



Kernes Adaptive Aquatics

The Life Saver

Fall 2025

It's time to make a

Splash

This year, our annual SPLASH celebrates Arlala Sheppard and her daughter Wendy Marie. We recently held a gathering at the Pool honoring Arlala's 50 years (!) of raising much-needed funds for our programs in memory of Wendy. Kernes staff and many of Arlala's friends (who have been contributing right along with her all these years) had a wonderful time listening to Arlala and Founding Director Marvella Peterman share stories about Wendy, the Pool's amazing transformation from a backyard shack to the beautiful place it is today, and the incredible staff who make Kernes Pool the caring and professional service it continues to be.

The following is excerpted from an article Arlala wrote for The Life Saver when Kernes Pool officially opened the Wendy Marie Memorial Scholarship Fund in 2013:



Wendy Marie Sheppard was born blind, hearing impaired, non-ambulatory, and mentally challenged. Although she had many birth anomalies, it didn't stop her from being able to enjoy one of life's many pleasures — SWIMMING!!! She loved the water instantly and progressed from being held in the water to standing on the steps alone, holding "her" pole, and bobbing up and down. She was only able to stand by herself when in the water. Since the SPLASH-a-thon started, it has been my method of choice to help the pool and those that benefit from warm water exercise. My heart swells with happiness over this honor and I'm still glowing with the knowledge that Wendy continues to bring joy. I would love it if you would make your donation to the Wendy Marie Sheppard Scholarship Fund. There are so many children (and adults) in our community who benefit tremendously from this type of therapy.

***Thank you for being a friend and supporter of Kernes Pool!
Your donations are making it possible for people of all ages and abilities to
have a happier, healthier life through warm water exercise.***



Keeping Up with the Season: Fall Health Tips

Although the temptation is to “slow down” as the daytime grows shorter we all need to stay active. Engaging in daily low-impact exercises, for example walking or tai chi, will improve balance, flexibility, and circulation. Your spirit will brighten and, equally important, you reduce the risk of falling and improve your overall mobility and well-being. Remember to stay hydrated even though the weather might be cooler.

Respiratory illnesses increase in the fall, too. If it’s right for you, get your annual flu shot and COVID-19 booster in preparation for holiday gatherings. And now is the time for your favorite seasonal produce like squash and leafy greens for immune support.

Lastly, check smoke alarms and prepare for possible power outages due to fall and winter storms.

Stay safe and be well!



Kernes Adaptive Aquatics

Josephine Kernes Memorial Pool

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www.KernesPool.org

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**Providing Therapeutic
Warm Water Exercise for
Children and Adults with
Special Needs for 53 Years**

Hooray! Kernes Pool has been awarded a matching grant of \$10,000

Every dollar you give before October 31 is worth TWO dollars for scholarships.

Thank you for helping Kernes Pool meet this match to provide therapeutic warm water exercise for children, seniors, and veterans with disabilities.

Your gift makes a really big difference in the lives of so many people in our community.

To make your donation twice as valuable, please send a check to Kernes Pool in the enclosed envelope or donate at www.KernesPool.org before October 31.

Thank you!

