

A decorative header with a light orange background. On the left, a pumpkin-shaped cookie with green frosting and black eyes. On the right, a ghost-shaped cookie with black eyes and a smiling mouth. Below the ghost, another pumpkin-shaped cookie with green frosting and black eyes.

OCTOBER 2023

THE POMEGRANATE

OFFICIAL NEWSLETTER OF ARIL

OCTOBER NEWSLETTER

Happy October! We hope you all enjoyed your summer and are ready for the cooler months. It's the start of the pumpkin patch season and for those who celebrate Halloween, it's the perfect time to start planning your Halloween costumes! Please remember to practice safety during all your fall activities and make sure to follow up with your ARIL DSP to Join our in-person events! This month we will be having our annual Halloween party co-hosted with our person served Cecilia! RSVP and get your costumes ready!



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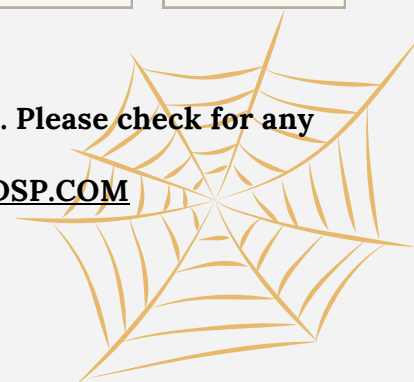
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OCTOBER 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6 PUMPKIN PATCH	7
8	9	10	11	12 HALLOWEEN PARTY 	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31 Happy Halloween 	1	2	3	4

This is a tentative schedule, times and dates may be changed at any time. Please check for any updates on our website and with your DSP.
Stay updated on activities & events on our website at [ARILDSP.COM](https://www.arildsp.com)





AUTUMN



Q L W E J M E D I R Y A H K Z B N U T C V P
H N P G I B T S C U E T S O R F D R O S A M
R B S A Z D E P Q N J W I V G X T L E K F H
Y Q U I L T K J F U B H O A E C O L Q D B S
A K X L C V N R E D I P S L M R B H U Z I F
V W D O E J A P B G Z R Q H F A S M I T Y C
M O G F T W L E V S N B R U T N I A N P H Q
X R V R A K B Z J C H I L E P B U F O G W N
T C E J R H S A U Q S Y G W L K O S X H D M
D E H A G L I U M T F E B N O S R N E J P U
S R J C I Q P N O H V L U C A D M E F O K T
G A F K M J D L T U C S E O N H L P B I X U
U C R E T A E W S P D F M Z I B C O H N R A
J S M T P N F C Z R O I W Y A Q H D I L U E
I D Y U N S E V A E L Z C R H P O K M Q S B
B Z R A K E Q H D M X N R E S J P I C E T O
E I L S H Y C B G U K O P T D M F L A R L Z
P F R Q Y R O T X Z W J N B U L A S E M I D
W X B D O J H A R V E S T P C I O Q Y S N L
L H Z M S I J F W O R C A Q Y N K B P U G X

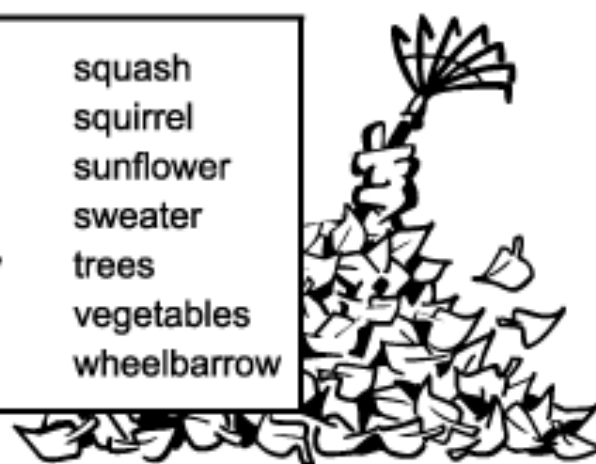
apples
autumn
birds
blanket
bonfire
changing
cider

colorful
cozy
crow
deciduous
equinox
flannel
foliage

frost
harvest
hayride
jacket
leaves
migrate
orchards

pumpkin
quilt
rake
rustling
scarecrow
season
spider

squash
squirrel
sunflower
sweater
trees
vegetables
wheelbarrow





CECILIA & ARIL'S ANNUAL SPOOKTACULAR HALLOWEEN PARTY

Come dressed in your favorite costume and enjoy a fun night with friends, food, and treats! Please bring a treat to share with everyone and if you can we ask that you bring clothes to donate to charity!

ADDRESS: 1824 WASHINGTON ST. RIVERSIDE CA

DATE: THURSDAY, OCTOBER 12, 2023

TIME: 6 PM-9 PM



The background is a light beige color. It is decorated with various autumn-themed illustrations. At the top, there are several leaves in shades of purple, orange, and brown, along with a small blue flower. On the left side, there is a large orange pumpkin with a smiling face. On the right side, there is a smaller orange pumpkin with a smiling face. In the center, the text "ARIL PUMPKIN PATCH" is written in a large, orange, serif font. Below the text, there is more information about the event. At the bottom, there is another large orange pumpkin with a smiling face. The overall theme is autumn and Halloween.

ARIL PUMPKIN PATCH

October 6th

3p.m. - 6 p.m.

Seasonal Adventures Inc.

12390 Limonite Ave

Eastvale, CA 91752

SEE YOU THERE!

STAY SAFE ON HALLOWEEN



BE ALERT



Watch for trick-or-treaters when driving on Halloween. Slow down and scan the road as you drive.

BE VISIBLE



Wear bright, reflective costumes or reflective strips to increase your visibility.

PAY ATTENTION



Put electronic devices down, keep your head up, and look both ways before crossing the street.

CHECK CANDY



Tell your children not to eat any treats until they return home.

STAY SAFE ON HALLOWEEN!

- ✓ **Avoid trick-or-treating by yourself**
- ✓ **Fasten reflective tape to candy bags and costumes**
- ✓ **Always walk on the sidewalk**
- ✓ **Never go into a strangers home or car**
- ✓ **Avoid eating homemade treats made by strangers**



Happy BIRTHDAY

**PLEASE JOIN ARIL IN GIVING A SPECIAL SHOUT OUT AND
WISHING A HAPPY BIRTHDAY TO OUR ARIL PERSON SERVED
AND DSP(S) WHO ARE CELEBRATING ANOTHER YEAR! HAPPY
BIRTHDAY FROM ARIL, WE WISH YOU ALL A YEAR OF
HAPPINESS, AND SUCCESS!**



***BROOKE BEARD
DELTON KNIGHT
LILIANA MARQUEZ
JANEL ALAMO
JASMIN BOTELLO
PHILLIP BOTELLO
KARENAYA OLVERA***





A Public Entity

Inland Empire Health Plan

Join ARIL at the IEHP Community Resource Center!

The IEHP Community Resource Centers (CRC) are your local resources for healthcare information in Riverside and San Bernardino. Where you can take free classes, and learn about health care, and health coverage programs. Their doors are open to IEHP Members and the community.

Stay active with classes like Yoga, Zumba (all levels), Tai Chi, Line Dance, Yoga for People with Disabilities, Meditation, Aerobic Box, Latin Dance, Strength and Conditioning, and Kid Aerobics. Learn about wellness, nutrition, managing asthma symptoms, controlling diabetes, stress management, breathing, and relaxation.

STAY UPDATED WITH YOUR DSP ON CLASSES WE WILL BE ATTENDING AS A GROUP!

For more information and the class schedule call 1-866-228-4347
or check out their website at

<https://www.iehp.org/community/community-resource-centers>

September Recap



"Success is the sum of small efforts- repeated day in and day out "

ROBERT COLLIER



Great job working on your goals and participating in your sessions! And a big thank you to everyone who participated in our events and for working consistently with your DSPs!

Services

ARIL offers in-person services that are face-to-face in the family home or the community.

ARIL follows all safety precautions recommended by the CDC and California state policies when working with our persons served. ARIL is proud to have all our sessions in person!

If you have any questions, please call our office at 909-843-2011



ARIL

ADVANCED RESOURCES FOR INDEPENDENT LEARNING

Our Services



Independent Living Skills (ILS)



Supported Living Skills (SLS)



Social Recreation (Coming Soon)

Contact

909-843-2011
909-843-2431 (after hours #)

✉ directsupport@arildsp.com

🌐 www.arildsp.com

ARIL

About Us

ARIL is a vendor of Inland Regional Center and provides services in the San Bernardino and Riverside counties. Our direct support service provides independent living skills training and teaching to adults with developmental delays. We have two programs which include independent living and Supported Living Services. ARIL will be adding a new program for Social Recreation in 2023! More information will become available in the upcoming months about our Social Recreation program and how to join. Check out our website for updates and program changes.

Why Choose Us

ARIL is goal oriented and focuses on working 1:1 with our persons served to set and accomplish realistic goals to improve their life skills. Our Direct Support Professionals are trained to help person served achieve success and independence in their daily lives. With the use of an Individual Service Plan, we are able to track progress and completion of goals!