

Boundless Journeys



This past month, our Adventure Program traveled to Wrightwood for a day of snowboarding at Mt. High Resort. Mountain High is Southern California's closest winter resort with world class terrain. Mountain High is actually one of the oldest resorts in Southern California. For all of our boys except one, this was their first time ever skiing. According to one of our boys, "Mt. High is a beautiful ski resort with wonderful and breath taking views. I fell a lot trying to keep my balance but always managed to get back up. It was very exhausting but well worth the adventure". In addition, the boys traveled to Morro Bay for a day hike and barbecue at Avila Beach for dinner. Morro Bay is rich with beauty, and there is no better way to experience it then by hiking. The boys really enjoyed the bluffs trail and the photo opportunity. Likewise, many of the boys enjoyed the tide pool area. The hike is the perfect way to see all the tide pools, beaches, and rock islands.



Mandatory RFA Training

On January 1, a number of changes related to foster care went into effect. We have been busy making sure that Kern Bridges is in full compliance with all of the changes and new requirements. I'm pleased to report that we have made significant strides towards this end and at this point, it is critical that each of our families attend a brief training to provide important information that pertains to you as foster parents. I (Jim) have scheduled several different meeting times below. Only one parent (in two-parent households) is required to attend and that person will receive 2 hours of training credit. Attendance at only one of the options below is required. Please choose from one of the following and let me know which you will be planning to attend. All trainings will be held in the conference room at 1321 Stine Rd. Thank you.

- Tuesday, March 21: 6:00-8:00PM
- Thursday, April 6: 10:00AM-Noon
- Tuesday, April 18: 6:00-8:00PM
- Wednesday, April 26: 9:00-11:00AM

Upcoming Trainings

(please RSVP)

April 15, 9:00-11:00AM: "Supporting Children and Non-minor Dependents in School" with Bibi Carrasco

May 10, 6:00-8:00PM: "Prudent Parent Standard" with Jessica Mosley

May 17, 6:00-8:00PM: "Managing Aggressive Behavior" with Mark Dominguez

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.

Foster Children of the Month: Diovanni and Jordan W.

We take great pride in presenting Diovanni and Jordan W. as children of the month for March! Diovanni, or Dio as he likes to be called, and Jordan are new to the Kern Bridges family and have been settling into their new family and school pretty well over the last month. Dio and Jordan are both friendly and energetic and like to play with Legos, play basketball and ride scooters. Dio and Jordan are doing well in their new school and report that they have made new friends. Dio and Jordan are excited to begin youth tackle football and are looking forward to going on trips with their Resource Family in the coming months.

Foster Family of the Month: Monica & Jose Alfaro

We take great pleasure in recognizing Monica and Jose Alfaro as March's Foster Parents of the Month. A biological mother recently approached us and related that she believed that the Alfaro's should be given special recognition for their part in caring for her two daughters on two occasions. The biological mother gave an emotional account on how well the Alfaro's cared for the two children while she managed her personal life in order to reunify with her children. She went on to say that the Alfaro's went the extra mile to help her. The children joined their mother last year. Unfortunately, the two girls returned to foster care, and the Alfaro's were again there to help. The girls' mother was elated when she learned that her girls were staying with the Alfaro's during the reunification period. The County Social Worker echoed the laudatory comments given by the biological mother. While we recognize the Alfaro's as high quality foster parents, the strongest support has come from a parent from outside this agency. We are delighted that one of our foster parents has made such a significant and positive impact upon a mother whom we support. Mrs. and Mr. Alfaro, this agency is grateful for your support and commitment. You are truly special, and we congratulate you on your selection as foster parents for the month of March.

Social Worker/Professional Spotlight: Know someone we can spotlight? Let us know. We are always looking to recognize the good work being done by the those in our community.

SAFETY

Key Fall Prevention Tips

Play safely.

Falls on the playground are a common cause of injury. Check to make sure that the surfaces under playground equipment are safe, soft, and consist of appropriate materials (such as wood chips or sand, not dirt or grass). The surface materials should be an appropriate depth and well-maintained.

Make your home safer.

Use home safety devices, such as guards on windows that are above ground level, stair gates, and guard rails. These devices can help keep a busy, active child from taking a dangerous tumble.

Keep sports safe.

Make sure your child wears protective gear during sports and recreation. For example, when in-line skating, use wrist guards, knee and elbow pads, and a helmet.

Supervision is key.

Supervise young children at all times around fall hazards, such as stairs and playground equipment, whether you're at home or out to play.

-Taken from: *Centers for Disease Control and Prevention*

