

It's achievable



Russ "Riff" Tamblyn and George "Bernardo" Chakiris with Westside Special Actors Group performers at November 10 event

West Side Story Event Benefits Clinic

On the evening of November 10th, Achievable supporters gathered in Beverly Hills at the exclusive screening room of WME Talent Agency for a star-studded, film-screening celebrating the 50th anniversary of the beloved film *West Side Story* and benefiting Achievable's community health clinic initiative. Actor/writer/producer/director Joe Mantegna participated as MC of the unforgettable event,

which included a Q&A panel featuring original film stars, George "Bernardo" Chakiris and Russ "Riff" Tamblyn, and the film's executive producer, Walter Mirisch. In addition, the Westside Special Actors Group, composed of six young adult performers with developmental disabilities (some of whom act professionally on film and television), treated the audience to a live tribute performance of favorite scenes

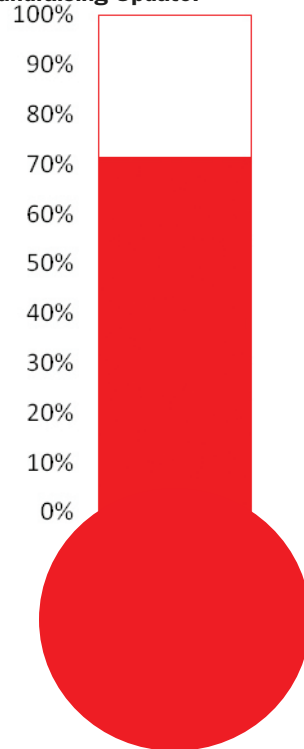
from the film. The event also included a food and wine reception and a private screening of the 50th Anniversary edition of the film courtesy of 20th Century Fox Home Entertainment.

Generating over \$35,000 in ticket sales and donations, the event was hugely successful in raising both public awareness of the unmet healthcare needs of individuals with developmental disabilities and funds to open a first-of-its-kind community health clinic in Southern California dedicated to meeting those needs. Thanks to generous sponsorship by Budget Rent a Car of Southern California, as well as the Rosalinde and Arthur Gilbert Foundation and Los Angeles Speech and Language Therapy Center, Achievable was able to commit over \$30,000 to the clinic initiative from this event.

Event guests were electrified and moved by the pre-screening program, which combined entertainment and education about the (continued on page 3)

THE ACHIEVABLE CLINIC

Fundraising Update:



We are almost at our preliminary goal of raising \$994,881 for the Achievable Clinic! With your support, we can meet our goal! Please send in your contribution or donate online at <http://www.achievable.org> !

Message from the President



Tannenbaum and Mantegna at November 10 event

On behalf of the team at Achievable, I want to thank you for your continued enthusiastic support. The past few months have been a whirlwind of activity and we have much to show for them. At a time of budget cutbacks, political stalemates and economic uncertainty, we are forging ahead

with optimism and a plan to improve the lives of the people we serve.

We view this as a time of opportunity and that is what our Achievable Clinic initiative is all about—the opportunity to improve the health of our families by providing the place, the people and the skills at our soon-to-

open community health center. By focusing on the needs and concerns of people with developmental disabilities, we hope to create a new model for health care that will achieve positive outcomes through quality primary and specialty medical care.

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Message from the President (from page 1)

Since our last update, we have made significant strides towards making this vision a reality. We have been awarded over \$135,000 in grants from prominent foundations and government agencies; raised over \$35,000 in ticket sales, donations and sponsorships from our recent West Side Story 50th Anniversary Screening; and secured over \$200,000 in pledges from our Board and partners to build, license and staff the Achievable Clinic. We have submitted several other grant requests and are hopeful that others

will be joining our growing list of supporters soon.

At the same time, we are moving ahead to obtain California licensure as a Community Health Center. Working with our Board, strategic partners, funders, volunteers and team members has been very encouraging and rewarding, and we know it will take all our combined efforts to make this next chapter of Achievable's story a successful one.

As we reflect on the past year, we are grateful for those who have given

so much towards our efforts. Whether it was with a timely grant, telling a friend about Achievable, volunteering at our events, serving on the Board or our committees, writing us about a client success or just staying informed about our work—your dedication, participation and contributions made a difference. Thank you for taking part and we hope that the journey forward continues to be a rewarding one for all of us together. We wish you all a safe and happy holiday season and a wonderful New Year!

Dedicated Partners Contribute Throughout the Year

As we reflect on the past year, we wish to express our sincere appreciation to several partners for their valuable support services to the people we serve and for devoting time, energy and resources to benefit Achievable's mission.

