

JAN 2022

THE POMEGRANATE

The Official Newsletter of ARIL

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**Check Out Our Website
for More Information**



Welcome 2022!

ARIL would like to wish you all a Happy and prosperous New Year! We hope this year you accomplish all the goals you set for yourself and take this opportunity to be thankful for all you have accomplished so far.

Here at ARIL we are excited to continue working with you on all your goals and are working to keep providing sessions both in person and through Zoom sessions. If you have any questions about services or need help brainstorming new goals let your Direct Support Professional know and they will be able to help you! You may also contact our office at (909) 533-4157 or email directsupport@arildsp.com. Our website also provides extensive information regarding ARIL services. The website address is www.arildsp.com.

*HAPPY.
New Year*

JAN 2022

January 2022

SUN	MON	TUES	WED	THUR	FRI	SAT
						1 Happy New Year!
2	3	4 Safety Class @2pm	5 Daily Living Skills @1pm	6	7 Social Hour @11am	8
9	10	11 Safety Class @2pm	12 Community Resource Awareness @ 1pm	13	14 Social Hour @11am	15
16	17	18 Safety Class @2pm	19 Daily Living Skills @1pm	20	21 Social Hour @11am	22
23	24	25 Safety Class @2pm	26 Community Resource Awareness @ 1pm	27	28 Social Hour @11am	29
30	31					

This is a **tentative** schedule, times and dates may be changed at any time.
Please check for any updates on our website

Some Activities & Events will be hosted on ZOOM.

If you need assistance on how to use ZOOM, please contact your Direct Support Professional or the ARIL office. You can also check out our website to view videos on how to use ZOOM.

****Sign up for these activities & Events on our website at ARILDSP.COM****

Details on Activities and Events

SAFETY CLASS

@2pm

NOW ON TUESDAYS



1/4, 1/11, 1/18, & 1/25

DAILY LIVING SKILLS @1PM

NEW TIME



1/5, & 1/19

COMMUNITY RESOURCE AWARENESS @1PM



1/12, & 1/26

****IMPORTANT INFORMATION ABOUT EVENTS & CLASSES****

Please note that some events and classes have changed. Game Day and Exercise Class will not be held in January. Events and classes may have different dates and times. Make sure you check the dates and times of the events and classes you would like to attend.

There will be no in person ARIL Event for January.

SOCIAL HOUR @11AM

NEW CLASS



1/7, 1/14, 1/21, & 1/28



San Bernardino and Riverside County Events



2022 Riverside Lunar Festival Jan 29-30

Come join us as we partner with the City of Riverside to bring back "Riverside Lunar Festival". Our event will host over 100+ food and merchandise vendors, spectacular live performances, and fun Lunar surprises. Best of all entry is FREE! Be sure to check out the Lion Dancers, Chinese instrument orchestra, and Shaolin Kung Fu. Cosplay Contest will be held on stage, we welcome cosplayers and all costumes to come participate. We will see you there!

Date/Time: Saturday, January 29th: 11 am- 8 pm
Sunday, January: 30th: 11 am- 7 pm

Location: Downtown Riverside 3581 Mission Inn Avenue
Riverside, CA 92501



Volunteer at San Bernardino City Mission

San Bernardino City Mission's primary focus is feeding the hungry, serving low-income families, senior citizens, and the homeless. To register your group or for more information please call Barbara at 909-649-0011.

Date: Multiple dates

Time: 8am-2pm

Location: 26200 Date Street East
Highland, CA 92346



Terra Vista's Farmers Market!

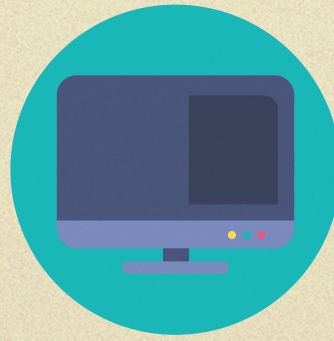
The Terra Vista Town Center Farmers Market is operated by Heritage Farmer's Market.

