



Kernes Adaptive Aquatics

The Life Saver

Fall 2023

Kernes Pool

50 years of service to Monterey County

Kernes Pool has been welcoming and helping people with special needs for 50 years.

Kernes Adaptive Aquatics provides

- Fun, gentle aquatic exercise for all ages and abilities
- Personalized programs to help each person reach their goals
- Private dressing rooms
- 92 degree water with easy access from dressing rooms

It's time to
SPLASH make a



Kernes Pool is celebrating its 50th anniversary this year, and for more than 30 of these years, October has been SPLASH-A-THON month. This annual

fundraiser raises nearly 20% of the scholarships for children, elders, and veterans to receive warm water exercise. And throughout these many years you, our faithful supporters, have made it possible for thousands of people with special needs to attend Kernes Pool who otherwise would not have been able to. Your kindness and generosity truly makes a difference in so many lives.



In celebration, this year's SPLASH-A-THON will be extra fun with a Ducky Drawing of 10 great prizes; a gorgeous, handmade coffee table; a special day of pampering; lovely handcrafted pottery; a sumptuous wine and goodies basket. Planning some travel? You could win a \$50 travel certificate and luggage tags from Rothberger Travel; Friends coming to town? How about an overnight stay at the beautiful Normandy Inn in Carmel? These,

and more wonderful gifts have been donated to our SPLASH-A-THON fundraiser to keep Kernes Pool warm and welcoming.



Check out all the items and enter the Ducky Drawing at KernesPool.org. Your donation in the enclosed envelope also automatically enters you to win. And if your Duckie isn't picked, you're still a winner! All SPLASH-A-THON donations provide warm water exercise for people with disabilities. Thank you!



Message from the Board President



Each year, Kernes Pool's extended family gets together for the SPLASH-A-THON to raise money for people of all ages and abilities to receive much needed warm water exercise. Why is the SPLASH-A-THON so important? Because all donations go to the **Wendy Marie Sheppard Memorial Scholarship Fund** so that

Kernes Pool is here for everyone who needs us.

People ask me, "who is Wendy Marie Sheppard?" She was the daughter of one Kernes Pool's biggest boosters, Arlala Sheppard. Wendy's story is quite a testament to the value of Kernes Pool to its clients. Here's her story as told by mom:

Wendy Marie Sheppard, was born on September 29, 1971. Wendy was blind, hearing impaired, non-ambulatory, and mentally challenged. Medically, her birth defect is called a Partial 10-Trisomy.

Although she had many birth anomalies, it didn't stop her from being able to enjoy one of life's many pleasures, SWIMMING! Maybe not actual swimming, but just being one with the water (I do all the swimming).

Before her death in 2004, Wendy attended the Josephine Kernes Memorial Pool from age 4.

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. Wendy loved going underwater and staying for what seemed like forever, especially with a new staff person!



Arlala and Wendy

Five years ago the pool honored Wendy by officially naming the scholarship fund the "Wendy Marie Sheppard Memorial Scholarship Fund." My heart swells with happiness over this honor and I'm still glowing with the knowledge that Wendy continues to bring joy ... even in death.

Seniors, people with disabilities, and families with special-needs children are disproportionately impacted by economic hardship due to expenses associated with their conditions, and many of our clients fall well below the national poverty level.

Kernes Pool is the only organization and facility on the Central Coast that is able to provide the specialized assistance they need without regard to ability to pay.

Thanks to you, seniors maintain strength and independence, adults with disabilities receive much-needed movement and pain relief, and children learn and play at Kernes Pool in a way that's not possible for them on land. When you give to SPLASH-A-THON your donation makes all this possible.



Thank you for your support. With your continuing contributions to the Wendy Marie Sheppard Memorial Scholarship Fund, Kernes Pool can continue to improve the lives of the Wendy's in our community.

Thank you,
Peter Bolton

Info Corner: Warm water exercise helps POTS and many other conditions

A recent article in the *New York Times Sunday Magazine* touts the value of warm water exercise for POTS-postural orthostatic tachycardia syndrome, a disorder of the autonomic nervous system similar to chronic fatigue syndrome.

Warm water exercise improves the health for people with POTS and a wide variety of other conditions that make exercising painful or impossible on land. Other conditions

include arthritis, stroke, Parkinson's disease, brain trauma injuries, and back pain.

Warm water exercising does a couple of things that help the body:

- Suspends the body, which relieves gravity's constant stress on the muscles and joints.
- Provides full body hydrostatic pressure, shunting the blood pooling in your extremities back to the heart, increasing cardiac output while reducing heart rate.

Moving oxygenated blood from your heart back to the extremities is the key to restoring strength, elasticity, and range of motion, especially those forced to lead sedentary lives.

Plus, it feels really good. Paraphrasing the article author, *"Slipping into the 92-degree water, I sense holy transition. ... Whatever burdens [our] bodies have borne of the decades, in the water [we] find lightness, suspension."*

Do you aspire to good health and want an enjoyable way to achieve it? Visit KernesPool.org. You'll be glad you did.



