



Kernes Adaptive Aquatics
Josephine Kernes Memorial Pool
15 Portola Ave. • Monterey • CA 93940
831-372-1240 • www.KernesPool.org

*Therapeutic warm water exercise for
children and adults with special needs*

TAMC Measure X Annual Grant Final Report FY 2021 - 2022

Program Overview and Description of Communities Served

Kernes Adaptive Aquatics at the Josephine Kernes Memorial Pool in Monterey serves seniors and people with disabilities from throughout Monterey County who require specialized adaptive exercise services. Kernes Pool is the only organization and facility to provide therapeutic aquatic programs for people regardless of type of disability, age, income level or duration of need. Kernes Pool provides up to 8,000 hours of exercise services each year. On average 50% of Kernes' clients are seniors; 70% have conditions that require full-assistance in the water; 70% are within Monterey County's low and very low income level designations.

Timely and safe transportation to and from regular sessions at Kernes Pool is particularly challenging for seniors and people with disabilities who travel long distances or who have medical conditions that make navigating paratransit services challenging. Paratransit services can require extended transportation times to and from South County to scheduled appointments in Monterey. There may also be limited accommodation for people who require continual assistance from their caregivers. This program fills a gap in the transportation needs of seniors and/or people with disabilities by assisting clients who travel long distances, or who are unable to access other transportation services due to specialized needs.

The trip subsidies funded through the TAMC Measure X Grant are vitally important in the quality of life for Monterey County residents who attend Kernes Pool. This program ensures that people and their caregivers who have limited transportation options are able to fully participate in their therapeutic exercise programs. Regular exercise for people with disabilities is necessary to maintain maximum mobility, and to mitigate secondary medical conditions such as bed sores, arthritis, diabetes, obesity and heart disease. All income-qualifying seniors and people with disabilities who attend Kernes Pool qualify to receive timely and safe transportation to and from their therapeutic appointments. In turn, being able to participate in regular exercise sessions helps people maintain optimal health and well-being. Through this grant, clients and their families are able to live more independent and productive lives. Kernes Pool is very grateful to the Transportation Agency of Monterey County for this program funding.

Summary of Activities: Work Completed and Ongoing

The Josephine Kernes Memorial Pool was closed due to the pandemic until October 1, 2021. Due to the extended closure, the program needed to be reinstated as from the beginning, with client assessments, client assistance with application submission, researching and establishing MOU's with transportation providers, and setting up client transportation schedules.

From October 1, 2021 through December 31, 2022, 120 billed rides were provided to senior and handicapped residents of Monterey County through the TAMC Grant. Kernes Adaptive Aquatics contracted with the following transportation agencies to provide rides: ITN Monterey; Freedom Medical Transportation; River of Life Transportation. For the 2021 – 2022 cycle, only ITN Monterey provided billed rides. Freedom Medical Transportation was contracted in this year, and began providing rides after December 31, 2022. ITN and Freedom Medical are providing ongoing services to our clients.

The contract with River of Life was cancelled after 60 days due to unreliability of services. Rides provided by River of Life in August and September, 2022 were not counted in this report as invoices were not received within the 2021 – 2023 grant cycle. However, program management to provide scheduling and support services for rides provided through River of Life were tracked and billed along with ITN and Freedom Medical.

Kernes Adaptive Aquatics has fulfilled all to-date project tasks to provide ongoing client transportation support as follows:

- Administer Transportation Program Protocols
- Transportation Program Forms:
 - a. Client Application Form
 - b. Client Information Form
 - c. Client Attendance Form
- Establish MOU's and accounts payable with transportation service providers.
- Establish the service needs of income-qualifying clients.
- Administer program and service request applications to clients.
- Set up transportation accounts for participating clients.
- Assist clients and the transportation companies with scheduling and service requirements.
- Maintain program records and conduct Quarterly and Annual Reporting
- Administer Accounts Payable for services.
- Submit quarterly and annual reports.

Project Schedule as Outlined in Contract Description:

Task #	Task	Deliverable	Progress
1	Program Development		
1.1	Establish clients' service needs	List of Eligible Clients	Ongoing
1.2	Administer program applications	List of Participating Clients	Ongoing
2	Service Set-up		
2.1	Establish MOU's with transportation service providers	MOU's	Ongoing
2.2	Facilitate client participation and scheduling	Service Accounts are established	Ongoing
3	Transportation Service	Accounts are established	
3.1	Implement Transportation Subsidies	Client Services provided	Ongoing
3.2	Manage Transportation Services	Transportation Service Records	Ongoing
4	Fiscal Management		
4.1	Accounts Payable	Transportation Services Invoices	Ongoing
4.2	Quarterly and Annual Reports	Submit Reports	As Due

Funds Expended 2021 - 2022:

Expense Description	Measure X Funds	Kernes Matching Funds
Transportation Program Subsidies	2,160.27	0
Program Management	19,237.00	0
Payroll Taxes and Benefits	0	6,680.00
Grant Administration and Accounting	0	10,000.00
Rent and Utilities	0	12,500.00
TOTAL MEASURE X EXPENDITURES	\$21,397.27	\$30,180.00

Transportation Service Measurements 2021 – 2022:

Number of People with Disabilities: 6 (incl. 4 seniors)

Number of Seniors with Disabilities: 4

Transportation Miles Billed in this Funding Cycle: 960

[Note: Additional rides were provided during 2021-2022 to and from Salinas and Soledad but were not counted or billed in this funding year. Please see *Summary of Activities*.]