Date: Every Sunday

Time: 9:00 AM – 2:00pm PST

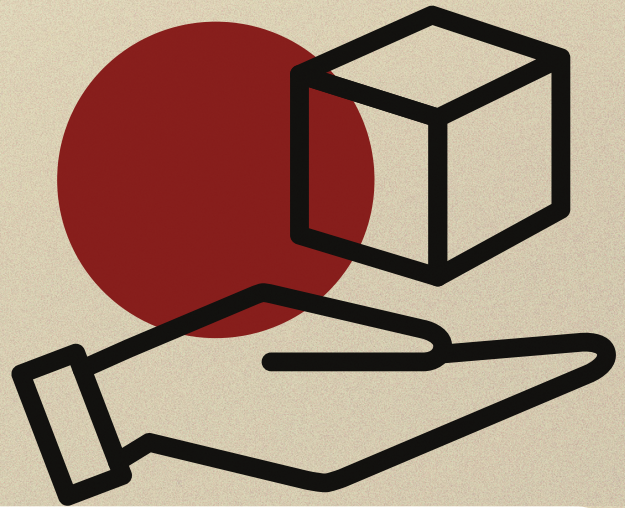
Location: 10788 Foothill Blvd.
Rancho Cucamonga, CA, 91730

Services



ARIL offers remote services via zoom and video calls. All teleservices are goal oriented and focused on teaching independent living skills using power points, discussions and learning videos.

ARIL offers in person services that are face-to-face in the family home or in the community. ARIL follows COVID-19 precautions recommended by the CDC.



ARIL offers a hybrid program. Persons Served can receive a combination of remote and in person services. These services can change month to month according to the needs of the person served.

JAN 2022

December Recap



December

ARIL person served had a great time this month working with their DSP on their goals, learning appropriate socialization skills, cooking, and kitchen safety skills! Great Job everyone.

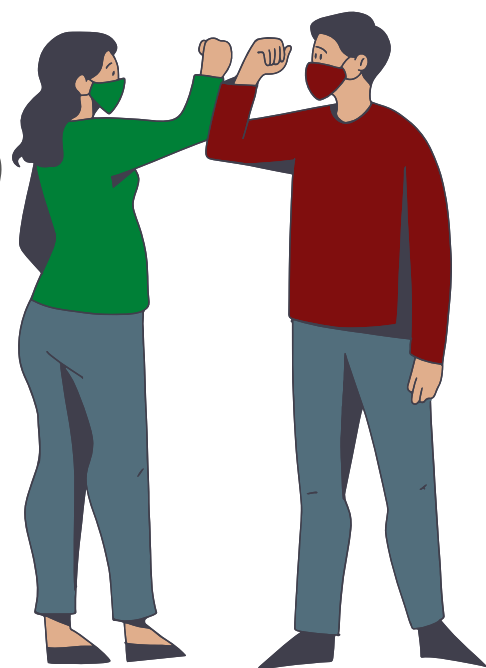


COVID-19 is still active, so be safe and continue to follow CDC guidelines

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 be accessed within the Inland Empire. Please check out our website for updates on the coronavirus and resources.

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)

COVID-19 is still active, so be safe and continue to follow CDC guidelines

COVID-19 QUARANTINE VS. ISOLATION



QUARANTINE

keeps someone who was in close contact with someone who has COVID-19 away from others.

Quarantine if you have been in close contact with someone who has COVID-19, unless you have been fully vaccinated.

If you are fully vaccinated

- You do NOT need to quarantine unless you have symptoms
- Get tested 5-7 days after your exposure, even if you don't have symptoms
- Wear a mask indoors in public for 14 days following exposure or until your test result is negative

If you are not fully vaccinated

- Stay home for 14 days after your last contact with a person who has COVID-19
- Watch for fever (100.4°F), cough, shortness of breath, or other symptoms of COVID-19
- If possible, stay away from people you live with, especially people who are at higher risk for getting very sick from COVID-19
- Contact your local public health department for options in your area to possibly shorten your quarantine



ISOLATION

keeps someone who is sick or tested positive for COVID-19 without symptoms away from others, even in their own home.

People who are in isolation should stay home and stay in a specific "sick room" or area and use a separate bathroom (if available).

If you are sick and think or know you have COVID-19

Stay home until after

- At least 10 days since symptoms first appeared **and**
- At least 24 hours with no fever without the use of fever-reducing medications **and**
- Symptoms have improved

If you tested positive for COVID-19 but do not have symptoms

- Stay home until after 10 days have passed since your positive viral test
- If you develop symptoms after testing positive, follow the steps above for those who are sick



cdc.gov/coronavirus