



JUNE 2023

THE POMEGRANATE

OFFICIAL NEWSLETTER OF ARIL

JUNE NEWSLETTER

Happy Summer! The sun is shining just a little brighter these days and ARIL is ready for the warmer season. This month ARIL will have fun events for our person served including a trip to Yucaipa Regional Park! Remember to check in with your DSP for more details and RSVP as soon as possible. ARIL encourages all our person served to plan a fun activity on their own with their DSP or with their dad to celebrate Father's Day! Remember to let your DSP know if you're planning any fun vacations this summer so they have enough time to plan your sessions.

ARIL would like to wish a Happy Father's Day to all the fathers that are a part of the ARIL program including our DSPs and the Father's of our person served. Thank you for all you do every day and the support you provide!

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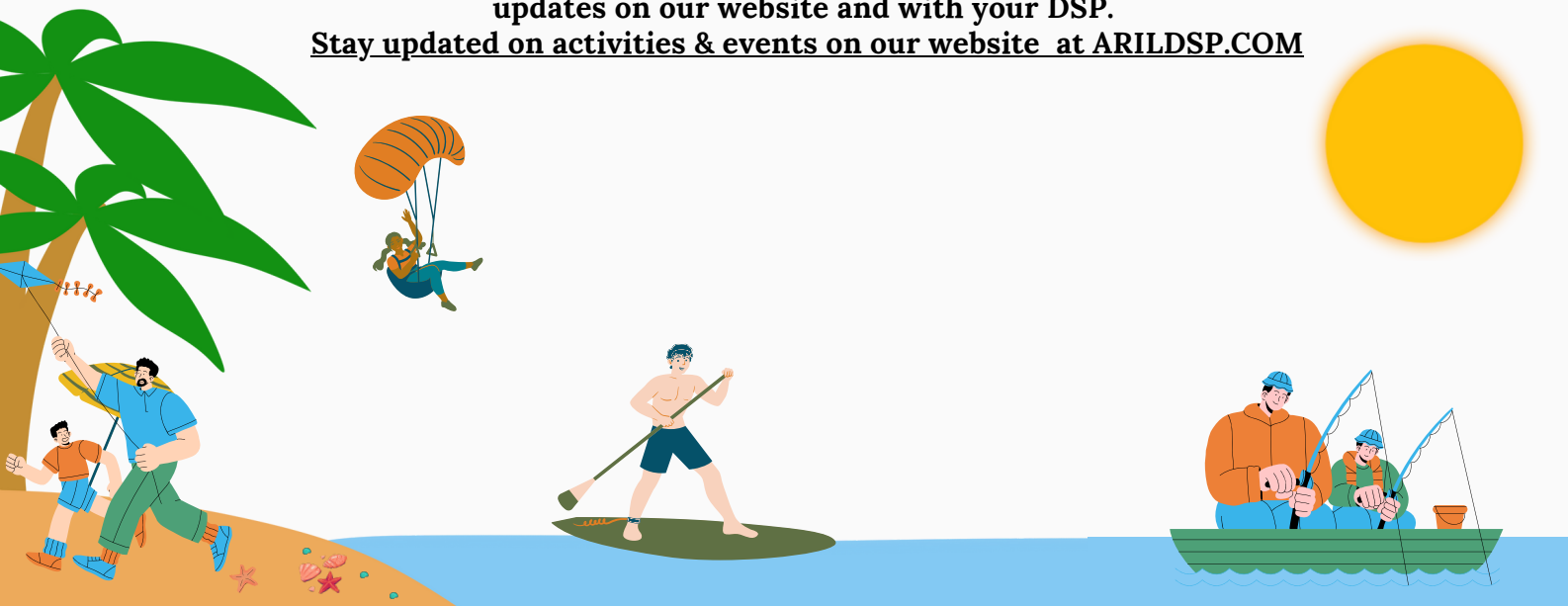
JUNE 2023



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	31	1	2 66ERS BASEBALL GAME	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18 HAPPY FATHER'S Day	19  JUNE 19TH	20	21	22	23 YUCAIPA REGIONAL PARK	24
25	26 IRC BINGO NIGHT 5PM- 7PM	27	28 YOGA AT THE PARK @930AM	29	30	1

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 APRIL
AT THE
66ERS GAME!



