

Renovation Time

Last month, the KBYH Board of Directors approved funds for renovations at our STRTP called The Almklov House. These infrastructure changes will include a new state-of-the-art kitchen, laundry room, and staff office. The contractors doing the renovations informed that the house would need to be shut down for at least 3 days to install pipes and electrical lines. So, our treatment decided to take the boys camping at Shaver Lake for the 3 days.

When the boys and staff arrived at Shaver Lake, they were surprised by the amazing and breath-taking scenery. The campgrounds were covered with snow and the deep freeze causing steam to come off the lake was a phenomenon. This was the first cabin camping experience for most of our boys. They took full advantage of the moment. They used snowboards and played games in the snow. A few of the boys even went fishing despite the snow. One boy even caught a fish!





GIVE *Big* KERN

Give Big Kern is “One Day to Celebrate the Giving Spirit of Kern County!” It is designed to bring all of Kern together as one community, raising dollars and volunteer hours for local nonprofits through a 24-hour crowd-funding campaign taking place on May 5. But, if you just can’t wait till then to donate, the Give Big Kern donation portal goes live on April 5. Donate to Kern Bridges by visiting the Give Big Kern website Searching for Kern Bridges and donate!

Due to the COVID-19 outbreak, Big Give Kern will be strictly an online fundraising event.

[Give Big Kern Website](#)



Upcoming Trainings

All trainings will most likely not be provided in person. Please be sure to RSVP to ensure you will know how to attend.

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

“Prudent Parent Standard, Child Development”

With Catherine Santerre

RSVP to: csanterre@kernbridges.com

(may be offered telephonically)

May 6, 6:00PM - 8:00PM

“Prudent Parent Standard”

With Martha Pantoja-Gonzales.

RSVP to: martha@kernbridges.com

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 include child care (over 2 years old) and dinner. (RSVP to Carrie Wombacher 396-2352)

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

“Crisis Calls and Risk Management”

May 26, 6:00PM - 8:00PM

“Culture Awareness”

KBYH Youth Events

February 27 - Eight young men from our FFA homes participated in a Paint Party hosted by Leadership Bakersfield and held at the Boys and Girls Club. The youth were guided through a self portrait exercise in the style of artist Vincent Van Gogh.



March 6 - Three FFA youth attended the 5th Annual YES (Youth Empowering Success) conference held at Bakersfield Conference. The YES conference is an annual event that brings together foster youth and the adults they work with to address barriers that foster youth face and create solutions that will increase their success in school and transition to adulthood. One of our youth spoke on a youth panel at the event and it was impressive to see him and other foster youth advocate for themselves and talk about their plans for post high school education.



Child Birthdays

March

- Christian R: 17 years old
- Jillian G: 17 years old
- Bella G: 12 years old



Resource Parent Birthdays

- Sheila Drummer: March 1
- Jennifer Mercier: March 6
- Laura Cruz: March 18
- Anita Caudillo: March 24
- Chris Dozhier: March 24
- Rochelle Davis: March 25
- Ryan Rohlfling: March 29

KBYH Staff Birthdays

- Marco Richard: March 8
- Mark Dominguez: March 19
- Aaron McDonald: March 20
- Catherine Santere: March 25
- Carrie Wombacher: March 26

KBYH Staff Anniversaries

- James Boston: 7 years
- Steve Kresha: 4 years
- Jill Howard: 3 years
- Lily Cha: 1 year



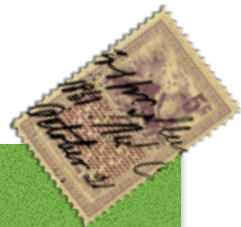


Foster Child of the Month: Jackson

This month we honor Jackson, brother of last month's Child of the Month. Two and one-half year old Jackson resides in the Rohlfing Resource Family home. Jackson is a handsome, 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, Jackson 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 "sign", communication for the deaf. Jackson has also played with peers at the center, thus gaining good socialization skills. In the evenings, he has dinner and then interacts with his caretakers and plays. Congratulations Jackson for your selection as child of the month. We wish you the very best in the future.



