

THE POMEGRANATE

The Official Newsletter of ARIL



<https://www.sehealthcarequalityconsulting.com/2020/03/24/a-thank-you-note-to-physicians-and-frontline-healthcare-workers-during-the-covid-19-crisis/>

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FIND US ONLINE!

ARIL is looking forward to work face-to-face.

With the effects of COVID-19, A.R.I.L is eager to get back to face-to-face services. A.R.I.L has a predicted start date of face-to-face services for June 1, 2020. Until that time our staff will be trained and informed on protocols that will help keep themselves, their person served and families be safe while conducting face-to-face services. For the month of May Direct Support Staff will continue to do follow up with person served through phone sessions.

Please be aware that A.R.I.L is following California State and Inland Regional Center regulations during this pandemic. A.R.I.L procedures are subject to change for updates please check the A.R.I.L website.



https://laist.com/2020/03/19/your_no-panic_guide_am_i_doing_social_distancing_right.php

5 Tips for Dealing with Anxiety in Public Places

Here are 5 tips to deal with your anxiety when going out in public. This information is being provided to help you transition during this pandemic and in the near future. Many people suffer with anxiety and it can sometimes stop them from going to public places. By following these tips you

1. Practice Breathing

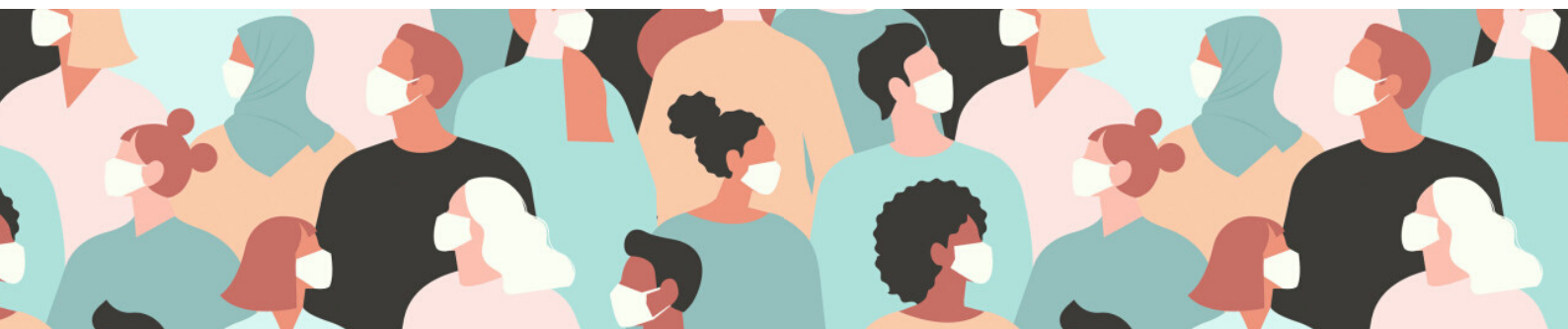
When symptoms begin to arise, your breathing is often the first change that occurs in your body. Shortness of breath, or hyperventilation, is one of the most common physical symptoms of panic and anxiety. But experiencing accelerated breathing in public can make you feel alarmed and potentially increase your feelings of anxiety.

2. Increase Your Awareness

Panic attacks are often accompanied by unpleasant thoughts and fear-based perceptions. When symptoms escalate, you may become afraid that you'll need immediate medical care; for example, you could be afraid that you're having a heart attack. The more you focus on these negative thoughts, the more your fears and symptoms may intensify. You can become so afraid of your symptoms that you believe you're going to lose control, go insane, or even die.

3. Visualize a Positive Outcome

If you dread being in public, you may have already made up your mind that the experience can only be negative. However, the way you feel in public may be influenced by your negative perceptions and predictions. Visualization is a technique you can use to overcome these limiting beliefs and increase your self-reliance while being in public



4. Bring a Friend

When faced with public situations it can trigger anxiety and panic attacks, it can be extremely beneficial to deal with it while accompanied by a trusted loved one. Through social support, you can feel more secure and relaxed in public. Prepare the person you're with by explaining your symptoms and fears to them. Come up with a game plan that can include recognizing your symptoms as they occur, utilizing coping strategies to get through a panic attack, and preparing to leave a place or situation if needed.

