



Our Certified Nursing Assistants oversee personalized care tailored to meeting our seniors and the medically frail needs. Our services make it possible for them to remain comfortably in their home, instead of being placed in a nursing home.

Our Mission

Prevention is our key trademark in assisting our seniors with avoiding the onslaught of a chronic illness.

Our services include personalized care, network of community support, family activities, and educational awareness that inspires and entertains our clients.

A major illness can devastate the individual and their family both physically and financially.

How we provide top quality service to our seniors and their families reveals our true character and commitment to our community.

2016

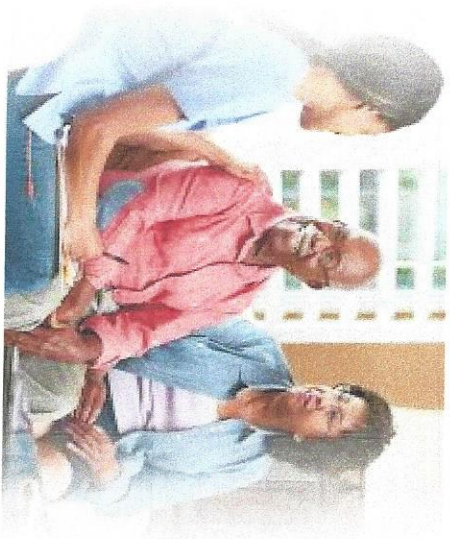


"I took care of many people in my lifetime. It has been good for Bridgebuilders to help me. I wish others were able to get the great service I get from Bridgebuilders. It's my turn now."
~Denice Rahmings




"A Premier Private Home Care Service"

2818 East Point Street
Suite 2B
East Point, Georgia 30344
Phone (404) 765-4300
Fax (404) 765-0832
bridgebuildersinc@msn.com
CFC ID: 75343



"A Strong Professional Workforce"

Bringing
Compassionate Care
to the Homebound,
Elderly and
Medically Frail in
Atlanta!

Bridgebuilders, Inc.

Bridgebuilders, Inc. is a private non-profit 501 (c) (3) community service organization offering services to the communities of Metro Atlanta. Founded in 1991, Bridgebuilders, Inc. addresses the problems of distressed families in a multi-level manner.

It offers programs and services that fill in the blanks and bridge the gap. It assists people in becoming positive productive citizens and family units.

The services provided by **Bridgebuilders, Inc.** include caring for the physically challenged and elderly, life skills enrichment for our youth, and economically empowering the family unit in today's society.



Our Mission Statement

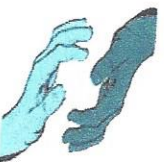
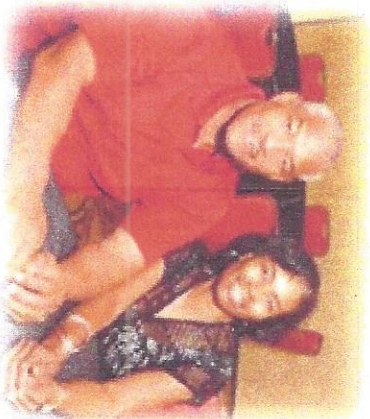
Bridgebuilders, Inc. is a provider of social services to allow families to produce a good quality of life for themselves and their community. The goal is not only to temporarily assist families with their circumstance, but to transform lives through creative approaches.



Annual South Metro Certified Nursing Assistants Professional Development Conference

Our Accomplishments

- ❖ Established the South Metro Certified Nursing Assistants Professional Development Conference. The conference provides Certified Nursing Assistants and Home Health Aides the excellent opportunity to learn practical skills that will enable them to manage their careers with professionalism and success, while networking with other healthcare professionals.
- ❖ Delivered over 909,000 hours of in-home services to the Metro Atlanta Community for the elderly, physically challenged, and homebound.
- ❖ Provided healthcare awareness programs and training to families at various locations throughout the community.
- ❖ Delivered 977 hours of skills training for job placement opportunities for women that are single heads of households.
- ❖ Trained 41 entrepreneurs in the area of business planning and marketing.
- ❖ Funded 21 high school/college interns for fifteen years.
- ❖ Assisted unemployed women in locating work to fit their abilities in the traditional workforce.
- ❖ Funded \$54,000 in scholarships for interns and individuals pursuing education in healthcare.



Community Health Forum

**Celebrating Seven Years of Providing
Health Classes and Forums to the Metro
Atlanta Community**

Year

Topic

2010	Memory Care and Alzheimer's
2011	High Blood Pressure and Low Sodium Diet
2012	Poly-Pharmacy in the Geriatric Patient
2013	Cardiovascular Health
2014	Gastrointestinal Health
2015	Brain Health
2016	Lung and Respiratory Health

*A Forum of
Caregiving
and Aging
Successfully*

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*Our aging population is exploding! As it grows we
need an understanding of how to keep our minds
and bodies healthy, which will improve our daily
living and quality of life.*



BRIDGEBUILDERS, INC.

"A Premier Private Home Care Service"

Touching People... Transforming Lives



EMORY
UNIVERSITY

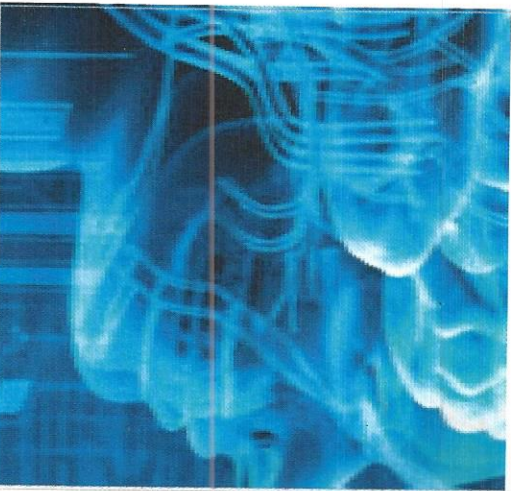
Alzheimer's Disease
Research Center

VITAS[®]
Healthcare

*Preserving Dignity
and the quality of life*

877-367-4816

www.vitas.com



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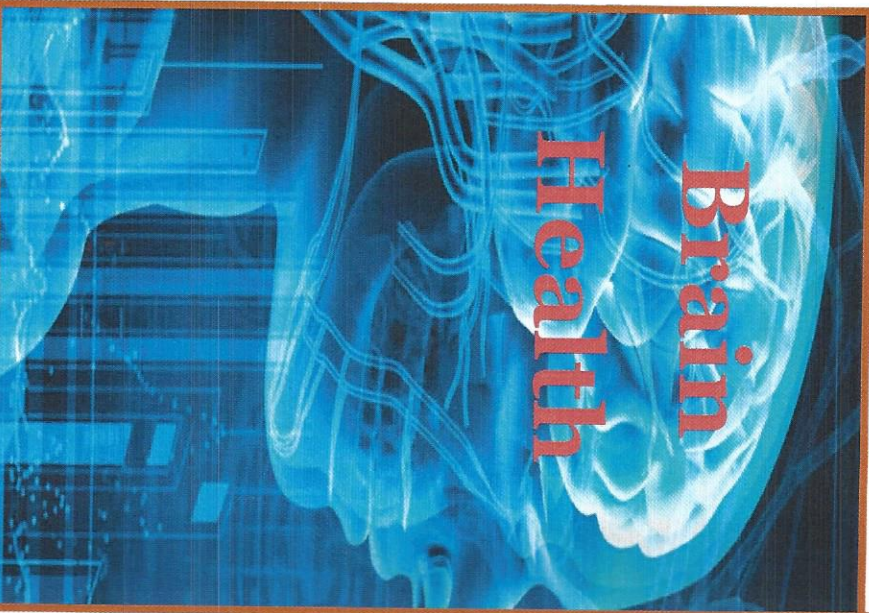
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**COMMUNITY
BRAIN HEALTH FORUM**

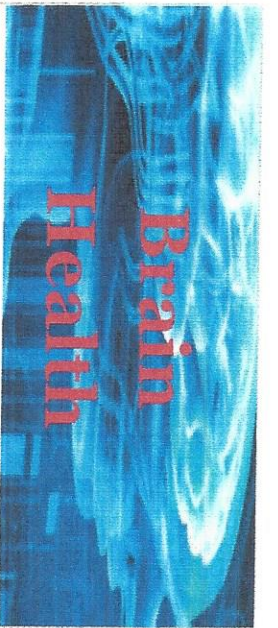
Emory Alzheimer's Disease Research Center
Emory Center for Health in Aging



**Brain
Health**

Hosted By
Bridgebuilders, Inc.

Saturday, June 20, 2015
8:00am to 12:00pm



Touching People... Transforming Lives

Bridgebuilders, Inc.
2818 East Point Street
Suite 225
East Point, Georgia 30344
404.765.4300
email: bridgebuildersinc@gmail.com

Greetings,
Thank you for choosing to use time your today to become more informed about the importance of maintaining good Brain Health. We welcome you to this Community Forum on Successful Aging.

For several years we have shared an annual event with the South Metro and Southern Crescent areas of Atlanta. Our purpose has been to grow a knowledgeable and committed group within our community who are prepared to act as formal and informal caregivers to our families and neighbors.

As our population is aging, it is evident that we need more information to be able to make the decisions that face us concerning preventing dementia related Brain Disease. A healthy brain will improve our daily living and quality of life. It is a key element to being able to continue to live in our homes alone.

This year in an attempt to focus upon the dire need to maintain Good Brain Health for a good life, we have partnered with the Emory Center for Health in Aging to study ways we can retain good brain function, as well as, helping others to experience maximum quality of life throughout their lifespan.

It is our hope that our efforts will create a greater understanding of total wellness in our community and will lead to critical advances in culturally specific care. We have great appreciation for the team of experts who have launched this community initiative to keep us aware of the new information that is being gained.

Let's equip ourselves and our communities with knowledge and the tools to age gracefully!

Best Regards,

Yvette Cantrell

CEO, Bridgebuilders, Inc.

The Emory Alzheimer's Disease Research Center

The Emory Alzheimer's Disease Research Center (ADRC) is one of 27 active centers in the nation supported by the National Institutes of Health. The goal of these centers is to bring scientists together to facilitate their research and help learn more about Alzheimer's and related diseases. We are also committed to the education of health care professionals, persons with Alzheimer's disease, their families, and our community to aid in understanding, diagnosis and treatment of these illnesses.

Memory, the ability of the brain to store, retain, and subsequently recall information is key to understanding Alzheimer's disease and related dementias. We invite you to join us in our efforts to explore memory at Emory through an understanding of the importance of research to discover answers.

Mission: To improve the lives of individuals affected by Alzheimer's and related diseases through innovative research, education and compassionate care.

Vision: We will bring research advances into the clinic and community that will reduce the burden of Alzheimer's and related diseases through early detection and effective intervention.

Agenda

Welcome/Acknowledgements/
Housekeeping/Purpose/Mission
Yvette Cantrell

9:15 Session One
Alzheimer's 101
James Lah, MD, PhD

Question and Answer Session

9:55 Session Two
The Heart Brain Connection
Whitney Wharton, PhD

Question and Answer Session

10:30 Session Three
Caregiving Tips for those with
Memory Loss
Ken Hepburn, PhD

Question and Answer Session

11:15 Session Four
Alzheimer's Association Resources for
Caregivers
Mia Chester

Question and Answer Session

11:40 Closing
Research Agenda: What's on the
Horizon
James Lah, MD, PhD

Evaluations and Drawings
Closing Remarks/Acknowledgements

~ Lunch Served ~



"A Premier Private Home Care Service"

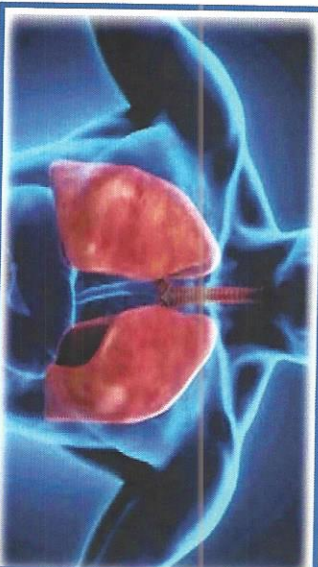
Touching People... Transforming Lives

Special Thanks



JenCare

Center for Positive Aging



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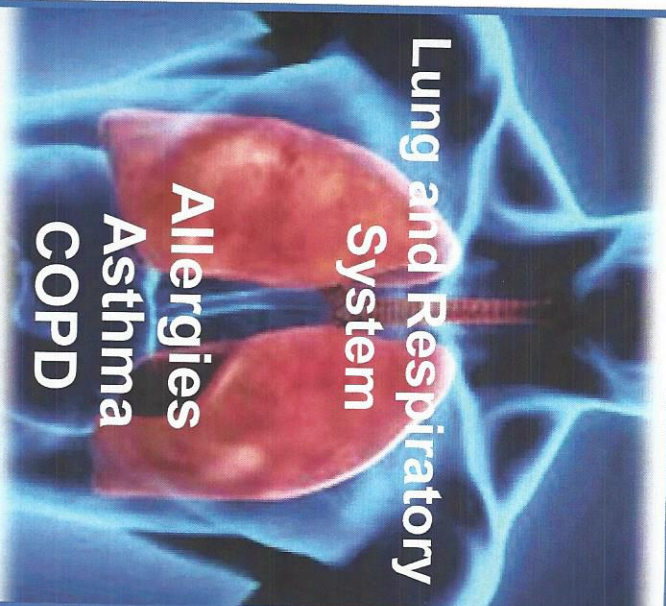
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**Bridgebuilders
COMMUNITY
HEALTH FORUM**



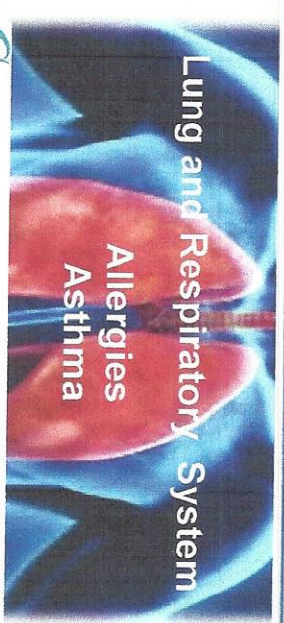
Hosted By
Bridgebuilders, Inc.