Grant Service Hours: 385

Region: Monterey Peninsula	Number of Rides	Number of Miles	Transportation Cost Per Mile	Service Support Hours
7.1.21 – 9.30.21	0	0	0	0
10.1.21 – 12.31.21	12	96	2.48	100
1.1.22 – 3.31.22	53	424	1.79	100
4.1.22 – 6.30.22	55	440	3.07	185
TOTAL	120	960	Average: \$2.45	385

Picture and Testimonial of Kernes Adaptive Aquatics TAMC Measure X Rides Recipient:

Mr. Leonel (1st Name)

Residence: Salinas

Age: 61

Condition: Quadriplegia

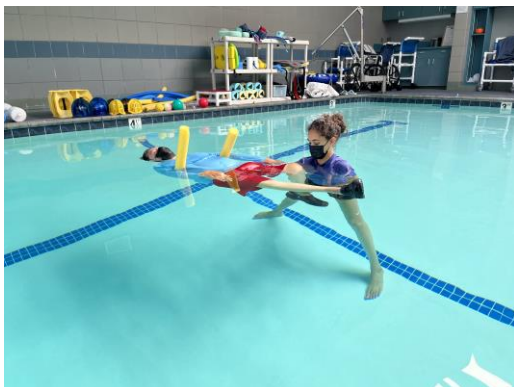
Testimonial as told to his aquatic instructor by Mrs. Leonel:

Kernes Pool ha sido una bendición para Leonel y estamos muy contentos con los servicios que todos ustedes proporcionan. Tener un transporte le permite venir a la piscina. Asistir a la piscina ha hecho que Leonel esté visiblemente entusiasmado y, de alguna manera, sea aún más social de lo que ya era. También desde el punto de vista social, veo que alivia su estrés. A veces no recibimos grandes noticias cuando va a los médicos para sus revisiones y puedo ver que eso le preocupa. Venir a la piscina es capaz de alejar su mente de cualquier noticia que recibimos de sus médicos y es capaz de centrarse en mejorar y controlar lo que puede. Disfruta de su rutina semanal de ir a la piscina. Solía luchar contra la depresión, pero la terapia acuática le ha mantenido agradecido y optimista sobre su vida y ahora se centra en sus pequeños logros en la piscina en lugar de en lo que ya no puede hacer. Los ejercicios que aprende aquí se los lleva a casa. Toma la iniciativa de intentar repetirlos lo mejor que puede, en concreto los ejercicios para las manos, que se traducen directamente en que es más independiente a la hora de comer.

Kernes Pool has been a blessing for Leonel and we are very pleased with the services you all provide. Having a ride makes it possible for him to come to the pool. Attending the pool has made Leonel visibly enthusiastic and somehow even more social than he already was. Also from the social aspect, I can see that it alleviates his stress. Sometimes we do not receive great news when he goes to the doctors for his checkups and I can see that it troubles him. Coming to the pool is able to get his mind off of whatever news we received from his doctors and he is able to focus on bettering himself and controlling what he can. He enjoys his weekly routine of attending the pool. He used to struggle with depression but aquatic therapy has kept him grateful and optimistic about his life and he now focuses on his small achievements in the pool as opposed to what he can no longer do. The exercises that he learns here, he takes home with him. He takes the initiative to try to replicate them to the best of his abilities, specifically the hand exercises which directly translate to him being more independent when it is time to eat.



**Mrs. Leonel, Mr. Leonel,
and the Freedom Medical
Transportation Driver**



**Mr. Leonel and
aquatic specialist
Nichole Gomez**



Kernes Adaptive Aquatics TAMC Measure X Transportation Program Protocols

PROGRAM OUTLINE

Transportation services to and from the Josephine Kernes Memorial Pool (JKMP) are available for clients who are low-income and under served through other transportation services. Kernes Adaptive Aquatics Transportation Program is funded through the Monterey County Measure X Senior & Disabled Transportation Program grant. This is a three-year grant to assist clients with limited transportation options to attend their aquatic therapy and rehab sessions at JKMP.

