

APRIL 2023

THE POMEGRANATE

OFFICIAL NEWSLETTER OF ARIL

SPRING HAS SPRUNG!

Spring has officially sprung! ARIL can't wait to see what this season of new beginnings has in store for our program! This spring ARIL encourages all our person served to work on changing any habits or routines that no longer serve a positive purpose and focus on making changes to help them reach their goals. ARIL will be continuing our in-person events this month and will be having three hikes during the month of April. If you are interested in participating in our fitness club please check out page 5 of our newsletter and ask your DSP for more information.

Please remember that ARIL has changed our contact phone number. Our primary contact number will be (909) 843-2011 or for emergency and after-hour calls you may call our Executive Director Jasmin Botello at (909) 843-2431.

THIS ISSUE:

SPRING HAS SPRUNG
PAGE 01

APRIL CALENDAR
PAGE 02

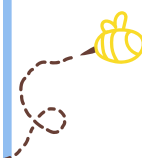
ARIL EVENT FLYERS
PAGE 04-06

APRIL BIRTHDAYS
PAGE 07

MONTHLY RECAP
PAGE 08

SERVICES
PAGE 9

CONTACT US/ MORE INFORMATION
PAGE 10



APRIL 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	27	28	29	30	31	1
2	3	4	5 Fitness Club	6	7	8
9	10	11	12	13 Fitness Club	14	15
16	17	18	19	20	21 Living Desert	22
23	24	25	26	27 Fitness Club	28 Egg Hunt & BBQ	29
30	1	2	3	4	5	6

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





JOIN ARIL FOR OUR *Easter* Egg Hunt



Date: April 28th, 2023

Time: 11 am–2pm

Location: TBA

Sunshine / BBQ / Fun

We encourage all person served to participate in our ARIL Easter egg hunt! Please bring your picnic blanket, food will be provided. ARIL will provide eggs for egg hunt!

RSVP by: 4/24/23 by 12pm



JOIN ARIL AT:

LIVING DESERT ZOO & GARDENS

RSVP BY: APRIL 14TH TO 909-843-2431

DATE: APRIL 21ST, 2023 10-2PM

ADDRESS: 47900 PORTOLA AVE, PALM
DESERT, CA 92260

PURCHASE TICKET AT

[HTTPS://WWW.LIVINGDESERT.ORG/](https://www.livingdesert.org/)

FOR MORE DETAILS CONTACT JASMIN
BOTELLO

ARIL'S Fitness and Health Club!

ARIL's Fitness and Health Club is led by our Executive Director Jasmin Botello and will meet once a month at different times and locations to focus on exercising and living healthy lifestyles.



This month's meeting will be on April 5th, 13th and 27th at 930am at Mt. Rubidoux. Don't forget to bring your water, snacks and comfortable shoes!

For more information about times and location contact your DSP



A Public Entity

Inland Empire Health Plan

Join ARIL at the IEHP Community Resource Center!

The IEHP Community Resource Centers (CRC) are your local resource 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 Learn about 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>

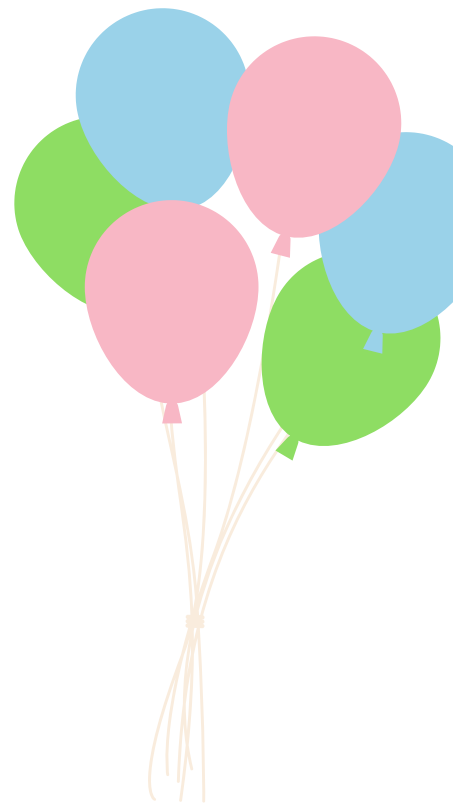




Please Join ARIL in giving a special shout out and wishing a Happy Birthday to our ARIL Person Served and DSP(s) who are celebrating another year! Happy Birthday from ARIL, we wish you all a year of happiness, and success!



**CHERI MOHR
CHRISTAIN MENDOZA
NELSON MAYORGA
KALER WILDASINN
MATTHEW WICKEY
JOHN LEES IV**



April Recap



"The road to success is always under construction."

"



LILY TOMLIN



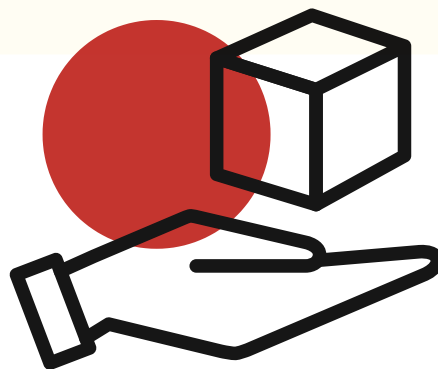
ARIL had a great time seeing everyone accomplish and continue working on their goals! Thank you to everyone who participated in our February events and for working consistently with your DSPs!

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 when working with our persons served.

As of January 1st, 2023 ARIL will no longer offer teleservices to our persons served. ARIL is excited to fully resume all sessions in-person! If you have any questions please call our office at 909-533-4157





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



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!