Options for Life Agency (optionsforlifeagency.com) is a community based day support program that provides opportunities for individuals with intellectual and behavioral challenges to perform volunteer work and engage in recreational activities in the community. For many years, Executive Director Karol Scotta and her agency have supported Achievable by continuously organizing community fundraising activities and events. From car washes to the

eagerly anticipated holiday tree auction, Options for Life generously supported Achievable throughout the year. Explaining her inspiration and dedication to Achievable, Scotta said, "The participants and staff of Options for Life embrace the same philosophy as Achievable— to make independence possible for people with developmental challenges."

Los Angeles Speech and Language Therapy Center (www.speakla.com) and its Founder Dr. Pam Wiley have supported Achievable's mission through the years while offering top-notch speech and language therapy services and enrichment programs for children. This year, Dr. Wiley personally supported Achievable programs and the Center

generously sponsored Achievable's West Side Story event.

24Hr HomeCare (www.24hrcares.com) provides a wide array of non-medical in-home care services to individuals with disabling conditions. Co-Founder Ryan Iwamoto and his colleagues have enthusiastically supported Achievable over the past year through the collection of client donations, restaurant fundraisers, participating in Achievable's West Side Story event and Iwamoto's valuable contributions to Achievable's Fundraising Think Tank.

If you would like to organize a fundraiser on behalf of the people we serve, contact us at (310) 258-4256 or info@achievable.org.

Making a Difference for the People We Serve

California's economy continues to struggle along, with the legislative analyst predicting revenues to fall \$4 billion short of projections, likely resulting in additional cuts to services. Achievable continues to respond to the needs of people who are most at need with our Emergency Support program:

Pauline is a 37 year-old woman with intellectual disability. She lives on her own with two daughters. She usually is able to cover her expenses with a combination of social security checks, child

support and day-to-day assistance from her case worker; however, this month, her ex-husband was not able to provide the full child support amount. Achievable gave Pauline a one-time financial assistance grant to cover her expenses.

Edgar was a 53 year-old man with intellectual disability. He passed away recently from complications with leukemia, leaving his family to mourn his loss, while enduring substantial burial expenses. Achievable helped to cover the family's shortfall.

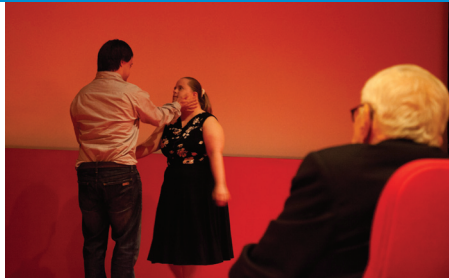
Enrique is a 48 year-old man with cerebral palsy. He uses a touch screen device to communicate, but the battery on the device recently died. Neither Medi-Cal, nor Medicare would cover the significant cost of the battery and Enrique could not handle the expense on his fixed income. Achievable stepped in and helped him to recover his ability to communicate with the world.

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

West Side Story Event Benefits Clinic (from page 1)

clinic initiative, including a heartfelt Actors Group performance and a brief video presentation highlighting the unique healthcare needs of individuals with developmental disabilities. Describing his response to the Actors Group performance, Budget's Executive Vice President David Kramer stated, "The skit brought tears to my eyes. This is the sort of achievement that those who support [Achievable] wish for. Budget Southern California is happy for our long time support of Achievable and, we look forward to the clinic's success."

The event also inspired community members to get involved in support of the clinic initiative. "Having just heard of the organization, I was touched and moved by the performance of the actors before the screening," said Alex-



Exec. Producer Walter Mirisch watches tribute performance of emotional scene from his film

ander Rodriguez, Vice President of City National Bank's Entertainment Division. "Finding out more about this great organization and its mission has inspired me to become a volunteer with Achievable. I feel blessed to have been able to attend the event."

Topping off the memorable evening,

everyone went home with their own autographed copies of the 50th Anniversary Blu-ray edition of West Side Story; these Blu-ray discs were generously donated by 20th Century Fox Home Entertainment and individually signed by Chakiris and Tamblyn. Achievable is incredibly grateful to all of the individuals and organizations who contributed to the event's spectacular success. Whether you were able to participate in this event or not, Achievable will soon be spreading news of the next clinic benefit event, and we hope you can join the fun in support of raising the standard of healthcare for the people we serve.

