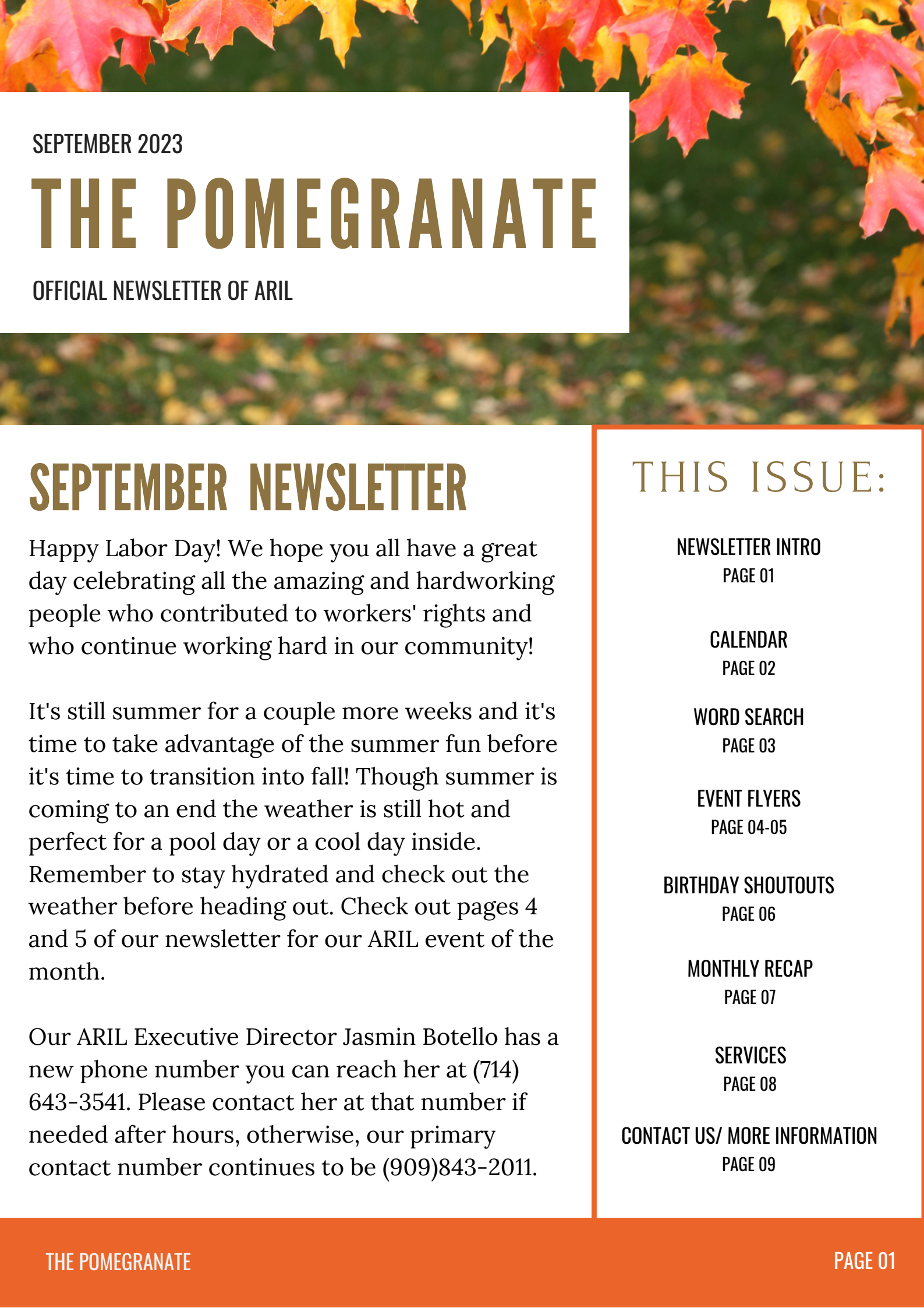




SEPTEMBER 2023

THE POMEGRANATE

OFFICIAL NEWSLETTER OF ARIL

SEPTEMBER NEWSLETTER

Happy Labor Day! We hope you all have a great day celebrating all the amazing and hardworking people who contributed to workers' rights and who continue working hard in our community!

