

THE POMEGRANATE

The Official Newsletter of ARIL

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**Check Out Our Website for More
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Welcome Spring!



Spring is approaching and with it spring cleaning, celebration as the days are getting warmer, and more opportunities to succeed! Here at ARIL we want to encourage you all to take this time to reflect on how well you are doing on your goals and take note where you can improve! Your DSP will be ready to help you make any improvements and assist you in making an action plan to see those goals become a reality.

One new change this month is ARIL's office location! ARIL has moved offices, we are still located in the same building but our new suite is #103. With this change in address also come some changes in our ability to host events in our office space. Moving forward ARIL will focus on hosting events in our community and other public spaces! With that being said, in March we will be hosting our first in person event for 2022. We are excited to begin hosting in person events once again. For more information about our first in person event please go to page 4 of our Newsletter and get updates from your DSP.

If you have any questions please call the ARIL office at (909)533-4157 or send an email to directsupport@arildsp.com

MAR 2022



March 2022

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

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

Most 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



3/1, 3/15, 3/28

****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 the dates and times of the events and classes you would like to attend. There will be no in person ARIL Event for February.

Technology Chat

@2pm



3/8, 3/22

DAILY LIVING SKILLS @1PM



3/9, 2/23

IN PERSON **HIKE IN THE PARK** **@10AM-12PM**



3/29

COMMUNITY RESOURCE AWARENESS @1PM



3/2, 3/16, 3/30

SOCIAL HOUR @11AM



3/4, 3/11, 3/18, 3/25

JOIN ARIL: A HIKE AT THE PARK

DAY: TUESDAY MARCH 29TH, 2022

TIME: 10AM-12PM

LOCATION: 20409 SYMPHONY DR, RIVERSIDE, CA
92507

JOIN ARIL FOR SOME FUN AT
THE SPRING MT. RANCH PARK
IN RIVERSIDE WHERE WE WILL
GO ON A SMALL HIKE! PLEASE
BRING YOUR OWN LUNCH,
WATER, SUNSCREEN AND
COMFORTABLE SHOES!

IF YOU HAVE ANY
QUESTIONS PLEASE
CONTACT YOUR DSP OR
CALL THE ARIL OFFICE
AT 909-533-4157



San Bernardino and Riverside County Events



Into the Woods

What happens after "happily ever after?" Stephen Sondheim's *Into The Woods* answers that question, skillfully interweaving several classic fairy tales into one epic story that goes beyond the happy endings to show what happens when a fairy-tale world gets real. This modern twist on the Brothers Grimm brings together Cinderella, Little Red Riding Hood, Jack (of beanstalk fame), a Baker, his Wife and, of course, the Witch...Witches, wolves, giants and mysterious strangers force the heroes to face the music and their future in a world where everything doesn't always end happily.

Date/Time: March 25th- April 3rd
various times

Location: Corona Civic Center 815 W. 6th Street. Corona CA 92879



Riverside City Mission Volunteer

Riverside City Mission's primary focus is feeding the hungry, serving low-income families, senior citizens, and the homeless. and of course Tea.

Date: March Tuesdays, Thursdays, Fridays and Saturdays

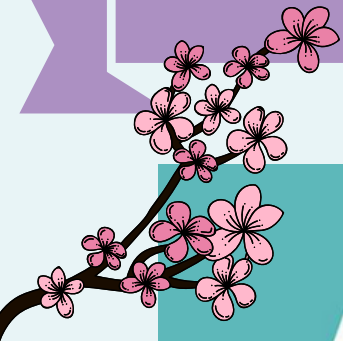
Time: Anytime 8am-2pm (you choose your volunteering slot)

Location: 26200 Date St E
26200 Date Street East
Highland, CA 92346

MAR 2022



Community Resource Alert: RTA



ALL BUS RIDES 25¢

MARCH 1 – APRIL 30

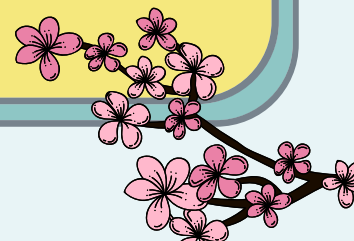
COLLEGE
STUDENTS
& YOUTH
RIDE FREE



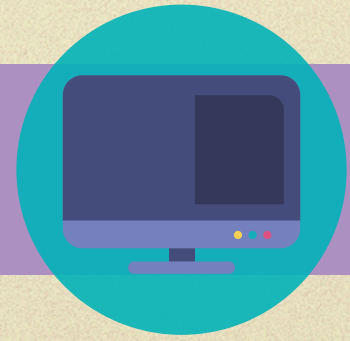
RiversideTransit.com



Riverside Transit Agency: "We're Rolling Back our Fares to 1977! All Bus Rides 25¢
In celebration of our 45-year anniversary, all customers pay just 25 cents to ride
RTA buses anywhere we go, anytime we operate! Plus, Dial-Ride passengers ride
for just \$1 per zone, and youth and students from participating colleges ride
free. And yes, you can use the Token Transit app to pay the special fare. Quarter
fares are available March 1 through April 30."

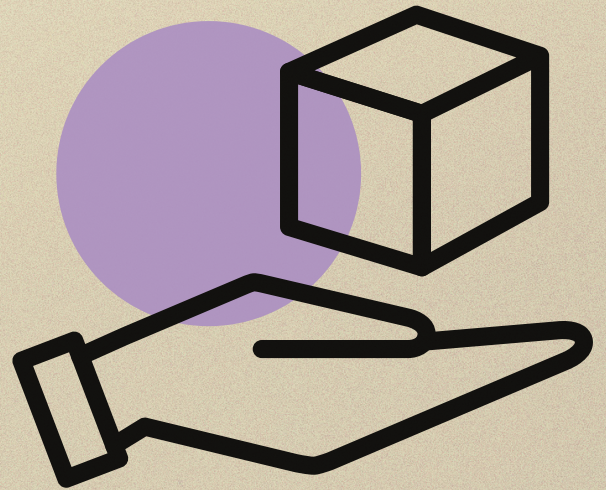


Services



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.

