



Kernes Adaptive Aquatics

The Life Saver

Winter 2021

Scholarships Available!

Thanks to grants from generous funders, Kernes Pool provides scholarships so everyone can be healthy and strong.

If you or someone you know could benefit from warm water exercise, contact Kernes Pool at 831 372-1240.

Craig H. Neilsen Foundation

Free adaptive aquatics for people with spinal cord injuries.

City of Monterey

Exercise for senior and disabled residents of Monterey

Nancy Buck Ransom Foundation

Children with special needs.

Transportation Agency of Monterey County

Free travel to and from your Kernes Pool sessions.

Additional vital grant support is provided by:

- ◆ **Harden Foundation**
- ◆ **Monterey Peninsula Foundation**
- ◆ **Elizabeth Hook Armstrong Foundation**
- ◆ **Ralph Knox Foundation**
- ◆ **Mildred Hitchcock Huff Charitable Trust**
- ◆ **Carmel Woman's Club**

Kids Love Kernes Pool

And we love our Kernes Kids! Children who come to Kernes Pool have many special needs - physical, emotional and developmental - and most have multiple challenges to overcome.

Warm-water exercise programs designed just for them help each child build motor skills and strength, increase their ability to focus on specific tasks, and encourage awareness and communication. Each child is a unique person, learning in their own way and time. Working one-to-one with compassionate, trained staff fosters confidence and self-esteem while they play and learn.



You have to love these kids. Outwardly, you see them listening and trying unfamiliar movements, awkward at first and then moving on to more advanced strokes. What you don't see is their internal struggle to conquer their conditions. Land-based sports and activities only over-tax and frustrate them. In warm water they are able to move and progress. This is the joy of what Kernes Pool can provide, success in a physical activity that will benefit them their entire lives.

Thanks to generous gifts to the Wendy Marie Sheppard Memorial Scholarship Fund during this year's Splash-a-thon, we're able to begin the new year by helping every child that needs us. A warm thank you for providing these wonderful Kernes Kids with an opportunity to reach their fullest potential - and to have lots of fun while getting there!

If you have a child with special needs, please visit our website or call us at 831-372-1240 to learn more about Kernes' programs for kids.

Kernes Pool is eligible for a matching gift!

A generous friend of Kernes Pool will double each donation we receive through the end of the year. Every dollar you contribute is now worth two -- \$10 = \$20; \$50 = \$100; \$1000 = \$2000!

As a promising new year begins, heartfelt gratitude to all whose kindness and support are keeping Kernes Pool a vital community resource for people with special needs. You truly make everything possible. **Thank you!**

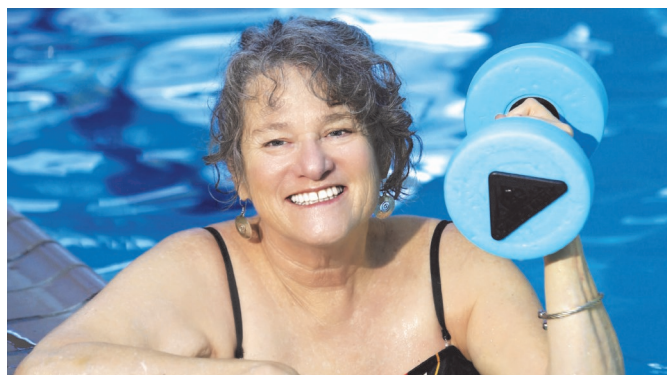
Info Corner: Good Health in the New Year

Most of us start the New Year with a resolution to live healthier lives, get more exercise, eat better, maybe even lose a little extra weight. Our good intentions sometimes fall by the wayside because ***"It's boring or just not fun!"***

Did you know that the National Center on Health, Physical Activity and Disability has many resources and ideas for fun ways to stay healthy and fit? Relief from arthritis, yoga for children, controlling stress, accessible gardening, 'deskercise', easy recipes, and many other great ideas and information are available at:

www.nchpad.org.

Now you can enjoy good health all year long!



Don't forget, gentle movement in the 92°
Kernes Pool is great exercise too.



Kernes Adaptive Aquatics

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

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Our Mission

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



Printed on Recycled Paper



**Kernes Pool's
Board, Staff and
Friends
Wish You
Happy Holidays
and a
Healthy New Year!**