

Building a sustainable
community
where everyone
lives well

There are 11 resources needed by every individual to really live well.

Those resources can be made available through government, business, schools, nonprofit organizations and individuals.

Resources for all:

- Financial
- Emotional
- Mental (reading, writing, etc.)
- Spiritual
- Physical
- Relationships/Role models
- Hidden Rules (understanding of acceptable speech and actions at different income levels)
- Language
- Support Systems
- Integrity/Trust
- Motivation/Persistence (ability to plan, complete projects, get jobs)

*Your help is
needed
as we
build Bridges!*

- You can become part of the Bridges movement.
- **Watch for notices and take the next Bridges training class.**
- Find out how to become a Bridges mentor.
- **Ask for a speaker to talk with your club or organization.**
- Donate to the Bedford Community Health Foundation and specify that your gift be used to build Bridges in Bedford.
- **Take your first step now.**



Bedford
Community
Health Foundation
Our community healthcare advocate.

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*Help Us
Build Bridges
in Bedford*



Bedford Community Health Foundation
and its non-profit, business and government partners.

Improving life *at all levels:*

health, education, employment
and self-sufficiency

Bridges Out of Poverty is a nationally recognized and proven program that is changing and revitalizing communities across the country. It works on a basic concept that every individual needs access to 11 key resources to succeed. A resource is defined as a person or thing that is a source of help or information.

Once a community can provide and sustain that kind of access, people become self sufficient and healthier, children become more successful in schools, employers can draw from a greater pool of workers and both the economy and the community's standard of living improve.

Goals of this magnitude require commitment on the part of government, business, churches, non-profits and individuals. But the goals are achievable.

The first step is training, training that enables residents from all walks of life to view their neighbors without the blinders of their specific income level. This training has been and will continue to be available in the Town and County of Bedford. Educators, first responders, church members, area volunteers and interested individuals have participated in the training sessions. A group of trained residents can help embed the concepts in our community and the construction of Bridges begins. Learn more about the Bridges movement across the country at www.ahaprocess.com.

Getting *Ahead* in a Just Getting By World

A key goal of Bridges is helping individuals move from poverty to self-sufficiency. This includes assistance with motivation, educational attainment, job skills and budgeting. Getting Ahead in a Just Getting By World is a program that provides a different way of looking at life, goal setting, planning and the development of personal resources. With access to resources and mentors to coach and encourage along the way, stability can be achieved and sustainability is possible. Everyone got to where they are today as a result of the choices they have made. Getting Ahead in a Just Getting By World focuses on choices and making choices that positively impact a person's health, way of life and employment goals.

Phases *of* Implementation

After visiting other areas where Bridges is already up and operational, a dedicated steering committee has decided to pursue the following course.

Phase 1: Introduce the Bridges concept and provide training opportunities for individuals throughout the area including first responders, government officials, business leaders, volunteers, and community members.

Phase 2: Identify and train community members who will then go into the community and embed the philosophy.

Phase 3: Recruit and train volunteers to assist with classes in Getting Ahead in a Just Getting By World. Then offer classes and track results.

Phase 4: Establish a "champion" agency to coordinate the on-going effort. Create a volunteer mentoring network for support. Create "Bridges Circles" that provide an environment for fellowship and partnership of all social classes.

Building Bridges will take time, but the basic foundation is already being laid by people throughout our community. Bridges concepts are applicable to communities everywhere. Bedford area organizations are already meeting and building trust among all participants regardless of income levels. Relationships—solid, sincere and trustworthy relationships—are key to a solid Bridges foundation. These kinds of relationships require time, open minds and a willingness to reach out to others and to accept help from others. That's really what bridges is all about.



If you would like more information about Bridges or would like someone to come speak to your group or organization, contact Denny Huff, Executive Director of the Bedford Community Health Foundation. Call 540-586-5292 or email ed@healthybedford.org. Bedford County is well known for its beautiful scenery, the National D-Day Memorial, Smith Mountain Lake and the charming town of Bedford. Now there is an opportunity for it to be known as an area of prosperity and self-sufficiency where everyone has the resources for success.