

## SPORTS IN LA

### Believe the Hype!

Last month, some of the boys living in our group homes witnessed sports history when they went to the LA Lakers vs San Antonio Spurs game and had a chance to see Kobe Bryant play in his final season. Also, some of the boys attended an LA Kings hockey game. Many of them had never attended a hockey game before and were thrilled by the action. In addition, some of the boys went snow boarding and took snow boarding lessons at China Peak Mountain Resort. All of these events will be experiences that the boys will cherish and memories that will last a life time.



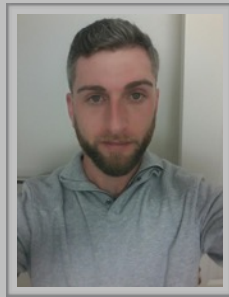
# Save the Date

KBYH's Annual Foster Family Easter event will be March 19, 10:00am-Noon. Look for a flier in the mail soon.



## KBYH Staff Spotlight

### CLARK WEATHERS



I was born and raised in East Bakersfield and graduated from Highland High School. I attended B.C. and received an A.A. in Liberal Arts, then transferred to the U.C. Irvine where I received a B.A. in Psychology. I lived in Long Beach for 4 years after college. My history of jobs is long, but I worked at a lot of retail and sales. I needed a change and began to work with adults with disabilities. I then relocated back to Bakersfield and continued to work with adults with disabilities, but also thought group home work would be a good fit for me. I was able to find Kern Bridges Youth Homes and that's where I am at today. Kern Bridges offered me a "Wilderness Adventure" position and I thought it would be a great step towards my next goal of becoming an MFT. I took the position and have had amazing first time experiences and I am really happy with what I do.

### Upcoming Trainings

(please RSVP)

**March 31:** "Managing Aggressive Behavior". Foster parents can take any and all of the following segments:

9-10AM: The 7 Premises of Managing Aggressive Behavior

10AM-12PM: Building Empathy, Managing Ourselves, and Identifying Needs and Strengths or our Youths

1-3PM: Creating a Supportive Environment and Identifying Cultural Needs

3-5PM Avoiding the Misuse of Power Understanding Crisis and using Verbal Blending Skills.

**April 16, 9-11AM:** "Trauma-Based Therapy" with Lillian Adkins

### 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.

## Congrats!!

**Isaac M.:** 3.0 GPA and Honor Roll  
**Courtney S.:** 3.0 GPA and Honor Roll  
**Fayth T.:** Student of the Week

### Child Birthdays

March 4: Cristian R.  
 March 14: Isacc M.  
 March 24: Victor G.  
 March 28: Alejandra P.  
 April 18: Kaleb A.



### Foster Parent Birthdays

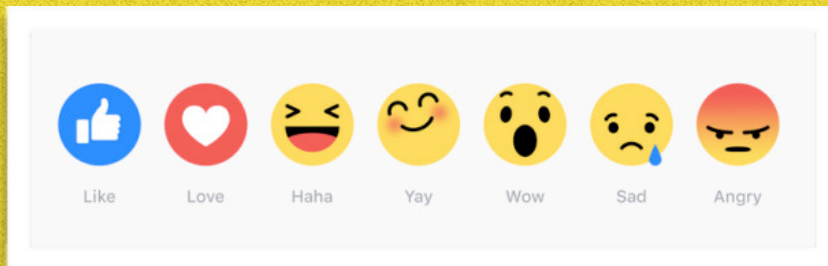
March 1: Maurice H.  
 March 4: Jorge Martinez  
 March 6: Jennifer Mercier  
 March 14: Christen Suorsa  
 March 16: Darin Hoover  
 March 18: Laura Cruz  
 March 24: Anita Caudillo  
 March 25: Karina Burciaga  
 April 2: Hugo Hernandez  
 April 4: Martha Gonzales  
 April 8: Alberto Cortez  
 April 13: Neal Call  
 April 21: Carmel Hicks  
 April 26: Terrence Banks  
 April 28: Amber Nichols  
**KBYH Staff Birthdays**  
 March 19: Mark Dominguez  
 March 26: Carrie Wombacher  
 March 30: Ida Robellosa  
 April 3: Rick Ramirez  
 April 17: Tonya Person  
 April 23: Mike Nieto  
 April 30: Jessica Mosley

### KBYH Staff Anniversaries

Ronny Copeland: 1 year  
 Jose Soto: 1 year  
 James Boston: 3 years  
 Tykesha Bingham: 4 years  
 Jessica Mosley: 13 years



If you haven't already, be sure to find Kern Bridges Youth Homes on Facebook and send us a friend request us. You will get useful reminders, articles, and other notifications about KBYH related issues and events. Also, you can help us out by sharing our page and encouraging others to become "friends" with KBYH also!