To begin the process and participate in the transportation program, two documents must be completed and submitted to the Program Manager by the client. The first document is the '*Kernes Transportation Request Application*' form that clients use to qualify for the transportation service. The second document is the '*Kernes Transportation Service Requirement*' form which provides Kernes Adaptive Aquatics and the transportation company with specialized ride requirement information to appropriately serve the client's needs.

Roles and Responsibilities

Grant Administrator Responsibilities:

- Supervise program costs and accounts payable.
- Submit quarterly grant reports, program documentation, and expenditure requests.

Program Manager Responsibilities:

- Qualify clients based on income eligibility, transportation challenge, and attendance.
- Identify an appropriate and reliable transportation company to meet client needs.
- Review submitted '*Kernes Transportation Services*' form and the '*Kernes Transportation Requirement Services*' form for completion and accuracy.
- Coordinate with the transportation company to arrange the standing appointment day and time for each participant, and provide information of specialized needs; such as a wheelchair accessible van.
- Facilitate the process to ensure that transportation services are scheduled and that the program is operating efficiently.
- Maintain a Client Transportation Log listing the dates transportation services were provided for the client.
- Reconcile the Client Transportation Log with the Client Attendance Record.
- Request monthly invoices from the transportation company.
- Reconcile the Client Transportation Log with the transportation company's invoices.
- Identify and resolve discrepancies with invoices to ensure accurate billing.
- Provide the Grant Administrator with information needed for grant reporting.

Client Services Coordinator Responsibilities:

- Explain the program to the clients and help them complete the necessary forms. Discuss an appropriate transportation time with the client.
- Provide the Program Manager with the clients scheduled transportation time.

- Inform the client that if an aquatic therapy session is cancelled for any reason, it is the client's responsibility to notify the transportation company that the need for transportation service on that day is not required.
- Provide the client with assistance when facing a challenge with the transportation program and notify the Program Manager.
- Ensure that accurate client attendance records are maintained.
- Assist the Program Manager with information needed for grant reporting.

Transportation Company Responsibilities:

- Provide outstanding transportation services and quality customer care.
- Coordinate transportation needs with the Kernes Program Manager.
- Ensure that transportation is provided for clients' standing weekly appointments to and from the pool.
- Provide accurate monthly invoices to the Program Manager for services provided to clients

Kernes Adaptive Aquatics TAMC Measure X Transportation Service Requirement

Transportation services to and from the Josephine Kernes Memorial Pool are available to clients who are low-income and underserved through other transportation services. Kernes Transportation Program is funded through a Monterey County Measure X Senior & Disabled Transportation Program grant.

Special Service Requirement

To complete this form, provide your contact information and special needs requirement. You will also need to include information about the pick-up location and destination. A comments section is provided for your use to specify any additional request you may need. It is the client's responsibility to contact Kernes Adaptive Aquatics, as well as the transportation service company, to cancel scheduled aquatic therapy appoint and transportation service for that day. Assistance is available with this form is available from Linda Gomez, Associate Director.

Directions:

- 1.) Print all sections clearly and completely.
- 2.) Sign and date.
- 3.) Submit this form to the Program Manager.

Client's Name:	Guardian's Name:	Phone:	
Address:	City:	State:	Zip:

Number of aquatic therapy sessions you are scheduled for per week: _____

Number of passengers *(including client)*: _____

Wheelchair accessible van required? Yes No

Pick-Up Information *(transportation to the pool):*

Day of the Week:	Pick-Up Time:	Destination:
Address of Pick-Up Location:		City:
Comments:		

Pick Up Information *(transportation home):*

Day of the Week:	Pick-Up Time:	Destination:
Address of Pick-Up Location:		City:

Comments:

Number of people in household:	
Total monthly Income:	\$
Total monthly living Expenses: (<i>Rent, Utilities, Groceries, Medications, Transportation</i>)	\$
Is your only source of income fixed (SSI, SDI)?	<input type="checkbox"/> Yes <input type="checkbox"/> No

I UNDERSTAND THAT A MINIMUM 4 HOUR CANCELLATION NOTICE MUST BE GIVEN TO THE TRANSPORTATION PROVIDER IF A SCHEDULED RIDE IS NOT NEEDED. FAILURE TO CANCEL A RIDE MAY RESULT IN THE DISCONTINUATION OF MY PARTICIPATION IN THE TRANSPORTATION PROGRAM.

Print Name

Relationship (*If other than participant*)

Signature

Date

Income Verification Accepted

- Recent Federal Tax Return
- Social Security (SSI or SSDI)
- Unemployment Benefits Documentation
- Veteran Compensation or Pension Documentation
- State Supplement Payment/Cash Aid (SSP)
- Copy of Electrical Benefit Transfer card (EBT)
- Section 8 Housing Documentation
- Medi-Cal ID card / Healthy Families / WIC
- Lifeline Benefits or PG&E CARE

Kernes Pool Staff Notes: