

GIVING BACK

KBYH held its first ever blood drive on February 11. Thank you to Chad at Houchin for sending over their “half-pint” bus and to all who participated, including resource parent Timi Mongold (right), as well as Carrie O and Stephanie R (below) who, despite working for other agencies, came over to support the cause. Our next drive is tentatively scheduled for May 12.



Save the Date

Easter Party!

@ Skateland - 415 Ming Ave.

April 4th, 11:00AM -1:00PM



KBYH GLOBETROTTER(S)

On February 22, several boys from our STRTP's had a chance to catch the iconic Harlem Globetrotters at the Mechanics Bank Arena. The Globetrotters have been innovators for nearly 100 years with combined athleticism, theater, and comedy. They're the ultimate blend of sports and entertainment. Their style of basketball is a family experience like no other where laugh-out-loud fun meets jaw-dropping entertainment. All of our boys were thrilled and they laughed the entire night.

The Harlem Globetrotters and KBYH have a unique bond that has lasted over a decade. One of Kern Bridge's Lead Managers for the past 13 years, Reggie Phillips, played eight seasons with the Harlem Globetrotters where he was nicknamed "The Regulator" and played in more than 60 countries. It has been a tremendous honor to have Reggie as part of our treatment team. He has definitely been a positive role-model to all of our boys and has energized our young men through his unfettered work habits. He really serves as a true mentor to our boys.



Thanks Reggie!

Upcoming Trainings

March 9, 6:00PM - 8:00PM

"Managing Aggressive Behavior"
with Mark Dominguez.
RSVP to (661) 396-2321

April 11, 9:00AM- 11:00AM

"Prudent Parent Standard and
Child Development"
with Catherine Santerre.
RSVP to (661) 396-2354

Ongoing Trainings

Mark Dominguez will be offering the following trainings on an ongoing basis (participants must RSVP by the Thursday prior to the training to 661-865-2352)

CPR/1st Aid Recertification (*for anyone who has previously had CPR/1st Aid training*): **First Monday** 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.

ISFC Training/Support Group

Trainings are open to any Kern County approved ISFC Resource Family and includes child care (over 2 years old) and dinner. RSVP to Carrie Wombacher 396-2352

March 23, 6:00PM - 8:00PM

"Self-Care and Secondary Trauma"

April 28, 6:00PM - 8:00PM

"Crisis Calls and Risk Management"



KBYH is thrilled to report that the Children’s Home Society of California has again provided a substantial donation that will be used to continue funding our annual adoption family camp (“Camp Forever”). This year’s camp will be held August 28-30. If you have adopted a foster youth through the Kern County Department of Human Services, and that child is between the ages of 5-17, we encourage you to put these dates on your calendar and join us. Brochures will go out this summer, but feel free to contact KBYH for more information anytime.



Intern Spotlight-Rosita (“Rosie”) Gonzalez-David

My husband and I moved from Ventura, Ca just three years ago. We have a one year old Boston Terrier at home. We love Bakersfield it has afforded us many great opportunities; one of which is going back to school at CSUB, where I am studying to be a Social Worker. I am excited and eager to learn from you all. Thanks for welcoming me into your Kern Bridges Youth Homes family.

Child Birthdays

- King T: 1 year old
- Waylon T: 8 years old
- Landen S: 6 years old
- William O: 15 years



Resource Parent Birthdays

- Petrina Williams: February 9
- Jose Alfredo: February 14
- Mario Caudillo: February 24
- Yagueline Farewell: February 25

KBYH Staff Birthdays

- Judy Pilchard: February 6
- Alfredo Hernandez: February 16
- Karina Garcia: February 19
- Marina Hernandez: February 22

KBYH Staff Anniversaries

- John Bacon: 20 years
- Anton Freeman: 4 years
- Alwayne Mustin: 1 year





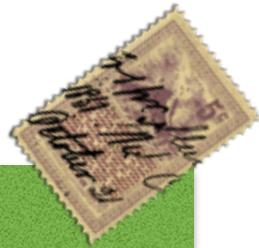
Foster Child of the Month: Abel

This month we honor one year old Abel, who resides with the Rohlfing family, along with his 2 year-old brother. Abel is a bright, friendly, cheerful and playful young boy who has brought much joy to the Rohlfing home. He cannot wait for his Resource family to come home from work so that he may draw all of their attention. During the weekday, Abel spends time at the daycare center going to school. He is learning his numbers, shapes and colors in preparation for Kindergarten. He has also learned how to use sign language.

Congratulations Abel for your selection as child of the month for February!



**KERN BRIDGES
YOUTH HOMES**



Resource Parents of the Month

We would like to welcome the Mathews-Vega family to the KBYH family! Edward and Jerry have recently been approved as Resource Parents. They have two children, Chase (15) and Brooklyn (11). This is their first time being Resource Parents. They wish to open their homes and hearts in order to offer stability and safety to a foster child. Welcome to our family!!



**This month we will begin a series of informative topics relating to our eyesight. This month we will present the first of 5 guides. The remaining 4 guides will be offered during the next four months. These articles are presented courtesy of healthprep.com.*

Guide To Daily Eye Health & Safety

Because our eyes are one of our major sensory organs, it is important to treat them with continuous care throughout our lives. Though our eyesight may change and even naturally weaken as we age, there are many actions we can take to maintain eye health and ensure strong vision. The following article will guide you through some of the easiest ways you can care for your eyes. For most individuals, maintaining proper eye health means monitoring usage of technology, proper nutrition, wearing sunglasses, and maintaining good hygiene while handling the eye region. If you are someone concerned about eye health, always schedule routine appointments with your eye doctor to discuss proper eye care and ensure strong vision throughout your life.

Turn Away From Computer Screens

Computer screens are almost ubiquitous these days. However, to maintain eye health, it's important to limit our time in front of electronic screens, especially those producing blue light. Computers, televisions, mobile phones, and even e-readers can cause eye strain. These devices cause eye strain because they can cause us to squint, narrow our focus, and limit our depth perception. Furthermore, we should turn away from computer screens occasionally because they emit blue light. In addition to keeping you awake at night and limiting opportunities to rest and recover your eyes, electronic screens can cause your eyes to dry out and become bloodshot with repeated exposure.

Because computer screens are almost an unavoidable part of modern life, both prescription and non-prescription glasses have been created that can shield your eyes from up to fifty percent of harmful blue light and up to twenty percent of blue light that can affect your sleep cycle. Whenever watching or looking at a computer screen, try to take a break every twenty minutes. Looking at a faraway object while taking a break can also help restore your focus and protect your vision.

The month's topic will focus on learning how food can help with eye health.