



KERN BRIDGES  
YOUTH HOMES

# NEWSLETTER

August 2015

kernbridges.com

TELEPHONE  
661-396-2301

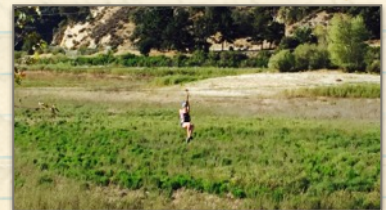
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661-396-2349

KERN BRIDGES YOUTH  
HOMES

# CAMP



Our annual summer camp has to be one our favorite events here at KBYH. This year 22 foster youth spent 4 days camping, boating, fishing, water-sliding, zip-lining, and playing at the beach. Camp also included an outdoor movie, hike, talent night, and scavenger hunt. Another highlight is always the food. Thanks to our volunteers from the AT&T Golden Empire Telephone Pioneers, who buy all the food, cook all the food, and clean up all the food. We couldn't offer this event without their help.



"My favorite part of camp was tubing (behind the boats)"

-Christian R.



at&t

pioneers  
a volunteer network



## Group home trip to Vernal Falls



## Upcoming Trainings

(please RSVP)

August 20, 6:00-8:00PM:  
 "Managing Aggressive Behavior" with Mark Dominguez

September 12, 9:00-11:00AM:  
 "Positive Discipline/Self-Esteem" with Ruth Jackson

October 14, 6:00-8:00PM:  
 "Attachment" with Jessica and Carrie

## Ongoing Trainings

Mark Dominguez will be offering the following trainings on an ongoing basis (participants must RSVP by the Monday of the week of training):

**CPR/1st Aid Recertification** (*for anyone who has previously had CPR/1st Aid training*): First Thursday of every month from 10:00am-Noon and from 6:00-8:00pm.

**CPR/1st Aid-Initial Course** (*for those who have never had the training before*): First Saturday of February, May, August, and November, 10:00am-3:00pm.

## KBYH Staff Spotlight

### Kathy Irwin

Kathy was born here in Bakersfield and has a brother and a sister. She graduated from Foothill High School in 1987 and from Galen College in 1988 (Medical Assisting). Kathy is married to Bill and they have 2 kids and 2 grandchildren. Kathy joined Kern Bridges in 1996 as a part-time transcribed. In September 1997 began working full time and has been here ever since. She is currently the administrative assistant, a notary, and is the KBYH HR coordinator. Her hobbies include playing softball (as a child), racing stock cars, and now supports her son in his ongoing racing activities.



With school just around the corner, the group home boys geared up for one last summer hiking trip. However, this wasn't your typical hike! The boys explored Yosemite National Park in California. The task at hand was getting to the top of Vernal Falls. But before the hike even began, the boys ran into a small bear that was in very close proximity. The trail began at the Happy Isles trailhead in Yosemite Valley and traveled generally southeast. It is known as one of the shortest hikes in Yosemite but requires great physical and mental effort to accomplish. Vernal Falls is a trail that progressively inclines until you reach the base of the waterfall. As the boys hiked upward along nature's giant steep staircase, with over 600 granite steps, they climbed on slippery footing and had a tremendous amount of waterfall spray hitting their bodies. Some of the boys were soaked! At the same time, there was only one way up and one way down. Plus, this was the busiest trail in the park. So the boys had to learn patience, common courtesy, and teamwork while climbing to the top. Once at the top, the boys experienced jaw-dropping views straight down the length of the 317-foot waterfall. The boys were also rewarded with close-up views of Vernal Falls and numerous geographic features. On the way down, the boys were able to see a rainbow in the spray of the fall. The scenery was extraordinary and has left a memorable image that will last a lifetime.



**Child Birthdays**

- August 8: Efrain C.
- August 8: Liliana G.
- August 11: Jeremiah L.
- August 17: Alexander P.
- August 22: Charisma D.
- August 26: Madelyn L.
- August 28: Anthony G.



