



Kernes Adaptive Aquatics

The Life Saver

Fall 2024

It's time to
make a
Splash

About Kernes Pool

For fifty-two years, Kernes Pool has been providing aquatic exercises for children and adults with special needs.

- Gentle, personalized aquatic exercises for all ages and abilities
- 92 degree water with easy access to pool
- Private dressing rooms
- Experienced and caring staff

Kernes Pool is celebrating its 33rd Splash-a-thon! Over the years, this annual event has become a cherished tradition featuring everything from sizzling barbeques and thrilling swim contests to whimsical ducky drawings and even a virtual Splash-a-thon during the pandemic. Through it all, your unwavering support has made it possible for thousands of people with special needs to experience the joys of Kernes Pool.

This year, while we're keeping things simple, we're still happy to offer a special treat: a drawing for a \$300 gift certificate to the fabulous Osteria Al Mare restaurant on the scenic Monterey Bay. Your donation in any amount automatically enters you to win. And if your name isn't picked, you're still a winner! Every dollar you donate provides therapeutic warm water exercise for people with disabilities. Your kindness and generosity ensures that children, adults, and elders can continue to exercise, have fun, and be healthy at Kernes Pool.

Thank you for being such a crucial part of our community and for making this event - and our work - possible!

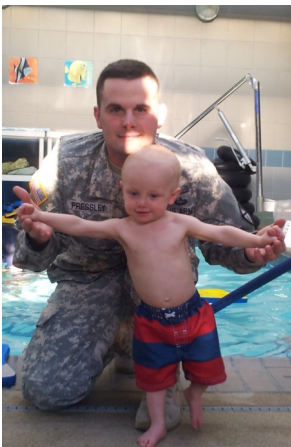
Exciting News: Generous Donation Enhances Our Veterans and Military Family Program

Kernes Pool has received a remarkable gift from a generous donor to support our Veterans and Military Family Program. This significant contribution, facilitated through the Community Foundation for Monterey County, will fund a full year of no-cost, therapeutic aquatic exercise for our community's veterans.

Since its inception in 2013, Kernes Pool's Veterans and Military Family Program has been dedicated to providing personalized warm water exercise services tailored to veterans of all ages and abilities. Thanks to this new donation, we can continue to offer these vital therapeutic services at no cost to our veterans.

Kernes Pool is grateful to the Community Foundation and the generous donor for their commitment to our veterans. This contribution will make a tremendous difference in the health and quality of life of those who have served and their families.

If you or someone you know would benefit from warm water exercise at Kernes Pool, please visit www.KernesPool.org, or email admin@KernesPool.org.



You can leave a legacy of health and hope for the future with a bequest to Kernes Pool. Please contact Executive Director Lynn Young at office@KernesPool.org



Kernes Pool has received donations in memory of:

Anne Batinich

Anka Bulaich

Phyllis Crockett

Brian Ellinoy

Hildegard Grill

Ruth S. Hartmann

Patty Herrgott

Sally Herrgott

Jawa Hintze

Mildred Hitchcock Huff

Sylvia McCarthy

Monica McGuire

Vickie Jo Real

William N. Reno

Karen Rovente

Wendy Marie Sheppard

Alexander F. Victor

From the Board President



It is my honor to thank everyone who contributes to our SPLASH-A-THON in honor of Arlala Sheppard and in memory of her beloved daughter, Wendy Marie. For many years, Arlala has graciously rallied her friends and community to support Kernes Pool in providing essential scholarships for those in need of our services.

Your generous donations, made in honor or in memory of a loved one, have a profound impact. Every dollar contributed during our fundraiser goes directly into the Wendy Marie Sheppard Memorial Scholarship Fund. This fund is vital in helping children and adults experience the comfort and improved health that Kernes Pool provides.

Through your support, Kernes Pool will continue to ensure that those who need it most can benefit from therapeutic warm water exercise. Arlala's unwavering commitment and your generosity are truly inspiring. Together, we are enhancing lives and strengthening our community.

*With heartfelt appreciation,
Peter Bolton, Board President*

Say "Hello" to new board member Will Leisik



We are pleased to welcome aboard a new board member this month, Will Leisik. Will has a Master of Science degree in Occupational Therapy and is working at the Inpatient Rehabilitation Unit at the Community Hospital of Monterey County.

Before working at CHOMP, has worked in several hospitals and clinics getting experience with kids to young adults in the autism spectrum, stroke survivors, and patient-centered intervention for neurological, cardiac, orthopedic conditions. **What a great fit!**

When he's not at work, Will enjoys the quality time with his wife and 11-month-old daughter. Often you'll also find him getting on his bicycle for a ride and playing his guitar. Kernes Pool is glad to have his experience on our team.

