

# THE POMEGRANATE

*The Official Newsletter of ARIL*

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## BACK TO SCHOOL



## Good Bye Summer...Hello School

Summer is not over just yet, however, before we know it school will be starting. For many of our persons serve the school semester will be different. We would like to believe that COVID-19 is behind us but unfortunately this is not case. Many schools are now requiring COVID-19 vaccinations for in person attendance while still offering remote classes. The school schedule can be very confusing for many of our persons serve causing increased stressed for an already stressed out population. How can ARIL support? ARIL is available to assist any Person Serve with enrollment, filling out a FAFSA, meeting with a counselor, setting up a school schedule, learning how to use Moodle, Blackboard or an online learning system. Please call the ARIL office at (909) 533-4157 for assistance or support in your educational needs. In addition, ARIL will continue to offer zoom learning classes on a weekly basis. This month we are focusing on Emergency Preparedness. Please look at our calendar for more information on zoom classes, times and dates. ARIL strongly believes in the learning potential of our Persons Serve. We are here to support their goals to help expand their minds!

*JASMIN BOTELO, ARIL EXECUTIVE DIRECTOR*

AUG 2021

# August Events

| SUN                                 | MON                        | TUES                                                     | WED                            | THUR                    | FRI | SAT |
|-------------------------------------|----------------------------|----------------------------------------------------------|--------------------------------|-------------------------|-----|-----|
| 1                                   | 2<br>Game Night<br>@ 1pm   | 3<br>Cooking<br>@2pm                                     | 4<br>DLS<br>@ 4pm              | 5<br>Exercise<br>@ 4pm  | 6   | 7   |
| 8                                   | 9<br>Safety Talks<br>@2pm  | 10<br>Social Club<br>@ 2pm                               | 11<br>Technology<br>Chat @12pm | 12<br>Exercise<br>@ 4pm | 13  | 14  |
| 15<br>First Aid<br>Workshop<br>@1pm | 16<br>Game Night<br>@ 1pm  | 17<br>Cooking<br>@2pm                                    | 18<br>DLS<br>@ 4pm             | 19<br>Exercise<br>@ 4pm | 20  | 21  |
| 22                                  | 23<br>Safety Talks<br>@2pm | 24<br>Social Club<br>@ 2pm                               | 25<br>Technology<br>Chat @12pm | 26<br>Exercise<br>@ 4pm | 27  | 28  |
| 29                                  | 30<br>Game Night<br>@ 1pm  | 31<br>Emergency<br>Preparedness<br>Workshop<br>10am-12pm |                                |                         |     |     |

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](http://ARILDSP.COM)\*\***

# Details on Activities and Events

## GAME NIGHT @5PM



**\*\*JOIN US AT A NEW TIME!\*\***

August 2,16,& 30

## **\*\*IMPORTANT INFORMATION ABOUT EVENTS & CLASSES\*\***

Please note that some events and classes have changed. Events and classes may have different dates and times. Make sure you check on the dates and times of the events and classes you would like to attend.

## COOKING SKILLS @2PM



8/3 - Meal Prepping 101

8/17 - How to make a grocery list?

## TECHNOLOGY CHAT @12PM



Lets talk technology!

August 11 & 25

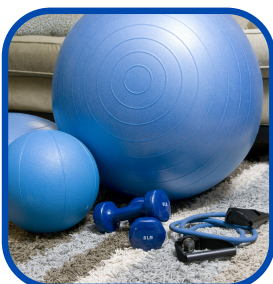
## DAILY LIVING SKILLS @4PM



8/4 - Needs vs Wants

8/18 - Good Health Habits

## EXERCISE @4PM



Come exercise with us!  
Every Thursday in August

## SAFETY TALKS @2PM



Talk about safety with us.  
August 9 & 23

## SOCIAL SKILLS CLUB @2PM



8/10 - How to socialize at school or while at work?  
8/24 - Manners, courtesy, politeness and respect

A guide on Basic First Aid

# First Aid

## Step-by-step



Learn skills on how to identify and properly perform first aid.

**01** Set a Splint

**02** Stop the Bleeding

**03** Treating Cuts & Scrapes

**04** Identifying injuries

**August 15, 2021**

**1pm - 2pm**

**Zoom Meeting:**

**<https://us02web.zoom.us/j/7337171328>**

**Meeting ID: 733 717 1328**



## July Recap



### Bowling at Big Al's

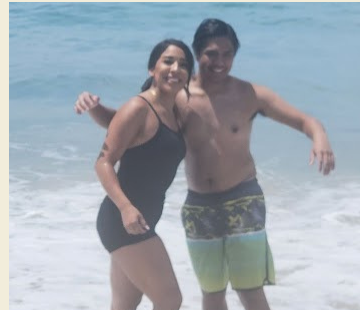
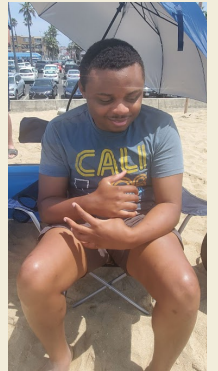
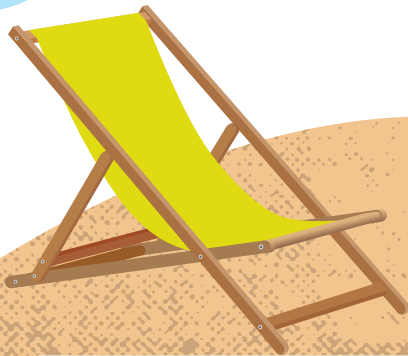
ARIL hosted a bowling party at Big Al's in Ontario. It was an amazing time with good food, music and healthy competition. Persons Serve practiced their socialization skills, money management, and community safety!



# July Recap

## Balboa Beach

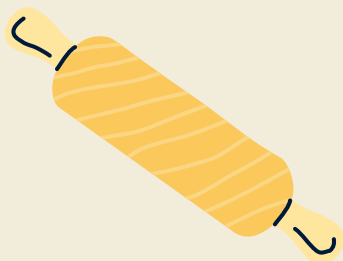
ARIL enjoyed a BBQ at Balboa Beach! Persons Serve practiced their social skills and community safety!



# Improving Skills

## Bon Appetit

Eric, Matthew, Sarah and Luke practiced their cooking skills in the kitchen.



## Cooking Skills

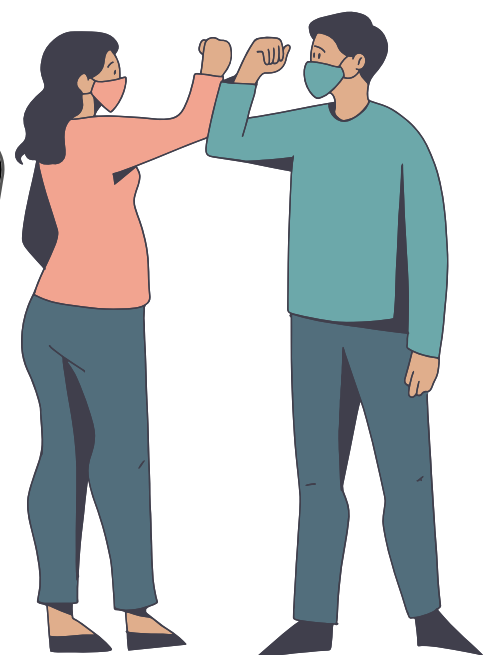
Eric made chicken fajitas with fruit.  
Matthew made chicken fettuccini.  
Sarah baked cookies. And Luke made broccoli chicken.

# 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](mailto: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)