**Foster Parent Birthdays**

- August 17: Armando R.
- August 22: Gilbert Garcia
- August 22: Dave Hibbard
- August 29: Jackie Bowers

**KBYH Staff Birthdays**

- August 23: Jim VanderZwan

**KBYH Staff Anniversaries**

- Diana Gil: 1 year
- Judy Pilchard: 1 year
- Fernando Ortega: 2 years
- Ida Rebollosa: 3 years
- Tonya Person: 3 years
- Marlon Wilkerson: 7 years
- Lillian Adkins: 16 years

## Foster Child of the Month: Fina C.

Fina has been with KBYH for a year now. She has made major academic improvements at school. In addition, she has earned awards at school for behavior, attendance and achievement. Fina has been an attentive older sister to her siblings. She especially enjoys styling their hair. Fina is hoping to some day donate her hair to Locks for Love. She enjoyed her KBYH camping trip and staff at the camp noted that she was a sweetheart who got along with everyone and participated enthusiastically in all activities. She even has a great laugh! Fina earned the Fisherman's Award due to her dedication and willingness to learn to fish. Congratulations Fina for being an awesome addition to our family!

## Foster Family of the Month: Carmen Cerdado and Alberto Cortes

This month we honor Mrs. Carmen Cercado and Mr. Alberto Cortes. These superior foster parents have accepted challenging foster children on two occasions. The most recent placements are three young clients who were aggressive and out of control. These foster parents did not give up on the children and gradually taught the children how to behave at home and in public. Mrs. Cercado and Mr. Cortes tackled challenges involving the myriad of services which were needed to meet the demands of the children without once complaining.

Thank you Mrs. Cercado and Mr. Cortes for making a significant difference in the lives of the children entrusted in your care.

## DHS Social Worker of the Month: Rosalyn Vallejo

Rosalynn Vallejo graduated from Cal State Bakersfield and has been a social worker for the Department of Human Services for 14 years. Rosalynn is a dedicated, competent and professional social worker who has been instrumental in helping us treat foster children who have been entrusted into our care. She has provided us with prompt assistance for numerous difficult situations and has established outstanding rapport with KBYH and our families. She has always been an advocate for the children who are assigned to her and has taken all possible steps to ensure that their needs have been met. Thank you for all you do Rosalyn!!

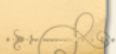


KBYH is governed by a voluntary Board of Directors that is comprised of a broad spectrum of professionals who give their time and expertise to help with the mission of Kern Bridges. Today we would like to spotlight Michael O'Doherty, who has served on the board for 10+ years. Michael is married with 4 children and was formerly a Marine Corp Captain. He has lived in Bakersfield since 1990. He originally came to the Central Valley to be a member of the Fresno State Football team. Since then, he's gone on to earn a Master's Degree in Business and to develop a résumé that spans more than 20 years in the financial services industry.

Michael O' Doherty recently joined Cushman & Wakefield | Pacific Commercial Realty Advisors in August 2014 as Chief Operations Officer. He oversees and coordinates all aspects of the operations of the company. KBYH deeply appreciates the expertise that Michael brings to board meetings and for all his efforts to support our agency.



Cheyenne, Anjelica, and Nathien traveled to Las Vegas with their foster mother. One of the activities was the Children's Discovery Museum. They had to wear special gear which included vests and goggles for their archeological digs.



# SAFETY

## Being a Safety-Competent Parent

- \* Get comprehensive information about health problems, prior accidents and injuries, allergies, and medications for all new children in your home. Find out if children's behaviors and medical or neurological conditions indicate a higher risk for accidents and thus, require even more supervision than other children that age.
- \* Post rules for older children and review safety rules for younger ones. Provide extra supervision until you are sure that the child understands and follows the rules.
- \* Keep a close eye on the interactions between older children with younger children. Do not assume that they have the same level of knowledge and maturity to supervise younger children as other children their age.
- \* Post a list of phone numbers for your physician, hospital, police, and poison control center by your phone.
- \* Know your own limits. Say “no” to a placement if it means it will challenge your ability to provide adequate supervision to all of the children in your home. Know when to ask for extra help or respite care.

*-From Foster/Adopt PRIDE*

