

It's achievable



Why Health Care?

When it comes to health care, most of us have an opinion about the current state of affairs. Our interaction with the healthcare system can either be an exploration into the marvels of modern medicine or result in sinking feelings of frustration over the lack of personal care, exploding bureaucracies and spiraling costs.

The people who we serve face additional barriers, such as a lack of specialists who

will see them, hour-long waiting room times and providers who are ill-equipped to care for them. The health care system simply does not meet the needs and expectations of people with developmental disabilities. Linda, who both works at Westside Regional Center (WRC) and is a client said, "Consumers can't afford to pay for doctors, can't pay for all the medicines, can't see dentists and fewer take Medi-Cal".

Other adult clients at WRC also voiced their concerns about accessing quality healthcare. Robert lamented: "Even co-pays are going up, now sometimes \$20 or \$30 per visit, and many people can't afford them."

Ted expressed the common perception of a lack of proper preventative care for this population: "I want to see a clinic that works to help with diabetes, how to treat it and prevention too; it is something many clients here are dealing with."

Achievable realizes the large magnitude of the issues that our clients face when trying to access healthcare. By collaborating with WRC and other community partners, we hope to provide a place where health care solutions can be explored. With your support, the Achievable Clinic can help provide the basic right of healthy lives for the people we serve and their families.

UPCOMING EVENTS

AUGUST 30—BJ'S FUNDRAISER

24Hr HomeCare and BJ's at Westfield Culver City have partnered up to benefit Achievable! Please come enjoy a meal at BJ's from 12 PM to 7 PM and tell them that you're there for the 24Hr HomeCare fundraiser.

Details and tickets available at www.achievable.org.

FUNDRAISING HELPERS WANTED!

The Achievable Fundraising Think-Tank is a volunteer advisory group dedicated to developing and implementing strategies for raising capital and community awareness for Achievable and its efforts to address critical health care needs. The Think Tank founding members include Dick Lewis (Lewis & Associates Public Relations), Mike Danneker (Westside Regional Center), Cecilia Fabulich (WRC Board), Fernando Gomez (WRC Board, Mind Walk Ventures), and Chris Getto (Entrepreneur).

Since April 2011, the Think-Tank has taken steps to refine the Achievable brand and launch a capital campaign in support of the Achievable health clinic initiative. The team set a goal of raising \$100,000 from events during this fiscal year.

To learn more and get involved, contact Erin Fox at (310) 258-4253, or erinf@achievable.org

Message from the President



Board President, Ted Tannenbaum

On behalf of the Achievable family, we thank you for your dedication and sup-

port, and invite you to learn about the many exciting developments from the past few months.

Achievable has always focused on finding positive solutions in the midst of challenges. From the people we serve, their families and the community, we draw inspiration, which has

helped us to provide over 15 years of vital resources and innovative programs for thousands of people living with developmental disabilities. Now, as we embark on our biggest challenge, we once again look to those we serve for inspiration.

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Message from the President (continued from page 1)

As many of you know, health care reform has been at the top of the nation's agenda for the past few years. With one in every five dollars in the US spent on health care, not a day goes by that we can escape its influence. Questions and concerns abound for many people, but even more so our clients and their families. Will a doctor spend enough time with my loved one? Will they explain the treatment options in a clear and dignified way? Can we find a specialist who can work with us? Will it take months or years to get an appointment?

For several years, Achievable has looked to address these concerns

through creative partnerships, like our collaboration with Westside Regional Center, which provides specially-trained pediatricians, neurologists, psychiatrists, and other highly qualified caregivers to the people we serve. We have worked with local health centers like Venice Family Clinic, providing health-care access to hundreds of individuals.

In that same light, Achievable will be launching a health clinic to offer those we serve access to comprehensive primary and specialty health care. The Achievable Clinic is being developed with dedicated caregivers and innovative treatment practices specific to

servicing individuals living with developmental disabilities. It will use a Patient-Centered Medical Home care model that emphasizes care coordination and high standards for communication, prevention, treatment and follow-up care. It is our hope that the clinic will serve not only as a model for our community, but across the regional center system. We ask you to learn more in these pages about how we plan on making this vision a reality.

Find more about the clinic initiative at www.achievable.org.

Zappa and Porter Support Achievable in Song



Nolan and Patrice belt out a tune for the crowd.