To support the clinic initiative, visit us at www.achievable.org

Achievable Supports the Lotus Project

People with developmental disabilities are the victims of abuse up to 10 times more than the general population, frequently at the hands of the person the victim most trusts. Women with developmental disabilities are at an even higher risk for sexual abuse and domestic violence. Despite the increased risks, these women encounter significant barriers to accessing services to overcome abuse. In LA County, specialized services are practically nonexistent.

In response to the profound need, Barbara Sultan founded The Lotus Project, a trauma and recovery program with the mission of breaking the cycle of abuse and violence against women with developmental disabilities. Through group support, individual counseling, educational enrichment, survivor art, drumming and poetry writing, the program equips participants with the skills necessary to cope with psychological scars from abuse and with strategies to prevent further violence. Since 2007, The Lotus Project has nurtured over 100 women on healing journeys to transform from victims to survivors.

Barbara, a licensed marriage and family therapist, chose the program name to symbolize the journey these women undergo. Just as the lotus flower blossoms



Barbara, recording artist Daya and John in front of survivor art.

from the depths of darkness, so do the participants emerge from the devastation of abuse with new life, healing and transformation. Barbara states, "The women's art and poignant expressions in poetic forms are a testimony to their true capacity for healing." A participant says of her experience, "I know now that I don't have to suffer in silence anymore."

In 2010, Achievable supported Barbara in adding a music therapy to the program, during which the women sing, write songs, and play and make instruments. Music therapy uses music to restore control, establish trust and safety, shape communication abilities, break isolation and develop personal awareness. John Adorney, award winning composer and producer, is a board-certified music therapist who works with The Lotus Project. He says, "Music transcends language, so a person doesn't have to

be able to speak to participate in music therapy. Music has played a part in all of our lives and we try to incorporate that influence into the therapy in order to reach our blanket goal, which is life enrichment." Music therapy also allows the women to make their own choices, be in a position of power and fully express themselves. The women "get a chance to be a leader instead of somebody who is being subjected to somebody else's will."

The Lotus Project also outreaches into the community about the overlooked issue of abuse and developmental disabilities. Currently, Barbara is conducting workshops in India for people who have been rescued from sex trafficking, as well as training service providers who work with persons with disabilities. Upon returning from India, Barbara plans to launch a Lotus Project men's group in the upcoming year.

The Lotus Project and its participants are truly inspirational, and the transformation they undergo is magical. Achievable is proud to support such a remarkable program. For more information on The Lotus Project, please visit their website at www.lotusprojectla.org.



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A Heartfelt “THANK YOU” to Our Supporters

During this holiday season, we want to give you all thanks for your loyal support of our programs. We especially would like to highlight the following people and organizations that made a substantial impact in our ability to serve low-income individuals with developmental disabilities:

- The Special Hope Foundation, Wolfen Family Foundation, the Rosalinde and Arthur Gilbert Foundation, Carl E. Wynn Foundation, Jewish Community Foundation, Levey Cherry Foundation and Carl W. Johnson Foundation for providing significant grants essential for our programs;

- Budget Rent a Car of Southern California, Northrop Grumman, Manufacturers Bank, Los Angeles Speech and Language Therapy Center, Inc. and JWO Corporation for your considerable corporate sponsorships and contributions;

- Ruby Wortham, Andy Martin, Mike Danneker, Geri Brawerman, Robert and Ruth Mirvis, Barbara and Fred Miller, Nancy

and Lawrence Levitt, Julian Elliott, Lill and Jess Beim, Fred Nicholas, Mark and Pearle Rae Levey, Leonard and Annette Shapiro, Nate and Eleanor Leanse, Barry Speyer, Diane Hill, Shirley Hashimoto and Dick Lewis for your extremely generous personal contributions;



A scene from Options for Life's holiday tree auction during the Westside Regional Center's Holiday Craft Fair

- Morning Sky, Options for Life, Ted Levine Drum Company and 24Hr Home Care for your innovative and consistent fundraising on behalf of the people we serve;

- Dick Lewis and Crystal Yang for your critical assistance in spreading the word about our mission and special events;

- Olivia Harrison and Linda Arias for providing us use of your suite at Dodgers Stadium for our supporters and clients;

- Rich Lehrer, Carole Katz, Bonnie Tamblyn, Russ Tamblyn, George Chakiris, Joe Mantegna, Aga Spatzier, Lisa Basiri, Erica Schuster and Dale's Liquor for helping to make the West Side Story event a phenomenal success;

- And Lou Spitz for leading the charge in raising funds for the Achievable Clinic initiative.

YOU CAN MAKE A DIFFERENCE TOO!
Send in your donation TODAY or donate online at www.achievable.org.
Or contact us at (310) 258-4256 or info@achievable.org for more information!