

THE POMEGRANATE

The Official Newsletter of ARIL

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**Check Out Our Website
for More Information**



Gratitude and Kindness

Gratitude means being thankful and having appreciation and to return kindness.

This month ARIL is asking all our persons served and their families to practice gratitude and kindness. Gratitude is a way for people to take a moment to appreciate what they have instead of thinking about the things we do not have or wish we had. And, although it may be a challenge at first, the more you practice being grateful the easier it is to think about all the things you have in life that you are thankful for.

Start by noticing the things you are grateful for in your day or life. Pay attention to the everyday details of your life, even if they seem small and notice the good things you might sometimes take for granted. Practicing gratitude can help you feel happier and improve your mood, especially if you feel like you are having a hard day!

ARIL is challenging you to practice 30 days of Gratitude this month of November. You can do this by taking a moment each day to think about or write down 3 things or people you are grateful for. Bonus point if you let that person know you are thankful for them and what about them makes them so special to you! You can find a Gratitude Calendar for the month to help you think of things you are grateful for on page 4 of our Newsletter!

November 2021

SUN	MON	TUES	WED	THUR	FRI	SAT
	1 Safety Talks @2pm	2	3 Daily Living Skills @4pm	4 Exercise @4pm	5	6
7	8 Game Day @12pm	9	10 Community Resource Awareness @ 1pm	11 Exercise @4pm	12	13
14	15 Safety Talks @2pm	16	17 Daily Living Skills @4pm	18 Exercise @4pm	19	20
21	22 Game Day- Being Grateful @12pm	23	24 Community Resource Awareness 1pm	25 ARIL Office Closed- Happy Thanksgiving	26	27
28	29 Safety Talks @2pm	30				



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

GAME DAY @12PM



11/8 & 11/22 (Being Grateful activity)

SAFETY TALKS @2PM



11/1, 11/15 & 11/29

COMMUNITY RESOURCE AWARENESS @1PM



11/10 & 11/24

**** 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.

DAILY LIVING SKILLS @4PM



11/3- What is Gratitude
11/17- Being mindful
and polite

EXERCISE @4PM



11/4, 11/11 & 11/18





30 Days of Gratitude

Day 1 Top 3 things you are grateful for today.	Day 2 A memory you appreciate.	Day 3 Do something kind for a friend	Day 4 An item that means a lot to you.	Day 5 A favorite food or drink.
Day 6 A song that sparks happiness.	Day 7 Make an effort to smile today...it can be contagious	Day 8 A place you are thankful for.	Day 9 A friend that means the world to you.	Day 10 The best thing that happened today (or yesterday).
Day 11 Your favorite hobby.	Day 12 A movie you love (& why!)	Day 13 Something that made you laugh today.	Day 14 Your favorite season.	Day 15 Something you learned today.
Day 16 A smell you love.	Day 17 Do a random act of kindness.	Day 18 Something that comforts you.	Day 19 A strength of yours.	Day 20 Someone who made you smile today.
Day 21 An act of kindness you experienced recently.	Day 22 Something you accomplished today.	Day 23 Something that made you smile today	Day 24 A person who inspires you.	Day 25 A meal you had today that you are most thankful for
Day 26 A simple pleasure you appreciate.	Day 27 Go all day without complaining	Day 28 An item that makes you happy.	Day 29 A person you are thankful for.	Day 30 An experience this month you are most grateful for

San Bernardino and Riverside County Events



Health and Happiness Workshop

Learn effortless techniques to manage your stress and increase your energy levels

Date: Mon, November 1, 2021

Time: 10:00 AM – 11:30 AM

Location: Online

Register: <https://www.eventbrite.com/e/health-and-happiness-workshop-tickets-168705820651>



SB Food Fest

Free monthly food festival in Downtown San Bernardino.

Date: Sat, November 27, 2021

Time: 5:00 PM – 10:00 PM

Location: 349 N. E St

349 North E Street

San Bernardino, CA 92401



Farmers Market

Certified Farmers Market offering fresh foods, fun foods, flowers and more! Support local, support entrepreneurs, support community and stay healthy.

