



KERNES ADAPTIVE AQUATICS

JOSEPHINE KERNES MEMORIAL POOL

The Life Saver

Spring 2016

Every dollar donated to Kernes' Kids Scholarship Fund by June 30 **is worth two** through a matching contribution from a generous donor!!
Please see the back page for a special 'thank you' for your gift.

Kernes Pool Facts

Kernes Pool has been providing vital services to the community for more than 40 years.

- Fun, gentle aquatic exercise for children and adults with special needs
- 92 degree water and private dressing rooms
- Personalized programs customized to your goals
- Experienced and caring staff

Kernes' Kids

Children thrive in Kernes Pool. For 44 years, children without the strength, balance or coordination to participate in physical activities on land, have received the caring attention they need through our personalized warm-water exercise programs.

This nurturing tradition is due largely to the love and guidance of founding director Marvella Peterman, who retired last year as a staff mentor and aquatic instructor for children. Many of 'Marvella's kids' grew from timid toddlers to confident young people during her 30+ years of teaching. Now as young adults, some of her students still come to the pool— because they still need us.

Today, 29 children are building mobility and strength, learning communication skills, and gaining confidence from their warm water programs. Thanks to your kindness, these children's future is brighter because of Kernes Pool.



Leave a legacy of health and hope for the future with a bequest, or gifts of stock or other assets, to Kernes Pool.

Kernes Pool has received donations in memory of:

*Steve Addington
Martin and Alice Bilan
Ellie Browne
Gary Childs Jr.
Martha Clemenger
Pat Herrgott
Drusilla Keller
Ruth Kelly
Patty Martin
John McCune
Oscar McGraw
Dr. Richard Myler
Zachary Penn
Madeline Pfefferkuch
Wendy Sheppard
Donald Simmons
Mary Soto
Peter Stevenson
Carol Todd
Ruth Young*



Are you as fit as you'd like to be? The April issue of the *Monterey County Herald Health Matters Magazine* describes how Marsha Zeitlin's exercise sessions at Kernes Pool keep her active.

Go to our website or Facebook page for the link.

From Board President Stella Lauerman



Dear Friends:

When we hear the word "vision," the common notion is of a world of lovely thoughts that don't come to fruition. I am happy to report that the Board has been working with two wonderful organizations that will help turn our vision for Kernes' future into reality.

The first of these is the Franklin Legacy Fund which helps nonprofits build stability and look forward. They led the Board on a "visioning" exercise, in which we explored all possibilities—without limitations—to chart Kernes' future. This visioning process is inspiring Board and staff as we focus on the pool's long-term sustainability.

Next comes turning vision into reality. We were pleased to have been selected by the Community Foundation for Monterey County to get guidance and assistance from the Stanford Alumni Consulting Team to help create a roadmap to success.

We are at a critical juncture in Kernes' evolution. The Board and staff passionately support the pool's mission and are working diligently to ensure that Kernes Pool remains a priceless resource to people with special needs, their families, and our communities well into the future. Please join us in making our vision a reality. There are many ways you can contribute: donations are number one, of course. However, getting our message of hope and vitality for people with disabilities out to your friends and their friends will make a big difference too.

Kernes Pool Receives Vital Funding

Each year, Kernes Pool receives sustaining grants for one-third of its annual budget. Kernes gratefully acknowledges the support of its funders:

- City of Monterey, \$7,170
- Elizabeth Hook Armstrong Foundation, \$12,810
- Harden Foundation \$10,000
- Monterey Peninsula Foundation, \$40,000
- Nancy Buck Ransom Foundation, \$15,000
- Ralph Knox Foundation, \$5,860

Generous contributions were also received from the following:

- Alexander F. Victor Foundation
- Autism Speaks
- Carmel Woman's Club
- Charles & Lucile Charitable Foundation
- Colavin-Ortiz Giving Fund
- Independent Pool & Spa Service Association
- Rotary Club of Monterey
- UpJohn California Fund
- Yellow Brick Road Benefit Shop

Info Corner: Fitness for our children

Studies have shown that children with autism and other conditions benefit from regular exercise in a variety of positive ways: physical benefits, such as improved stamina, coordination and strength, and behavior benefits, especially in regulating mood and improved verbal language.

The challenge is how to get exercise into our children's daily schedules, especially since our school systems often overlook exercise programs for children with disabilities. The Center for Parent Information and Resources,

www.parentcenterhub.org is a treasure trove for parents to help their children achieve optimal health and well-being. This and other great resources can be found on Kernes' resource page at www.kernespool.org.



