessible equipment to better care for patients with I/DD.

It's incredibly rewarding to see something we worked toward for years become a reality. And while opening the doors is a huge milestone, it's really the beginning of what we can accomplish next.

AP: And there's already a lot happening. What do you see in store for the future of the Lovelace Center?

MC: Having a larger space means greater capacity—not just for the patients we serve, but also to invest in the future of healthcare. Many healthcare providers graduate without specific training in caring for people with I/DD; it simply isn't part of the standard curriculum. That's a gap we're uniquely positioned to help close.

We're currently piloting clinical rotations with Kaiser Permanente Bernard J. Tyson School of Medicine and the family medicine residency program at Keck USC, creating opportunities to train healthcare providers at two different stages of their education. Medical students from Kaiser Permanente have begun clinical rotations with us as part of their medical education, while the first residents from Keck Medicine of USC has started a rotation as part of their postgraduate training.

It's an exciting opportunity to reach healthcare providers at two different stages of their training and give them meaningful, hands-on experience caring for individuals with I/DD. Through this pilot, we hope to help build a healthcare workforce that is better prepared to understand and meet the needs of this population.

AP: So the Lovelace Center is not only expanding access to care today, but also helping shape the future of I/DD healthcare.

MC: Exactly. That's what makes this next chapter so exciting. We're not just expanding care today—we're helping shape what healthcare can look like for people with I/DD tomorrow.

AP: And that kind of work takes a community. What can our community do to help Achievable Health continue moving this vision forward?

MC: We have an opportunity to build programs that give future healthcare providers firsthand experience delivering patient-centered care to individuals with I/DD, but we can't do it alone. Our community and philanthropy makes that work possible.

One of the most meaningful ways to support Achievable Health is by joining our Healthcare Champions Circle, our monthly giving community. Monthly gifts provide reliable, ongoing support for our clinical operations and help us continue investing in the programs, people, and care our community needs.

The Lovelace Center wouldn't have been possible without the incredible generosity of our supporters. The Healthcare Champions Circle is another way to be part of that momentum—and help make sure Achievable Health can continue growing, innovating, and providing care for years to come.



When Patient Advocacy and Education Makes a Difference: Meet Sharon Bell, Achievable Health's Community Health Worker

“With proper management and education, patients can have a better quality of life. And I also want our patients to feel heard and know they're not just another number when they walk through our doors.”

SHARON BELL



Sharon Bell
Community Health Worker
Achievable Health

Sharon Bell, Achievable Health's Community Health Worker (CHW), is passionate about patient advocacy and health. With a background in diabetes education, she was inspired to become a CHW because she wanted to help patients grasp the importance of diabetes prevention and management.

Diabetes prevention starts with understanding what diabetes is and getting it under control to improve a patient's quality of life. According to the Centers for Disease Control and Prevention (CDC), more than 40 million Americans have diabetes, and it is the seventh leading cause of death. Diabetes occurs when your body stops producing enough insulin or is not able to use the insulin properly, which can cause blood sugar to stay in your bloodstream, and eventually lead to health problems, like heart disease, kidney disease, and vision loss.

Sharon shared that it's very important to know the signs and symptoms of diabetes, which include frequent urination, dry mouth, excessive tiredness, hunger, and thirst. She also shared that some of the biggest barriers she's noticed patients face when it comes to preventing or managing diabetes are that they struggle to successfully change their eating habits and incorporate healthier meals into their diet, stay on track with their medication regimen, and adopt a more active lifestyle. Sharon said, "Because I know that lifestyle changes are hard, I recommend patients start gradually. We set goals that are attainable so that they can slowly improve their eating habits."

Achievable Health understands the importance of supporting our patients through difficult transitions. Sharon shared that she works closely with other members of our team to advocate for our patients after they receive a diagnosis, helping them understand their diagnosis, and assisting in connecting them to a specialist. Sharon said, "When the doctors submit referrals to a specialist, I will make the appointments for the patient. I will also explain how important it is that they see these specialists."

For Sharon, the most enjoyable part about working with our patients is putting a smile on their face and giving them reassurance. Sharon said, "With proper management and education, patients can have a better quality of life. And I also want our patients to feel heard and know they're not just another number when they walk through our doors."

It is because of dedicated members of Achievable Health's team, such as Sharon Bell, that we are able to provide our patients with the outstanding, compassionate care they deserve. Thank you for all that you do, Sharon!



MONTHLY GIVING PROGRAM

HEALTHCARE CHAMPIONS CIRCLE

JOIN A COMMUNITY OF DEDICATED
SUPPORTERS ENSURING PEOPLE WITH
INTELLECTUAL AND DEVELOPMENTAL
DISABILITIES ALWAYS HAVE ACCESS TO
THE HEALTHCARE THEY DESERVE.

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achievablehealth.org/healthcarechampions



VOTE

NO 44

ON PROP

STOP the ATTACK on Patients & Clinics

Vote by **November 3rd!**

Learn more at noprop44.com

Prop 44 will cut **\$1.7 billion from community health clinics** in the first year and billions thereafter.

As a result, **88% of clinics** across the state would operate at a loss and **7 million patients' access to care** will be threatened. Specifically those who rely on community health clinics.

Paid for by Achievable Health

Meet Us in Paris!

Join us at Meet In Paris, an evening in support of Achievable Health. Enjoy good company, great food and drinks, and an opportunity to come together with friends and supporters who believe that healthcare should be achievable for everyone.

Reservations are encouraged and can be made through [this link](#). We'd love to see you there!

Meet in Paris

Meet in Paris
— FRENCH BISTRO —
CULVER CITY

CHEERS TO 17 INCREDIBLE YEARS!

Our **17TH YEAR ANNIVERSARY!**

THURSDAY, SEPTEMBER 17TH
CELEBRATING **17** YEARS IN CULVER CITY

20% OF THE EVENING'S PROCEEDS DONATED TO
ACHIEVABLE HEALTH
CULVER CITY

achievable health
Champions for I/DD Care

LIVE MUSIC
Sylvia & THE
RHYTHM BOYS
6:30PM - 9:30PM

OFFICIAL SPONSOR
STELLA ARTOIS

Merci Culver City for 17 beautiful years. A votre sante!