DATE: JUNE 2ND, 2023 AT 5:30 PM

TICKET COST: \$11.00

LOCATION: SAN MANUEL STADIUM

280 S E ST, SAN BERNARDINO, CA 92401



JOIN ARIL

YUCAIPA REGIONAL PARK

Please bring your lunch, sunscreen,
comfortable clothes and shoes!

Date: Friday June 23rd, 2023

Time: 10am-3pm

Cost: TBA

33900 Oak Glen Rd, Yucaipa, CA 92399

RSVP: By June 19th



JOIN ARIL

INLAND REGIONAL CENTER BINGO NIGHT!



IRC CAC Bingo Night
Monday, June 26, 2023
5:00 - 7:00 PM · Free Entry

Dinner and refreshments will be provided.

Located at:

In-Roads Creative Programs
851 S. Mt. Vernon Ave Suite 3
Colton, CA 92324

Questions? Email cac@inlandrc.org



The Client Advisory Committee (CAC) is a social and advocacy group for IRC Clients aged 16 and older. IRC Vendors wishing to support the CAC must email community@inlandrc.org. Under no circumstance does IRC allow marketing to our Clients at CAC events.

CONTACT YOUR DSP TO RSVP!

ARIL'S FITNESS AND HEALTH CLUB!

ARIL invites you to Yoga at the Park on Wednesday, June 28th at 930am with our Fitness group this month! Don't forget to bring your water, snacks, and comfortable shoes!

For more information about times and locations contact your DSP



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



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.

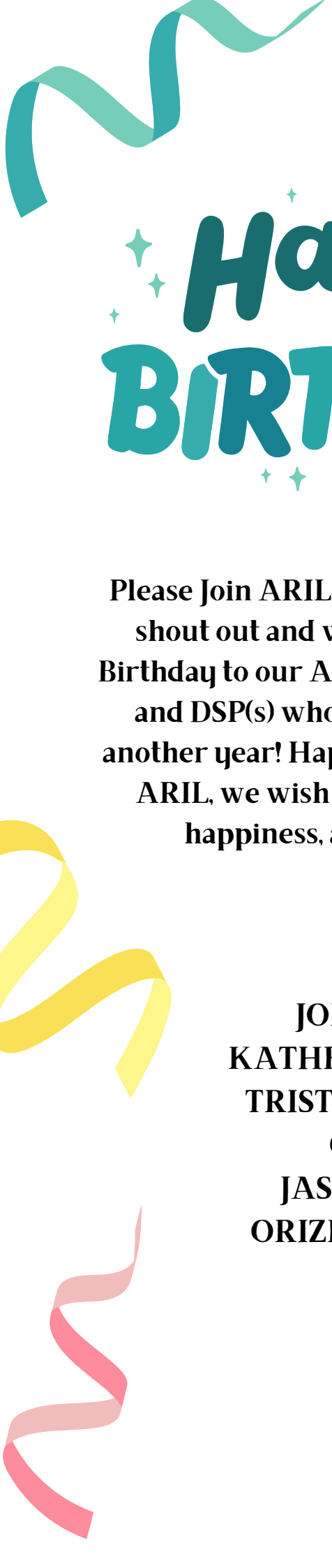
Stay active with classes like Yoga, Zumba (all levels), Tai Chi, Line Dance, Yoga for People with Disabilities, Meditation, Aerobic Box, Latin Dance, Strength and Conditioning, and Kid Aerobics. Learn about wellness, nutrition, managing asthma symptoms, controlling diabetes, stress management, breathing,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





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!

JORDAN FORCE
KATHERINE IKENBURG
TRISTAN MARPAUNG
CODY RAY
JASMINE GRIDER
ORIZEL HERNANDEZ



May Recap



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

ROBERT COLLIER



ARIL loves seeing everyone accomplish and continue working on their goals! 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 does not offer teleservices to 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!