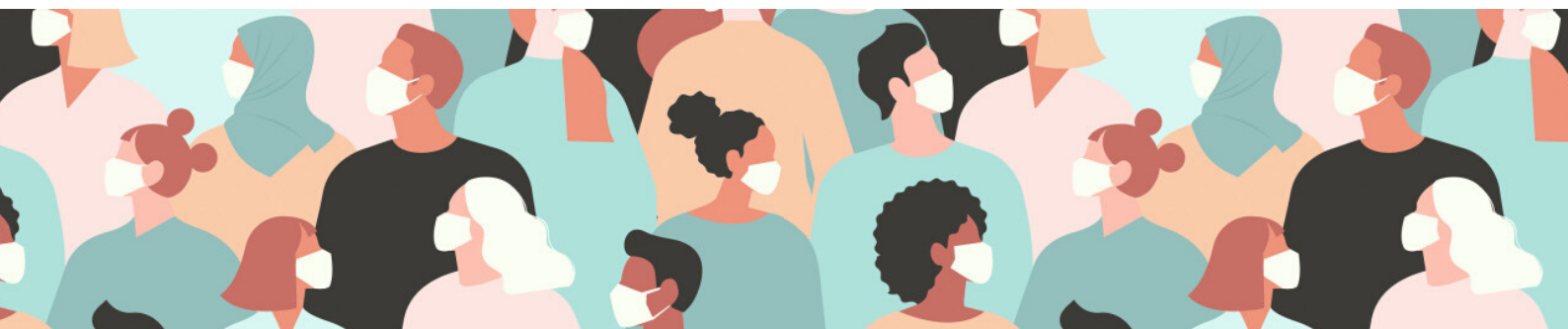
5. Take it Slow and Set Goals

Those with panic disorder with agoraphobia should take caution at rushing into feared situations. When learning to more confidently deal with your symptoms in public, set a realistic goal for how long you want to be in a public situation. Be sure to limit the time you are out take it slow, and gradually work up to longer opportunities of public exposure.

To learn more about these amazing tips head to [verywellmind.com](https://www.verywellmind.com)! There is tons of information on Mental health, Self-Improvement, and Psychology. This is definitely a website you want to checkout.

Check out this Amazing Story!

On the next following pages, you have the chance to read an amazing story written by our very own Person Served. In her story, she talks about her amazing story of going to Disneyland on her own. The amazing part of this story is how she did it and how she went about taking different transportation methods. It is a huge accomplishment on her part! With the help of her Direct Support Staff teaching her how to use the busing system in her own town, she was able to figure out how to plan a day trip to Disneyland on her own.



Solo Bus Trip: It Is Possible!

Written By Eva

In the world of transportation, there's a selection of how to get where we need to go and what route we use. This ranges from walking to driving a car to catching a train to even taking a flight on an airplane. But perhaps the best of the short and long-distance worlds will have to be the bus, as they come in different sizes, specific uses, and even services. They can range from being local and going around a couple of cities to even traveling statewide!

Here's a personal experience with three recent bus trips to Disneyland between January and March.

The first time I took the RTA CommuterLink Route 200 bus to Disneyland, it was on January 15th, 2020 and it was a test run to see whether or not it was possible. Up until that day, I did two separate bus rides to the Galleria at Tyler in order to get used to transporting by bus. But I also had to carefully plan out the "how" on getting to the bus stop itself (as the Route 14 bus didn't go into service until after 5:00 am). This was where Uber came in as my driver was able to get me to the bus stop on Lemon and University in Downtown Riverside efficiently and with virtually no delays.



By that time, I was already awake at 4:20 am with a reservation for breakfast at Oga's Cantina at 9:35 am and ready to go. What surprised me the most, but also made me relieved at the same time, was that the bus itself managed to arrive at 7:10 am instead of the posted arrival of 7:33 am-- and this was by virtue of the bus taking the Express Lane on the 91 freeway, making for a smooth ride-- and that helped in starting the day right with rope drop. When it came time to leave, I decided to go for the 2:02 pm bus from Disneyland to the Galleria at Tyler where I took a different Uber home as I didn't have enough cash for the Route 14 bus.

Overall, the test run of a trip was a huge success in my book and that prompted me to try out a full-fledged trip... but this time, I decided to try out something different.