On March 27, Patrice Zappa Porter and Nolan Porter hosted a karaoke extravaganza at the Santa Monica Moose Lodge to celebrate Patrice's 60th birthday and raise funds for Achievable. Referring to the motivation for the event, Nolan said, "Patrice wanted to give something back rather than just receive a gift. Our lives have

been blessed, and we want to share that blessing."

The event drew over 100 guests, including family, friends, colleagues and passersby lured in by the soulful music. The couple, both talented singers who have performed around the world, delighted guests with several solo and duet performances, including an enchanting duet of Marvin Gaye's "Mercy Mercy Me."

The event also featured sets by gifted musician David Glasband and by The Halos, a doo-wop fusion band of four, including Westside Regional Center's Jose Reyes. Other guests boldly took the stage for less polished, but

equally entertaining, performances.

Achievable's President, Ted Tannenbaum, and staff Steve Wang, Erin Fox and Alex Soschin attended the event to celebrate with the birthday girl and to promote Achievable's priority of expanding health care access with a medical clinic to provide comprehensive health care for individuals with developmental disabilities and their families. The message resonated and guests generously contributed to the Achievable cause.

On behalf of Achievable and the people we serve, we extend a heartfelt thanks to Patrice and Nolan for hosting this amazing event.

Emergency Support Program Makes a Difference - Stories of Hope

During Fiscal Year 2011/12, the Governor's Budget calls for \$591 million in continued decreases to the California Department of Developmental Services. An additional \$100 million will be cut if projected tax revenues do not materialize: It's difficult times like these when Achievable's Emergency Support Program truly makes a huge impact on the individuals we serve. Here are just a few examples.

Liz is a 28 year-old, expectant mother with intellectual disability. She was recently evicted from transitional hous-

ing, and looking for immediate help to get stable housing for her and her soon-to-be-born child. She had managed to save up some of the necessary funds, but needed a little extra from Achievable to fully cover her move-in expenses.

Ronnie is a 16 year-old boy with intellectual disability, seizures and Bell's palsy. His family was barely managing to get by when their refrigerator broke. In order to keep the medications that he needed to manage his seizures, Achievable stepped in and purchased a brand new fridge for the family.

Julie is a 50 year-old woman with intellectual disability, cerebral palsy and seizure disorder. She stopped eating and became ill due to malnutrition. It was determined that Julie stopped eating due to dental pain, which required extensive work to repair. Medi-Cal no longer covered dental and she did not have adequate funds. Achievable paid for dental treatments so Julie would no longer suffer in pain.

To give the gift of Emergency Support, visit our online gift catalog in the "How You Can Help" section of www.achievable.org.

Remembering Lee Weinstein

On January 25, we experienced the loss of an extraordinary man: Lee Weinstein. Lee devoted his adult life to supporting individuals living with developmental disabilities. He was a fearless leader, mentor and friend to countless people in our community. We had the honor of working with Lee through his role at Westside Regional Center, where he led his team with calm wisdom and integrity.



Lee Weinstein

Lee was a man of few words and a heart of gold. His friends and family describe him as compassionate, loving, caring, warm, funny, witty, gracious, uplifting and good natured. Michael Berman, Lee's loving lifetime partner, describes Lee as "the kind of person you could always rely on. He was like the bright light in a room that was always smiling and everyone was attracted to. He had a way of making everyone comfortable and confident."

Throughout his life, Lee touched the hearts and lives of many. He was active in the 1960s civil rights movement and

then moved on to advocate for individuals with developmental disabilities. Michael says, "Lee was so impassioned about his career and helping less fortunate individuals that it became his sole purpose in life."

Because Lee was so dedicated to helping the people we serve, Michael asked Lee's family and friends to donate to Achievable in memory of Lee. Michael explains, "All Lee would want in his memory would be the progress, comfort and continued honorable work that the Achievable Foundation strives for. I cannot think of a more fitting organization to continue Lee's legacy."

It was our good fortune to have known and worked alongside Lee Weinstein. We will continue his fight to ensure that underserved individuals with developmental disabilities have a chance to reach their greatest potential. Lee will be missed but will continue to live on in our memories, in our hearts and in spirit. Many thanks to Michael Berman; our thoughts are with you.

Mama's Tamale Tasting is a Hit



Mama greets a crowd of hungry supporters.

Achievable's fundraising guru and Westside Regional Center Board member, Cecilia Fabulich, was at it again, organizing another phenomenal, food-centered fundraiser. On Sunday, July 10, forty Achievable supporters and foodies descended upon Mama's Hot Tamales Café, across from MacArthur Park, for a private tamale tasting. On the menu were pan-Latin flavors reflecting the kaleidoscope of cultures of the Mama's

tamale chefs, including chicken in black mole from Oaxaca, Mexico; beef adobo from Acapulco, Mexico; and the recently awarded "Best Darn Tamale—Dessert" guava and cheese from Colombia.