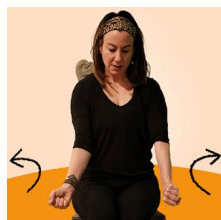
Info Corner—12 Most Effective Chair Exercises

The World Series Playoffs and football season are just around the corner, and if you're like me that's a lot of "couch potato-ing" and snacks. You know, though, you can exercise while you're watching. All you need is a chair! According to the website [GoodRX Health](https://www.goodrx.com/health) you can expect these benefits using their 12 easy exercises.

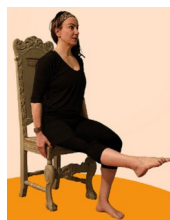
- Chair exercises can improve your strength and functional mobility
- They're an excellent option for exercise beginners and people with limited mobility.
- You can modify seated and standing chair exercises based on your fitness level and goals.

Be sure to get your primary care provider's OK — especially if you have chronic conditions — before you try new chair exercises. **And make sure you have a sturdy chair.**

The [GoodRX Health website](https://www.goodrx.com/health) has pictures and instructions for all 12 exercises. Here's a sample of the simple AND effective exercises you'll find.



Wrist circles to promote circulation and prepare your muscles for exercise



Ankle mobility exercise to help you keep steady on your feet



Seated marches to boost flexibility and mobility in your hips and thighs.

Partnership with SARC Benefits Kernes Kids



Image by rawpixel.com on FreePik

This year, Kernes Pool has been working with the San Andreas Regional Center (SARC) to provide therapeutic exercise and water safety lessons for 35 children - and more are applying each day!

SARC is a non-profit that serves individuals with developmental disabilities and their families. Their mission to “empower individuals and their families to live better, self-determined lives” is a perfect match for our children’s program. At Kernes Pool, each child receives one-to-one instruction specially designed to meet their physical and developmental needs. From learning water safety techniques like blowing bubbles in the water, to counting and naming the colors of toys, our kids have lots of fun while learning and growing strong.

In 1973, Kernes Pool founder Edith Perry heated up her backyard pool to teach children with disabilities to swim. How proud she would be to see the many wonderful kids from SARC who are thriving at Kernes Pool today!

Staff Profile: Trip to ATRI

This September, our dedicated staff took their expertise to new heights by attending the Aquatic Exercise Association’s Annual Conference to renew their Aquatic Therapy and Rehabilitation Certifications (ATRIC). They journeyed to San Diego for two intensive days of classes, tackling subjects like Enhancing Balance and Mobility, Applying Balance Evidence to Exercise, and Advanced Aquatic Therapy and Rehabilitation. These classes are a rigorous mix of book learning, in-water lessons, and testing. We’re thrilled to share that our staff not only embraced the challenge but excelled!

We thank our team for their hard work, and congratulate them on their impressive achievements. Their enhanced knowledge and expertise make a significant difference in the lives of each Kernes Pool client, and we’re proud of the exceptional care they continue to provide. All ages and any ability, our staff are prepared and able to help.

More about ATRI: *At Kernes Adaptive Aquatics, we pride ourselves in the skills and training of our swim instructors. To assure the staff is up to date with the latest trends and innovations in therapeutic warm water exercising, the Kernes Pool board and executive director expressly set aside a budget for the full staff to regularly attend ATRI training sessions.*

The Aquatic Therapy & Rehab Institute, Inc. (ATRI) is a non-profit educational organization dedicated to the professional development of healthcare professionals involved with aquatic therapy. ATRI offers continuing education courses that expand the modalities and protocols of the aquatic therapist.



Heartfelt thanks to all of the foundations, businesses, and individuals who support Kernes’ staff and services.

Please visit www.KernesPool.org for a complete list of our wonderful donors.

Kernes Pool has received donations in honor of :

Peter Bolton

Judy Costello

Matthew Flett

Anna Sophia Gomez

Ava Marie Gomez

Linda Gomez

Nichole Gomez

Tammy Jennings

Kathryn Kilgore

Larry Legard

Rebecca Legard

Ramon Martinez-Ochoa

Laverne McCracken

Cindy Scholl

Arlala Sheppard

Louise Tollkuhn

Vera Urquidez

Ruben Urquidez

Katelynn VonSaltza

The William Moritz Family

Lynn Young

Marsha Zeitlin



Kernes Adaptive Aquatics

Josephine Kernes Memorial Pool

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Mission

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

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Nichole Gomez, *Aquatic Specialist*
Abby Delport, *Aquatic Instructor*
Marvella Peterman, *Director Emeritas*

It's time to
Splash
make a



Enter to win a \$300 gift card for Osteria Al Mare Restaurant on the Monterey Bay



Your Splash donation in the enclosed envelope or at www.KernesPool.org by November 1st enters you in the drawing. And this year, your gift is twice as valuable through a dollar-for-dollar matching grant.

The winner will enjoy a fabulous lunch or dinner with panoramic views of

Monterey Bay at [Osteria Al Mare](http://OsteriaAlMare.com).

All contributions directly benefit the **Wendy Marie Sheppard Memorial Scholarship Fund** to improve the health and quality of life for people with disabilities.

Thank you!



Scan this QR code to go to the Kernes Pool website.