Date: Every Wednesday

Time: 8:30am AM – 1:30 pM

Location: 10th & Lemon Streets, 4080 Lemon Street, Downtown Riverside



Lighthouse of Hope Foundation Inc.

COMMUNITY FOOD PANTRY



MONDAY * WEDNESDAY * FRIDAY

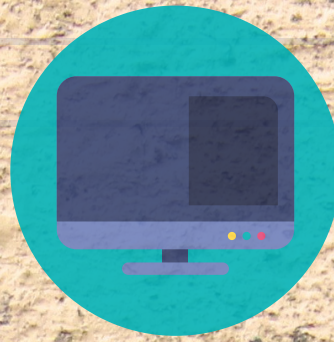
11am - 2pm / 3pm - 5pm

9085 CALIFORNIA AVE, RIVERSIDE CA 92503

(951) 977-6560

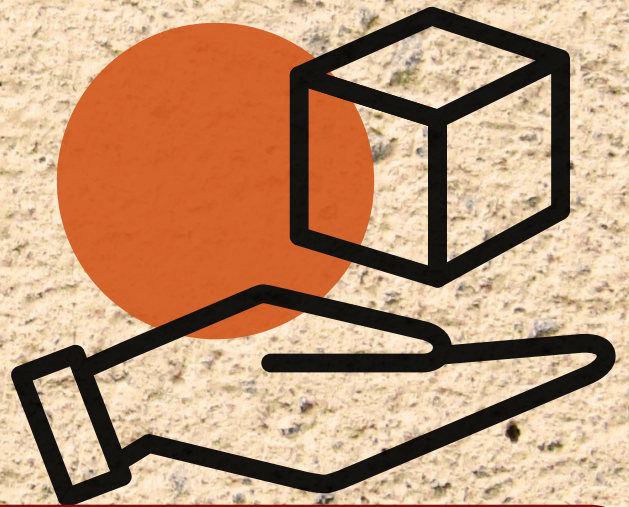
Lighthouseofhopeca.com

Services



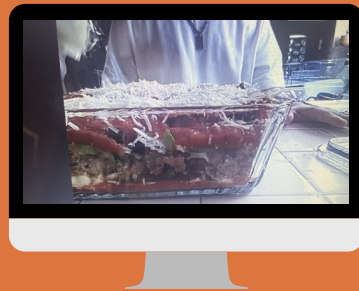
ARIL offers remote services via zoom and video call. All teleservices are goal oriented and focused on teaching independent living skills using power points, discussions and learning videos.

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.

October Recap



October Fun!

ARIL person served had a great time this month going to the pumpkin patch, working with their DSP on their goals and learning appropriate socialization skills!

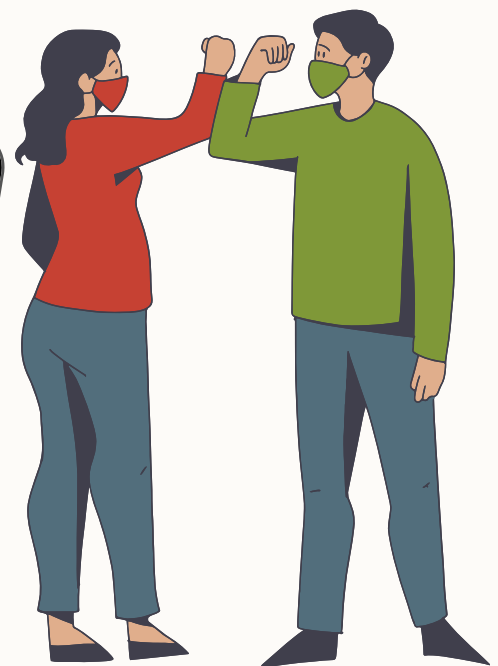


COVID-19 is still active, so be safe and continue to follow CDC guidelines

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)