It's still summer for a couple more weeks and it's time to take advantage of the summer fun before it's time to transition into fall! Though summer is coming to an end the weather is still hot and perfect for a pool day or a cool day inside.

Remember to stay hydrated and check out the weather before heading out. Check out pages 4 and 5 of our newsletter for our ARIL event of the month.

Our ARIL Executive Director Jasmin Botello has a new phone number you can reach her at (714) 643-3541. Please contact her at that number if needed after hours, otherwise, our primary contact number continues to be (909)843-2011.

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SEPTEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28	29	30	31	1	2
3	4 <i>Happy Labor Day!</i>	5	6	7	8	9
10	11	12	13	14	15 DAVE & BUSTERS	16
17	18	19	20	21	22 LAST DAY OF SUMMER	23
24	25	26	27	28	29 THE CHEECH CENTER	30

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)



Labor Day Word Search

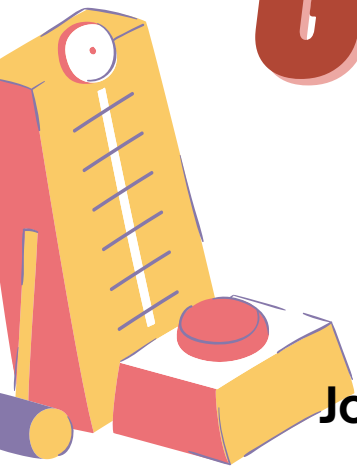
P R V W V X Q Y T P M H K Z Z S S P R I J A H K N
G P B U F B C Y W A R A Z T H N R R F J Q Y C A X
O Q L I G S R Q R X C Y P C Y F F A W K Y I Z N O
X B D L S J X N D F S X T Q H T U B K I V Y X D H
M J T M C Y W V X V X Y Z I G S R P T Q H U M X Q
V Q D F Y X D W T E A E G Y C W S A L P D T H E C
W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

Workers	Parade	Monday	Holiday	
Summer	Office	Police	Trip	
Cubical	Vacation	Break	Work	Job
Union	Labor	School	Party	





ARCADE GAMES WITH ARIL



**Join ARIL at Dave and Buster's for some fun
playing arcade games!**

Date: Friday, September 15th;

Time: 5pm-7pm

Token Cost: \$20 = 100 chips \$30 = 165 chips

Location: 4821 Mills Cir, Ontario, CA 91764

INSIDE ONTARIO MILLS MALL





Join ARL at the Cheech Museum



Date: 9/29/2023

Time: 12pm-4pm

Cost: \$16.00

Please bring extra money or
your own lunch for dinner
afterwards (4pm-6pm)



*RSVP WITH YOUR DSP BY
SEPTEMBER 25TH



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!**



MANUEL HUERTA-GOMEZ

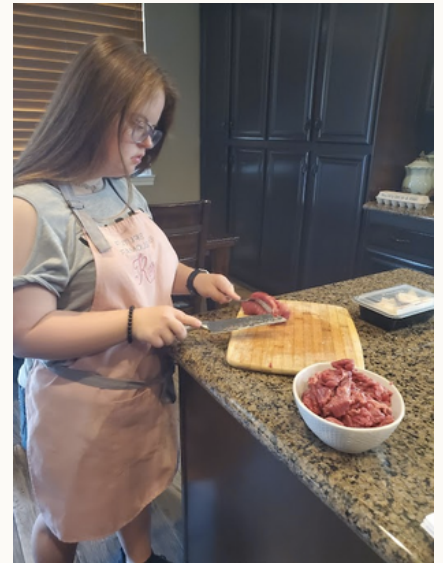


August Recap



"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!