## Foster Child of the Month: Cheyanne

Cheyenne has experienced many losses in her life up through some of her teen years. Instead of lamenting the past, she pulled forward. She is able to be an example to other children by her character and usually loving spirit. She caught up her credits in high school and graduated with expectations of establishing a career-not just having a job. She did struggle regarding the decision of which college to attend which would maximize her talents. She eventually chose Kaplan College to become a medical assistant. She excelled at school and finished her academic year in mid February. At present she is working in the Kaplan College externship program in a medical office. Oh those forty hours on your feet and collapsing at home at the end of day. Welcome to the world of adulthood. We are so proud of you for all your work and progress!

## Foster Family of the Month: Terrance and Shawnda Banks

Terrance and Shawnda Banks have been KBYH foster parents for only one and a half years but they have already made an impact on several children's lives. Terrance is a high school teacher and Shawnda is a stay-at-home mom of four energetic and talented children. She home schools all four of them plus fosters one to two foster children on a regular basis. Terrance is a very helpful hubby and father. No diaper is too messy. No child is too active. Terrance and Shawnda take the children on many family activities and outings. They both attend church on a regular basis and practice what they preach. Terrance and Shawnda have been very encouraging to all birth parents and have made every attempt to make the foster children's stay at their home a safe and nurturing experience. Their birth children have helped the foster children to feel welcomed and loved. They even helped decorate this year's KBYH Christmas parade float! Thank you, Banks, for all you have brought to the lives of others.

## Social Worker Spotlight

March is Social Worker Appreciation Month. KBYH would like to recognize and thank the many social workers out there who make a difference every day. Much of their work goes unnoticed, but without them, we would be unable to do what we do. If there's a social worker in your life, be sure to thank them for doing the work that many won't, and let them know how they've made a difference in your life.





# SAFETY

## 10 Symptoms of an Appendicitis

The appendix is attached to your large intestine and if there is any kind of blockage involved it can become inflamed. If this happens the situation can become life threatening very quickly. Doctors will then remove the appendix through surgery to prevent such an incident from occurring. Knowing you have it can be really hard to diagnose, so here are some symptoms to give you a heads up that you may be suffering from appendicitis.

### 1. Belly Button Pain

Intense pain in the lower half of your abdomen is a sure sign that you may have a problem. Discomfort however generally happens first around the belly button area. Pain can intensify through the legs and be worsened by a cough or a sneeze.

### 2. Intense Pain

The pain of course will only worsen. Many people have tried to explain the pain as being the most painful experience they ever had. It is so severe in fact that it can wake you in the middle of sleep.

### 3. Fever

When you have appendicitis you can develop a low grade fever. It can feel like a flu coming on and the fever can spike to 103F. If you have the pain as well as the fever chances are you have appendicitis.

### 4. Chills

Shaking and cold chills all over your body can be a symptom of the fever involved.

### 5. Vomiting

You may have a few days of mild nausea and vomiting. It won't be anything extreme or severe but vomiting may occur. You may feel like you are getting a stomach bug and not worry about it at all.

### 6. Constipation or Diarrhea

This is another symptom you may not associate with appendicitis as it can often be mild. But if it's associated with extreme abdominal pain then see your doctor.

### 7. Gas & Bloating

Bloating can happen at anytime especially if you happen to like wings and beer. So again it's hard to diagnose. But a good indication that it's something different is when you attempt to sleep and you still wake up in pain then you can bet it's something else.

### 8. Rebound Tenderness

If you are experiencing abdominal pain and you push into your stomach to relieve the feeling of pain and the release the pressure, rebound tenderness is what happens when you release that pressure and you still experience pain. Doctors warn however to not keep pushing on the abdominal area if it's in pain.

### 9. Tenemus

It's the feeling of relief you feel after having a bowel movement. This is also a symptom of appendicitis.

### 10. Swollen Abdomen

With all the pain and torture involved in appendicitis it is no wonder that your abdomen will become swollen.

-Taken from: [rmhealthy.com](http://rmhealthy.com)