Anthony's Story by Marvella Peterman

Fifteen years ago, I first held a three year old named Anthony in the pool. He had spent most of his life in hospitals, undergoing four surgeries for a congenital heart condition and suffering a stroke during one of those surgeries. He was almost non-verbal at our first session.

We started as I so often did with the very young ones, holding him securely and letting him move his arms and legs in the water. While we rocked back and forth, I would talk to him. I remember the delight of my first "conversation" with him - it involved the turtles in the movie "Finding Nemo."

We progressed to longer conversations and



added more water skills as he gained strength. Then came a great day – he started swimming on his own!

Due to the stroke he had so many years ago, Kernes Pool continues to be an important part of Anthony's life. Swimming allows him to benefit from healthy exercise which would be too strenuous on land.

Working with Anthony means I also have the privilege of knowing his great-grandfather, Cla, who is raising him. Together we have watched Anthony grow up at Kernes Pool. And this Spring, 15 years after I first held him, Anthony becomes a high school graduate.

Thank You, Margaret!

Margaret Chung Prodis is retiring from Kernes Board of Directors and joining our Advisory Team. As a Board member and volunteer for 25 years, Margaret has helped guide us through many changes with her leadership, positive outlook, and practical assistance.

In acknowledgement of her contributions, Margaret received the Outstanding Service for Health Award at the 40th Annual Community Service Awards Ceremony on behalf of the United Way of Monterey County. The award

is given to "volunteers who have provided exceptional service supporting health in the community."

As a registered nurse, Margaret continues to be a resource and advocate for our programs and clients. Through thick and thin, Margaret has been there for the staff, and clients. We are grateful for her dedication, strength, and caring spirit, and glad that she will continue to be a member of our team.



Meet Our New Aquatic Instructors

Amber Pearson graduated from Western Carolina University with a Bachelor of Science degree in Recreational Therapy before joining the Kernes Pool staff. She is excited to be a member of the Kernes Pool team. Amber appreciates the compassionate and welcoming environment that Kernes Pool offers to its clients.

Armando Medina is graduating from California State University Monterey Bay (CSUMB) this spring with a Bachelor of Science degree in Kinesiology. Armando believes the best part of working at the pool is having the opportunity to work with diverse clients and their conditions. He plans to continue his education to become a physical therapist.



Amber, Armando, Molly

Molly McEvoy is a junior at CSUMB. Her passion is teaching children swimming and water safety. After graduating with a degree in Kinesiology, she plans to go on to become a pediatric physical therapist.

Heartfelt thanks to all of the generous contributors who support Kernes' work. Please visit www.KernesPool.org for a complete list.

Kernes Pool has received donations in honor of :

Peter Bolton
James and Sue Brady
John Cori
Laura Demmon
Mike Doran
Zoey Gamble
Linda Gomez
Lea Goodman
Dorothy Grimshaw
Tammy Jennings
Keegan Kelly
Ron King
William Kollmeyer
Cathy Ku
Sharon Larkin
Michael Lauerman
Rebecca Legard
Patricia McCracken
Irving McKinney
Armando Medina
Amber Pearson
Margaret Prodis
Larry Reierson
Hansen Reed
Arlala Sheppard
Diane Spadaro
Ellen Stevens
Gianna Tarsitano
Tweet Thorngate
Katelyn VonSaltz
Marcia Weber-Olsen
Wilder Wheelwright
Stephanie Wray
Lynn Young
Marsha Zeitlin



Kernes Adaptive Aquatics
Josephine Kernes Memorial Pool
15 Portola Avenue, Monterey, CA 93940
www.KernesPool.org 831 372-1240

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Monterey, CA
Permit No. 257

Mission

Kernes Adaptive Aquatics provides therapeutic, warm water exercise programs for adults and children with physical, emotional or developmental challenges to improve health and quality of life.



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Molly McEvoy
Armando Medina
Amber Pearson
Marvella Peterman, *Dir. Em.*

Help Kernes' Kids and Enter to Win a Vacation Getaway!



There are 29 children attending Kernes Pool these days—**90% of whom** are on a Kernes Pool scholarship. You can help these wonderful kids and many more who need warm water exercise.

Make a donation to Kernes' Kids Scholarship Fund in the enclosed envelope or on our website: www.KernesPool.org. As a thank you, your name is automatically entered in a drawing for a weekend in lovely Cambria – **with a separate entry for each \$25 you donate!**

If you haven't been to Cambria, you'll love the easy pace, small town charm, and escape from the madding crowd. Hearst Castle is nearby too, and that's always fun.

And don't forget – your donation is doubled through a matching gift!

Your donation must be received by June 30 to be entered. You do not need to donate to win. Mail your name, address, email and phone number to Kernes Pool, 15 Portola Avenue, Monterey, CA 93940.