Not only were attendees greeted to a feast including a buffet of all the different tamales, salad, rice, beans and agua fresco, but they also got to hear from Mama herself about how the café and its affiliated training programs have played a vital role in transforming the local community. It was an amazing feast that raised funds to support Achievable's clinic project and left guests clamoring for the next event.

If you're interested in hosting a fundraiser on behalf of Achievable, please contact us at (310) 258-4256 or info@achievable.org. We would love to partner with you!

The Achievable Clinic

VISION:

To be a leader in providing innovative, comprehensive health care to individuals with developmental disabilities and their families throughout Southern California.

MISSION:

To implement a licensed community health center to provide vital primary and specialty health care to thousands of children and adults with developmental disabilities. Our clinic will be led by a highly trained and caring medical and support staff committed to long-term positive health outcomes for our clients.

NEED:

Economic disparities, limited pools of care providers willing to work with our clients (especially in specialized medicine) and a high prevalence of co-existing medical conditions are among the obstacles to adequate care. As the number of individuals diagnosed with developmental disabilities continues to grow, general health care providers are less equipped to deal with the demands of this population. Hospitals are closing, fewer doctors are taking public insurance and healthcare reform is still being debated. Access to healthcare is no longer a right, but a privilege granted to fewer and fewer Californians.

GOALS AND OBJECTIVES:

- 1) Raise sufficient funds to outfit and operate a community clinic for individuals with developmental disabilities and their families.
- 2) Apply for and receive state community clinic licensing in order to begin insurance billing for patient visits.
- 3) Begin operating a clinic with a full spectrum of primary care and selected specialty care services to its clients.
- 4) Develop a sustainable model of clinical care that meets or exceeds quality benchmarks.
- 5) Share and disseminate results/best practices/ lessons learned across Regional Center network to enable replication of clinical care model statewide.

FUNDRAISING TO-DATE/GOAL:

\$400,000 committed – target is \$862,000.



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A Heartfelt "THANK YOU" to Our Supporters

It is only through the on-going support of our donors that we are able to provide vital supports to low-income individuals with developmental disabilities. We especially want to thank the following individuals, corporations and foundations who went above and beyond in raising support for Achievable:

- The Carl W. Johnson, Rosalinde and Arthur Gilbert, Harold R. and Winifred R. Swanton, Teleflex and William C. Bannerman Foundations for your support of our general operations and Emergency Support program.

- Gary Platt Manufacturing, Manufacturers Bank, Enright and Ocheltree LLP, J. Elliott Construction Company, the Hapsmith Company and Daniel Care Center for your corporate contributions that made a significant positive impact on your community.

- Nolan and Patrice Zappa Porter, Options for Life, Morning Sky, Stacy Browner, fresh&easy and 24Hr Home Care LLC for your diverse talents and

creative fundraising for Achievable.

- Linda Arias and Olivia Harrison for donating your Dodgers' suite for our staff and family appreciation night.



Martha Montealegre & Danny Jr. and Luisa Delgadillo enjoy a night at the Dodgers' suite.

- Anahita and Jim Lovelace, Larry and Mucci Taylor, John and Patty Nickoll, Mike Danneker, Ken Sleeper, Geri Brawerman, Ira Goldberg, Ted Tannenbaum, Robert Hashimoto Sr., Dr. Pamela Wiley, Gerald and Joan Doren, Elaine and Warren Breslow,

Albert O'Donnell, Nicole Markos, Jesse and Lillian Beim, Barbara and Fred Miller, Leonard and Annette Shapiro, Robert and Ruth Mirvis, Linda Demer, Bryon Gross, and Sondra and Tom Rykoff for your extremely generous personal contributions.

- Windes and McClaughry Accountancy Corporation and Sunny Realty and Management, Inc. for sponsoring our next event.

- Lidia Rosales, Joe Montez, Teri Huber and Sharon Ayers for organizing the annual State Line Turnaround fundraiser.

- Lou Spitz for your tireless efforts to raise funds to improve access to healthcare for the people we serve.

- Ted Levine Drum Company for diligently giving of your resources throughout the year.

YOU CAN MAKE A DIFFERENCE TOO!

Donate at www.achievable.org.

Or contact us at (310) 258-4256

or info@achievable.org.