Why I go to Kernes Pool—Brian Ellinoy

People with disabilities often overlook the health benefits of exercise. Yet, exercise is critical to improving their everyday health and preventing more serious ailments, such as heart attack, diabetes, and stroke. Brian Ellinoy, a retired Community Hospital of the Monterey Peninsula pharmacist, has been going to Kernes Pool for over 15 years to address health issues related to his rheumatoid arthritis.—Peter Bolton

“I go to Kernes Pool for several reasons,” Brian told me. “First, it’s the best way for me to get the personalized care I need. Second, the 92° water helps relieve my joint and muscle stiffness and pain better than any other medium. Third, the staff at Kernes Pool, more than any other facility in the area, knows how to accommodate, encourage, and help people with chronic conditions.”

Brian believes exercise is crucial to his physical and emotional health. “With RA, my joints and muscles become stiff and painful without regular movement. To address this condition, keep my muscles strong, improve my balance, increase my stamina and avoid further decline I need to focus on exercise.” However, exercising on land has been too arduous and uncomfortable for him. The Pool suspends and warms his body, relieving the stress, strain, and pain caused by gravity. “The water allows me to move about more freely, while providing similar resistance to working out at a gym,” he says. “It more than doubles the health benefits, and I have fun in the water at the same time!”

Brian goes to Kernes Pool once a week and supplements these sessions with visits to other warm water pools in the area. Kernes Pool is his favorite, though. “Warm water is the same

from one pool to the next, but Kernes Pool’s ‘little things’ make a big difference. For example, “Cement and tile floors are extremely uncomfortable for me. Kernes Pool’s soft flooring surrounding the pool and into the showers is fabulous!” He also cites several other features that people with mobility challenges would appreciate:

- the short distance from dressing rooms to pool,
- low steps into the pool that ease getting in and out,
- the private dressing rooms with showers.

“I have to give a really big shout out for the staff, too. I can’t say enough good things about them.” Brian has worked with many over the years and praises them all. Kernes Pool instructors receive ongoing training at the Aquatic Therapy and Rehabilitation Institute, and many have earned their BA in kinesiology. “They guide me through safe exercises that improve my physical health, and together we adjust my program as my needs and interests change. They’re so very careful, concerned, and upbeat, which improves my mental outlook, too.”

Brian’s closing thoughts: “Disabilities have physical and emotional consequences that if ignored get worse. Exercise has worked for me for over 15 years, and water exercise at Kernes Pool has made it possible, productive, and fun.”



Thanking our Foundation Funders and Legacy Donors for 50 years of support

For 50 years, Kernes Adaptive Aquatics has relied upon foundations, legacy bequests, and donations from people like you to provide services to all who need us, regardless of age, ability level, income, or duration of need. Many of you know first-hand from a friend or family member who has enjoyed the warm water and the sense of belonging, how wonderful Kernes Pool is.




Founding Director Marvella Peterman and Kernes Pool architect Marvin F. Guillermo

This is often not the case for foundations or funders who award grants to Kernes Pool, or the family members of people who have made bequests in their wills. Many of them know our work only ‘on paper’ and

haven’t visited the Pool and witnessed the joy on our clients’ faces.

On August 25, we invited these major supporters to visit Kernes Pool for an afternoon reception so that they could see how their assistance makes our work possible. Kernes Pool is proud of its ongoing partnerships with foundation and legacy contributors, and is honored to acknowledge the vital contributions that have help us serve the community for 50 years.



KERNES ADAPTIVE AQUATICS THANKS THESE CONTRIBUTORS FOR THEIR GENEROUS LEGACY AND SUSTAINING SUPPORT

Alexander F. Victor Foundation
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Wendy Marie Sheppard Memorial Scholarship Fund
and the Sheppard Family
Peter Bolton and Marsha Zeitlin
Charlotte Colavin
Lin Florida Colavin
Doug and Katrina Hintze
Cyd Love
Edith and Herb Perry
Marvella Peterman
Virginia Srsen
Elizabeth Wall
George E. and Ruth Young
Helen Zeitlin

And to the many individuals and organizations whose kindness and support make our work possible ~ thank you!



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Our Mission

Kernes Adaptive Aquatics provides therapeutic, warm water exercise programs for children and adults with special needs to improve health and quality of life.

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SPLASH make a splash



You could be the winner of a fabulous night in Carmel or one of nine other wonderful prizes in our 30th annual SPLASH-A-THON! We're having a lucky Ducky Drawing to pick the winners.

Here's how it works: For a \$25 donation, you get one Ducky in the drawing; for each \$100 you get 5 Duckyes!

Donations made before October 27 will be matched by an anonymous donor, **doubling your donation!**



Scan the QR code or go to KernesPool.org to see all of the wonderful prizes and make a donation or include your donation in the enclosed envelope.

If your Ducky is not picked you're still a winner! All SPLASH-A-THON donations go into the **Wendy Marie Sheppard Memorial Scholarship Fund** to improve the health and quality of life for people with disabilities.