Atlanta Technical College
The Darnard Conference Center

1560 Metropolitan Parkway
Atlanta, Georgia 30310-4446

Saturday, July 30, 2016
9:00am to 12:00pm



BRIDGE BUILDERS
Touching People... Transforming Lives

Bridgebuilders, Inc.
2818 East Point Street
Suite 28
East Point, Georgia 30344
404.765.4300
email: bridgebuildersinc@msn.com

Greetings,

Thank you for choosing to use your time today to become more informed about the importance of maintaining a good lung and respiratory system. We welcome you to this Community Forum on Successful Aging.

For several years we have shared an annual event with the South Metro and Southern Crescent areas of Atlanta. Our purpose has been to grow a knowledgeable and committed group within our community who are prepared to act as formal and informal caregivers to our families and neighbors.

As our population is aging, it is evident that we need more information to be able to make the decisions that face us concerning preventing lung and respiratory diseases. A healthy lung and respiratory system will improve our daily living and quality of life. It is a key element to being able to continue to live in our homes alone.

It is our hope that our efforts will create a greater understanding of total wellness in our community and will lead to critical advances in culturally specific care. We have great appreciation for the team of experts who have launched this community initiative to keep us aware of the new information that is being gained.

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Best Regards,

Yvette Cantrell

CEO, Bridgebuilders, Inc.

Presenters

Dr. Perry Thornton, Jr., DC

Dr. Thornton graduated from Life University in 1995. He works in Atlanta, GA and specializes in Chiropractic Healthcare. Dr. Thornton has a passion for Community Health Education and offers lectures in public school settings and community settings to broaden the understanding of how each person in his reach may enhance their own health outcomes. Dr. Thornton has provided his services to youth athletes to improve their competitive sports edge as well as proven benefits of chiropractic care outcomes for older adults.

Diane Pullins, RRT, AE-C

Diane Pullins has been a respiratory therapist for 30 years. Diane Pullins is a Clinical Specialist in the Pulmonary Rehabilitation Department of Piedmont Healthcare Atlanta. She has been there 13 years. Pullins is a Certified Asthma Educator. She is an active member of her community, currently resides in Southwest Atlanta. Ms. Pullins is a published national speaker in her specialty.

JoVonn Givens, MPH, PCMH, CCE

JoVonn Givens has over ten years of quality improvement experience and six years of health education and public health research experience. In her role as State Program Director for Georgia with Alliant Quality, the quality innovation network – quality organization (QIN-QIO) for Georgia and North Carolina. Givens has been involved in managing the Internal Quality Control Plan, overseeing quality advisors, maintaining deliverable schedules, and implementing a continuous quality improvement methodology. She also serves as a member of the Georgia Health Literacy Alliance. Givens brings significant expertise in building stakeholder relationships, having developed statewide and provider-specific programming for system-level change that led to improved chronic kidney disease (CKD) outcome. She completed her graduate studies at the University of Alabama – Birmingham, receiving a Master of Public Health degree, and her undergraduate work at Florida Agricultural and Mechanical University, obtaining a Bachelor of Science degree in Biology. Givens is also a Patient-Centered Medical Home Certified Content Expert™.

Kristen Sumpter, M.A., B.A.

Kristen Sumpter is UGA Extension Family and Consumer Sciences (FACS) Agent in Fulton County. She provides programs throughout the county focusing on a range of different topics: health and wellness, food safety and preservation, financial literacy and the home. On any given day, she could be offering a course of green cleaning, a program on cancer prevention through lifestyle changes, or class on saving and investing. Kristen holds both her B.A. and M.A. in Public Sociology from the University of North Carolina

Agenda

Welcome and Purpose
Yvette Cantrell

Forum Facilitator
Jacquelyn Thornton

Session 1

The Art and Science of Breathing Well
Dr. Perry Thornton, Jr.

Session 2

Managing Chronic Disease—Do You Have The Right Tools?
Diane Pullins, Respiratory Specialist

Session 3

Working Together to Improve Patient Care: Tools You Can Use
JoVonn Givens, Director
Alliant Quality, State of Georgia

Session 4

Cleaning Healthy/Cleaning Green
Kristen Sumpter, University of Georgia/Fulton County Extension

Session 5

Environmental Triggers Taking Your Breath Away
Dr. Perry Thornton, Jr.

~ Lunch Served ~

