



# Kernes Adaptive Aquatics

# The Life Saver

Spring 2026

## About Kernes Pool

- Aquatic exercise programs for children and adults with special needs
- Water at 92 degrees
- Individualized programs
- Experienced and caring staff
- Fifty-four years helping people in our community

## Board of Directors

Peter Bolton, *President*  
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Lynn Young, *Exec. Director*  
Linda Gomez, *Associate Director*  
Nichole Gomes, *Aquatic Coordinator*  
Nancy Gomez, *Aquatic Instructor*  
Marvella Peterman, *Director Emeritas*

## Celebrating 54 Years of Success Thanks to You!

Spring is a perfect time to celebrate. This year Kernes Pool proudly enters its 54<sup>th</sup> year of providing therapeutic warm-water exercise for children and adults with special needs - by our best guess, that's more than 200,000 aquatic sessions!

Every day, we have the opportunity to celebrate achievement, resilience, and joy with people of all ages and abilities who work to build health and a better quality of life in Kernes Pool's warm water. Each of their success stories reflects what Kernes Pool has always been—a place where everyone, regardless ability to pay, is accepted, encouraged, and welcome.

Spring (and every season!) is also a great time to celebrate the wonderful donors who make these accomplishments possible. Your support sustains decades of expert, personalized care from a compassionate team in this "jewel" of a pool—keeping Kernes Pool open, warm, and accessible to all who need it.

Thanks to you, Kernes Pool is here for whoever needs its warm water. Through every up and down, you continue to make this commitment possible for thousands of people with disabilities.

We are honored and grateful to celebrate more than five decades of service with you – our Kernes Family. **Thank you for being a BIG part of Kernes Pool's success – past, present and future!**

## Kernes Pool gratefully acknowledges legacy gifts from:

These people have left bequests to Kernes Pool in their wills. Contact Lynn Young at 831-643-9867 to find out how you can make a difference with your legacy gift.

Dorothy Albee  
Anna J. Davis  
Ruth S. Hartman  
Hildegard Grill  
Alexander F. Victor

Fredrick W. and Leila Crakes Grothem  
William N. Reno  
Jean and Wilfred Scholefield  
Sally Anne Herrgott  
Mildred Hitchcock Huff



**You can leave a legacy of health and hope for the future with a bequest or gifts of stock or other assets to Kernes Pool.**

## **President's Message: Honoring Our Past, Securing Our Future**



In 1972, when Edit Perry began teaching a few children to swim in her small wood-and-fiberglass pool, she never imagined that Kernes Pool would become a beautiful, accessible facility supporting 100 people each week from across Monterey County and beyond. Our sustainability is testament to the need for therapeutic warm water exercise for children and adults – and the strength of our community support!

To sustain these vital services, Kernes Pool maintains a Stewardship Fund with the Community Foundation for Monterey County. This fund allows our family of supporters to invest in our work through bequests, stock, property, and other assets. Managed within the Foundation's broader portfolio, it provides long-term financial stability while offering potential tax benefits and income for donors.

Kernes Pool's programs are needed as much today as when we first opened more than 50 years ago. Through economic challenges and even a global pandemic, we've learned an important lesson: in the day-to-day work to 'stay afloat,' we cannot lose sight of the future. Kernes Adaptive Aquatics Stewardship Fund is an important step to keep our future strong for all who need us.

*For more information about Kernes Adaptive Aquatics Stewardship Fund, please contact Executive Director Lynn Young at 831-643-9867 or [office@kernespool.org](mailto:office@kernespool.org).*

## **Congratulations and Thank You, Nichole!**

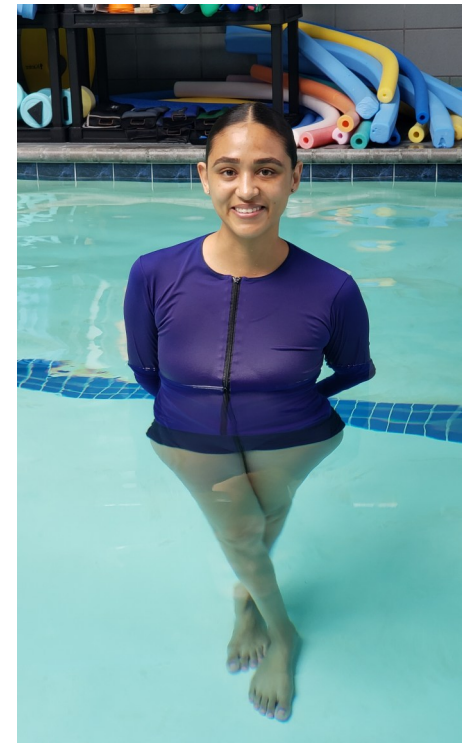
We are proud to announce that Nichole Gomez has accepted the position of Aquatic Coordinator for Kernes Pool.

Nichole began her journey with Kernes Pool as a volunteer while attending Hartnell Community College and joined our aquatic staff as an instructor in 2018. From the very beginning, Nichole committed herself to comprehensive on-site training and certification programs, continually expanding her knowledge and expertise.

Today, in addition to Lifeguard and First Aid/CPR/AED certifications through the American Red Cross, Nichole is certified through the Aquatic Therapy and Rehabilitation Institute—a multidisciplinary education, training, and resource division of the Aquatic Exercise Association. As a Certified Pool Operator, she also maintains Kernes Pool at the highest standards to provide a safe and healthy environment for our clients.