**KERN BRIDGES
YOUTH HOMES**



Spotlight of the Month: YOU

This month we recognize the valuable service that so many of you receiving this newsletter continue to provide. We know that protecting yourself is a top priority, but many of you continue to work for the rights and safety of children. Whether you are caring for restless youth who are home all day, you are out in the field ensuring the safety of Kern County's vulnerable youth, or you are managing (as best you can) a workload from home, KBYH recognizes all of your efforts and appreciates the way our community has responded to today's challenges. Thank you for all you do, and will continue to do, in the challenging months ahead.

Have a dry cough or a sore throat? 9 steps to take if you think you might have coronavirus



In the new day of the novel coronavirus, a dry cough is no longer merely a dry cough. Your misbehaving allergies could be at fault, but maybe this new pathogen has taken up residence in your body. How to know?

Here are nine actions recommended by health experts and the U.S. Centers for Disease Control and Prevention to get information about your health if you feel ill over the next few weeks or months.

- 1.) Take a deep, cleansing breath.** If you're congested, do the best you can. If you are developing COVID-19, the upper-respiratory illness that results from infection by the novel coronavirus, you are most likely going to recover. Be calm.
- 2.) Do an inventory of symptoms.** Dry cough is one. Are you also short of breath? Do you have a fever? Normal body temperature is 98.6 Fahrenheit, and anything above 100 degrees is considered a fever. These symptoms mean you're sick with something.

Other flu-like symptoms of COVID-19 include chills, body aches, sore throat, headache, diarrhea, nausea, vomiting and runny nose.

The Ohio Department of Health says "emergency warning signs" for COVID-19 in adults include difficulty breathing, persistent pain or pressure in the chest, confusion or an inability to wake up or bluish lips or face.

- 3.) Call your doctor immediately.** Unless you are having critical problems (more on that later), do not go into the nearest emergency department. Call your usual medical provider before seeking care. If you have a scheduled appointment sometime soon, call the doctor's office to report you have symptoms of COVID-19. The doctor's staff can then protect themselves and others in the office from infection.

If you do not have a relationship with a primary care doctor, call your local health department. If you have private insurance, your carrier keeps a directory of primary care doctors in its network.

4.) Do not leave your house unless under doctor's orders. While you are sick, stay home from work and everywhere else unless you visit your doctor or are under instructions to report to a hospital. For 80% of people infected with the novel coronavirus, the most serious result is a mild cold. Still, if you must leave your house, that's the time that you should wear a face mask so that you do not exhale droplets with the virus and infect others.

5.) Tell your doctor everything. Report any travel or an area with widespread or community contagion on COVID-19. Report any contacts with anyone who later tested positive for the novel coronavirus. The doctor most likely will test you for other viruses like the flu before testing you for COVID-19.

6.) Get tested – if and when one is available. There still are too few test kits to do the blanket coverage of the population that would allow researchers to track how the novel coronavirus is spreading. Right now, Ohio can only test about 1,000 people, and the sickest people are getting tested first. More tests are in manufacturing pipelines, and more laboratories are processing results. But you may be well again by then.

You need a doctor's order to get the novel coronavirus test. If your symptoms are mild, your doctor may send you home to manage symptoms without a test. If you don't get better in a few days, speak again to your doctor, who may then send you to the hospital.

7.) Getting tested and also going into isolation. To be more specific, stay in one room of your home, with one person at most taking care of you, and use a separate bathroom, if you can. Limit your contacts even with people you live with. No outside-the-house trips except to the doctor. Avoid public transportation, ride-shares or cabs.

The test will give you a name for your condition. But there's no treatment for COVID-19 and no cure. Most people will tough it out on the couch like the flu. Public health authorities urge people to step up disinfection around the home, especially wherever a sick person is staying. In the 20 percent of cases that end up in the hospital, most recover as well. Still, mortality for COVID-19 is estimated at about 2%, much higher than flu.

8.) Take part in public health. The local health department will follow up with people who are tested for the novel coronavirus or develop COVID-19. Health workers will ask about everyone you've come in contact with so they can follow up.

9.) Keep your pets safe. The CDC recommends limiting contact with pets and other animals while you are sick with COVID-19. While no one has reported passing COVID-19 to a pet, "It is still recommended that people sick with COVID-19 limit contact with animals until more information is known about the virus."

-This article appeared in Website under USA Today, March 16,2020 by Anne Saker