

# Summer Has Arrived!

Kernes Pool is celebrating all the goodness that summertime brings: graduations, getting in shape, great food, and even a little gardening.

## Kernes Pool at CSUMB's Graduation

We kicked off the season at California State University Monterey Bay's graduation ceremony. Kernes Pool is a Service Learning Partner with CSUMB's Kinesiology Department to provide internships and employment to students entering health care professions. At this event, many graduates and their families stopped by our table and asked insightful questions about Kernes Pool's special aquatic programs. Here's what they learned:

*For 50+ years Kernes Pool has been helping people with special needs improve their day-to-day well-being. Today, Kernes Pool is the leading provider of warm water exercises for people with chronic conditions and special needs in the Monterey Bay area.*

*Kernes Pool is a warm indoor oasis designed for individuals with special needs, offering personalized aquatic exercise programs. From age three to 103, everyone enjoys their time here. Children learn water safety, seniors find relief from arthritis, and those with mobility challenges exercise comfortably. Each session is tailored to personal goals, whether it's gentle aerobics, assisted instruction, or relaxation in the soothing 92-degree water. No swimming skills are required; a dedicated aquatic specialist guides every session to ensure your comfort and enjoyment.*



[Here's an excellent CSUMB article about Kernes Pool's Service Learning partnership with their Kinesiology Department.](#)

[Here's more information about Kernes Pool's programs and how to enroll.](#)

## Summer's Fresh and Healthy Foods

Eat your fruits and veggies and live longer. They're words of dietary wisdom — backed by studies that show that five daily servings of fruits and vegetables promote good health by providing essential nutrients that reduce the risk of chronic health conditions, such as heart disease, cancer, and respiratory conditions.

Summer is the perfect time to indulge in healthy eating. Instead of a big helping of spaghetti, potatoes and bread, add extra vegetables to pasta sauces, casseroles and soups, or grill, steam, microwave or roast them for an easy side dish. Make a smoothie with fresh fruit and add leafy greens if you're feeling adventurous. Keep raw veggies on hand for a healthy snack. How about apple slices, celery sticks, or baby carrots dipped in peanut butter or almond butter.



Have a sweet tooth? Add fruit to your favorite dessert. When it comes to fruits and vegetables, more is always better. And during the summer, the possibilities are endless!

### **Dig into the Benefits of Gardening**

Gardening isn't just about plants—it's therapy for your mind! Digging in the dirt and tending to plants reduces anxiety, pumps up happiness levels by connecting you with nature, and watching your garden thrive boosts confidence and satisfaction. So, whether you have a big garden, a potted tomato plant on your porch, or a yard full of self-starters (otherwise known as weeds!), grab your gloves and get growing—it's good for your mental health.



As a little encouragement, this season's prize drawing is a lovely handmade garden steppingstone. A donation in any amount on our website [www.kernespool.org](http://www.kernespool.org) enters you to win. It's too heavy to mail, but we'll deliver it to the winner anywhere in Monterey County. *(To enter the drawing without making a donation, email [info@kernespool.org](mailto:info@kernespool.org)).*