Most importantly, Nichole develops personalized therapeutic exercise programs that help hundreds of clients of all ages and abilities improve their health and strength. Parents consistently share how much they value her patience and care when working with their children, while adult clients appreciate her guidance and encouragement in reaching their fitness goals.

Kernes Pool is incredibly fortunate to have such a dedicated, hardworking, and compassionate professional stepping into the role of Aquatic Coordinator. Please join us in congratulating Nichole on this well-deserved promotion and thanking her for her continued commitment to Kernes Pool, our clients, and the community.



### **Kernes Pool has received donations in memory of:**

James Brady  
Jeffery Brady  
Anka Bulaich  
Ellen M. Coile  
Phyllis Crockett  
Brian J. Ellinoy  
Thomas Goodwine  
Patty Herrgott  
Patricia Ishizuka  
Dennis Jones  
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Anthony Sheppard  
Wendy Marie Sheppard  
Leonor Sinner  
William Smart  
Ellen Stevens  
Mary Vent  
Dolores Waligora  
John Zoria

## Michael's Story by Stella Lauerman, former Board President



When our son Michael was born in 1990, we had no idea he was going to have a disability. He is the youngest of our three children, and our only son. Michael hit all the developmental milestones until about age two and a half. Late-onset autism is an insidious thing, since it takes a while for it to sink in that things are “not quite right”. Gradually we realized that he was losing language, including his name, and had started to exhibit perseverative behaviors and a general disinterest in the world around him. It took the better part of a year to unravel the mystery, with visits to various professionals who determined that Michael met some of the diagnostic criteria at that time for autism.

When Michael was in elementary school, we were introduced to the Josephine Kernes Pool. Even as a baby, Michael always loved water, and he has flourished with the guidance and support of the dedicated Kernes staff. Michael, like other individuals with autism, expends a

huge amount of energy to stay focused on the world around him and filter out the extraneous sensory stimuli that bombards him. He worked very hard to achieve success in his academic experience, and graduated with a full high school diploma in 2011.

For individuals with special needs, the nurturing environment of the Kernes Pool significantly impacts their lives far beyond just teaching them how to swim. In addition to increasing Michael's physical stamina and improving his coordination, over the years he has continued to make gains in his social skills, language and self-confidence in the pool's safe, non-judgmental environment. Now at 35, he continues to strengthen those skills with the constant support of Kernes' staff, who are a second family to him. They truly “get him” and customize his program, understanding the nuances of his verbal as well as non-verbal communication. Currently Michael attends a day program, volunteers weekly at the County Animal Shelter, and of course attends Kernes twice a week!

It truly does take a village to raise our special children and to care for our adults. We are infinitely grateful for the amazingly dedicated, hard-working and well-trained Kernes staff who have all contributed to Michael's success and wellbeing – in the past, today, and on into the future.



### Info Corner: Autism Spectrum Disorder

Autism spectrum disorder (ASD) is a neurological and developmental disorder that affects how people communicate, learn, behave, and interact with others. Autism is known as a “spectrum” disorder because people with autism have a range of characteristics, needs, strengths, and challenges. People of all ages, races, ethnicities, sexes, and economic backgrounds can be diagnosed with ASD.

People with ASD may experience differences in communication, social interactions and behaviors, and sensory perception. People on the autism spectrum also may have diverse strengths, including: strong detail and memory retention, and excelling in math, science, music or art.

Although ASD can be a lifelong disorder, treatments, services, and supports can improve a person's health, well-being, and daily functioning.

Autism Spectrum Disorder information and Resources can be found through the National Institute of Mental Health: [www.nimh.nih.gov](http://www.nimh.nih.gov)



Heartfelt thanks to the generous foundations, organizations, and individuals who support Kernes' Programs!

Kernes Pool has received donations in honor of:

Terri Bilbro  
Peter Bolton  
Suzanne Brady  
Ben Edwards  
Linda Gomez  
Nichole Gomez  
Rebecca Legard  
Leo Martinez  
Oike Minor's Grandsons  
The William Moritz Family  
Marvella Peterman  
Cindy Scholl  
Arlala Sheppard  
Louise Tollkuhn  
Ruben & Vera Urquidez  
Katelynn VonSaltza  
Kelly VonSaltza  
Birdie Young  
Lynn Young  
Marsha Zeitlin

### Answers to the Spring Quiz

1. Evening, with early morning a near second
2. True: UV rays can penetrate clouds
3. An amazing 60%
4. All the Above!

For easy, fun ways to enjoy a healthy Spring time, visit our website: [www.KernesPool.org](http://www.KernesPool.org)



## Kernes Adaptive Aquatics

Josephine Kernes Memorial Pool

15 Portola Avenue, Monterey, CA 93940

[www.KernesPool.org](http://www.KernesPool.org)

831 372-1240

*Return Service Requested*

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### Mission

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

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## Health Quiz: It's a Spring Thing!



**Email your answers to [Info@KernesPool.org](mailto:Info@KernesPool.org) to enter to win a beautiful gardening basket!**

1. When is spring pollen count generally at its lowest?
  - a) Morning
  - b) Mid-day
  - c) Evening
2. You can get a sun-burn on a cloudy Spring day.
  - a) True
  - b) False
3. What percentage of DNA do humans and bananas have alike?
  - a) 20
  - b) 40
  - c) 60
4. Pick a healthy Spring activity:
  - a) Gardening
  - b) Drinking water
  - c) Eating fresh veggies
  - d) All the Above

[Answers are inside]