The second trip on February 5th, 2020, this time it was going to be a full-length trip, I decided to attempt to snag myself a place in a Boarding Group for the new Rise of the Resistance ride at Galaxy's Edge by means of the Disneyland app. Once again, I arrived at the bus stop at Lemon and University via Uber driver and once again, the bus arrived at Disneyland earlier than the posted time. But this time, I made sure to keep my day at the park flexible as a precaution. The final result was a double-edged sword: the good news was that I did get into a Boarding Group once the Virtual Queue opened up.

The Uber logo, consisting of the word "Uber" in white lowercase letters on a black rectangular background.

The bad news was that boarding would end up closing at Group 94 by the end of the day... and I was in Group 100. That being said, I managed to make the most out of my day anyway and get to have fun anyway. (Quick aside, the last ride I got to go on before I went to get dinner was the Millennium Falcon as one of the Cast Members was able to get me into the Fastpass line as I didn't go on it once throughout the day. Now that is a win in my book.)

Unlike the previous trip, however, I actually went through the whole day at Disneyland from rope drop to closing at 9:00 pm before swinging by at World of Disney in Downtown Disney for a last-minute shopping before I would catch the last Route 200 bus at 10:15 pm. Thankfully, I was able to get the shopping done before 10:00 pm and then hurry over to the bus stop before the Route 200 bus arrived. Unlike before, I got off on Lemon and University with Mom waiting for me since I had been keeping her notified throughout the ride. Like before with the previous trip, it was a success with trial-and-error thrown into the mix. Besides, there is always next time that I would go on the new ride!

The third and final trip so far, this past March 4th, 2020, was this time a trip to Disney California Adventure for not just the California Food and Wine Festival, but also a lunch reservation at Lamplight Lounge. And like with the previous two trips, this trip was also a success as I got to do stuff that it had been a while since I had done or had never done before. While I didn't get a chance to go on Mission: BREAKOUT because the line was getting long, I still had a fun time anyway and when it came time for me to head out, I decided to go for the 8:12 pm bus. And like before, I kept my mom notified for when the bus arrived at Lemon and University so that she'd be able to pick me up. And like before, this trip was also a success as well.



Alright, so with these three trips in mind, what exactly am I getting at here? The answer is simple: yes, it is possible for a solo bus trip to happen. Now I know what you are thinking:



"Pish posh! How can I put much effort in going on the bus by myself when I don't even know how to do it?" Hear me out on this one, Pish Posh the Penguin. I swear, this is important. With solo bus trips, there are positives to them. One of them being that it provides a sense of independence that's on your own terms and conditions. You wouldn't have to worry about keeping an eye on another person while you're on your own nor would you need to worry about synchronizing with another person's schedule or plans. Most importantly, though, it gives you the chance to try something new whenever you're on your trip. Consider it your own personal adventure!

That being said, I would like to add on a catch in this situation. The main one being that, if you are going to go somewhere by bus, then you're going to rely on the bus schedule times as well. And this is something that is going to make or break your experience. And even if you're on the bus, you'd still need to time yourself in order to get the stop that you wanted. Another catch, though this might personally apply to me, is that you'd need to rely on cash if you don't have a bus pass to use. If you're thinking that you'd use your student ID, that won't work if your school is from a different county or if you're no longer a valid student. As for the buses that don't accept student IDs and will only accept disability if it came from one brand of insurance, then your only best bet is to use cash plus change.

No matter how you slice it, there are upsides and downsides to riding the bus. No one says it's 100 percent perfect, but it's also not 100 percent imperfect, either. All that's left is whether or not you choose to go on the bus. If you want to try going on the bus, that's great! If you don't want to, that's okay too! You have the choice to make the decision.

(AUTHOR'S NOTE: THIS IS PUBLISHED WITH THE APPROVAL OF THE ARTICLE'S AUTHOR. PLEASE KNOW THAT THE FOLLOWING EXPERIENCES OCCURRED PRE-QUARANTINE BY STATE MANDATE.)



Check Out Our Website for More Information on this Pandemic

ARIL is continuing to follow up on information related to the coronavirus pandemic. Our website is being updated with the latest information about the virus and resources that can still be accessed within the Inland Empire. Please check out our website for updates on the coronavirus and resources.



Remember to Wash Hands



with Soap and Water



What would you like to see in our newsletter?

Send us an email at directsupport@arildsp.com to let us know what should be in our newsletter.

All information provided about COVID-19/ Coronavirus was obtained from the Center for Disease Control and Prevention (CDC) website. For more in depth information about this virus please refer to [cdc.gov](https://www.cdc.gov)