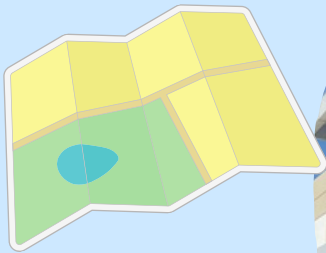
ARIL offers in person services that are face-to-face in the family home or in the community. ARIL follows COVID-19 precautions recommended by the CDC.



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.

February Recap

CONGRATULATIONS



February

ARIL person served had a productive time in February working on their health and mobility goals! Person Served Joshua accomplished one of his goals and passed his permit test while Shane is committing to going on regular walks at the park to stay active! ARIL is very proud to see person served accomplishing their goals!



Free At-Home COVID-19 Tests!

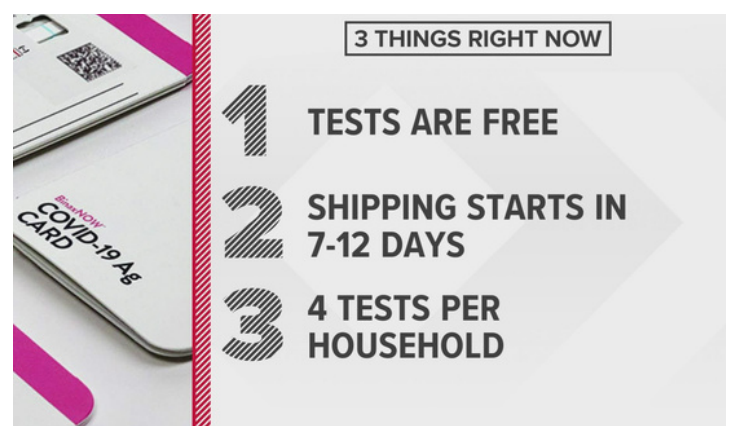
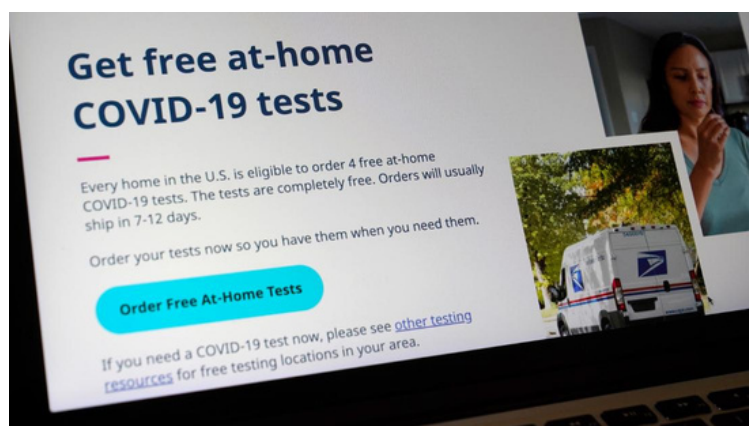
Testing is an important tool to help mitigate the spread of COVID-19. Public health experts and the Centers for Disease Control and Prevention recommend that Americans use at-home tests if they begin to have symptoms, at least five days after coming in close contact with someone who has COVID-19, or are gathering indoors with a group of people who are at risk of severe disease or unvaccinated.

To help ensure Americans have tests on hand if a need arises, the Biden Administration is purchasing one billion at-home, rapid COVID-19 tests to give to Americans for free. A half-billion tests will be available for order on January 19th and will be mailed directly to American households. 4 test will be sent per household. Shipping will begin late January and will take 7-12 days to ship. You can now sign up to receive your free at home test <https://special.usps.com/testkits>

There's now a phone number to order free COVID-19 at-home testing kits from the government. According to the new COVIDtests.gov website that launched this week, Americans who have had difficulty ordering the tests online or "need additional support can place an order," can call 1-800-232-0233 or TTY 1-888-720-7489.

The phone number also is the COVID vaccination hotline, which has been in use for several months.

If you need assistance in ordering test to your home please let your DSP know or call the ARIL office at 909-533-4157

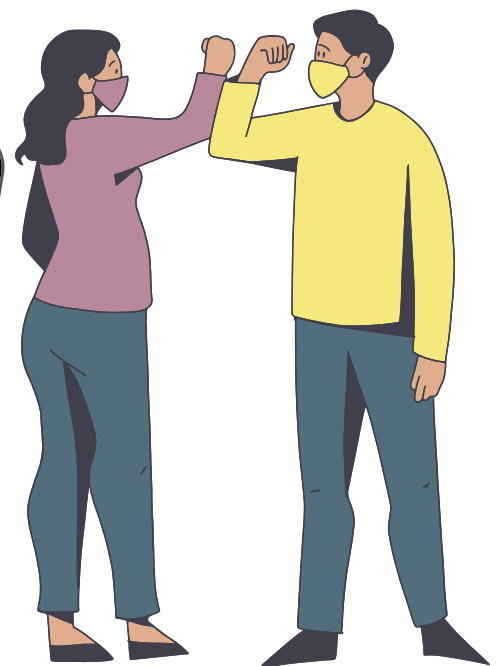


COVID-19 is still active, so be safe and continue to follow CDC guidelines

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)