



JULY 2023

THE POMEGRANATE

OFFICIAL NEWSLETTER OF ARIL

JULY NEWSLETTER

It's time to get your sunglasses and sunscreen out! Summer is here, which means more time outside, BBQs at the park, and beach days with our families! ARIL will be hosting a beach day excursion on July 25th so make sure to RSVP with your DSP to secure your spot.

ARIL hopes you all have a fun and safe 4th of July this year! Check out pages 4 and 5 of our newsletter for City events to view some safe 4th of July Fireworkshows. Make sure to follow your city's regulations for fireworks and to stay safe during your 4th of July celebration. We've added some tips to remember for staying safe in our newsletter for you to check out.

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JULY 2023



JULY 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
25	26	27	28	29	30	1
2	3	4 Happy INDEPENDENCE Day!	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25 ARIL BEACH DAY 	26	27	28	29
30	31	1	2	3	4	5

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)





ARIL *Beach Day*

Date: July 25th, 2023

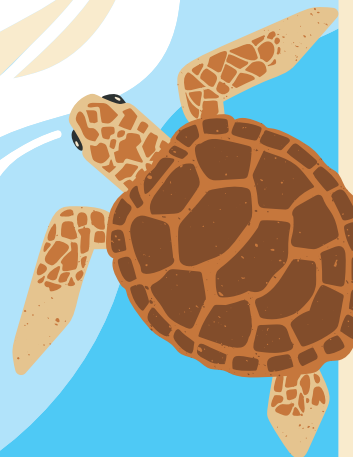
Time: 1pm-6pm

1 Balboa Pier, Newport Beach, CA 92661

Don't forget to bring your lunch, sunscreen and
personal items!



RSVP: July 20th by
12pm with DSP



ARIL'S FITNESS AND HEALTH CLUB!



ARIL invites you to our Fitness group this month! Don't forget to bring your water, snacks, and comfortable shoes!

ARIL's Fitness and Health Club is led by our Executive Director Jasmin Botello and will meet throughout the month at various times and locations to focus on exercising and living healthy lifestyles.



For more information about times and locations contact your DSP





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>





RANCHO
CUCAMONGA

4th of July

Fireworks Spectacular

Presented by Hamilton Family Brewery

QUAKES STADIUM

TICKETS

\$15 Single Seat
\$125 Table of 4

ENTERTAINMENT

provided by
Soto

5:30 pm - PARKING OPENS

6:00 pm - GATES OPEN

6:30 pm - ACTIVITIES BEGIN

9:00 pm - FIREWORKS BEGIN

TICKETS ON SALE NOW!

RCpark.com

The Rancho Cucamonga Fire District reminds you that ALL Fireworks are illegal in Rancho Cucamonga and encourages you to attend professional fireworks displays.



SOTO



Sylvan Park Activities Start at 9am

601 N UNIVERSITY ST, REDLANDS, CA 92374

(FREE AND OPEN TO THE PUBLIC)

Our full day of celebration starts at Sylvan Park where you will find live music, games, food, booths from Redlands staples, a parade and so much more! Join us as we come together and as we celebrate what a great city, community, and nation that we are privileged to belong. All activities are open by 9 am, live entertainment starts at 9:30 am, and the parade begins their route around the park at 10:30 am.

Park Schedule

9:30 – 10:30AM / BYOB BAND

10:30AM / 4TH OF JULY PARADE

10:30 – 11:30AM / KEVIN WILLIAMS – SOUNDS FROM PARADE

11:30AM – 12:30PM / 4TH OF JULY BAND & FLAG RAISING CEREMONY

12:30 – 1:30PM / BYOB BAND

1:30 – 2:15PM / 4TH OF JULY BAND

2:15 – 3:15PM / BYOB BAND

5:15-9:00 pm/ 4th of July Celebration, performances & Fireworks show @ Moore Middle School
(tickets required)

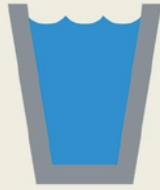
For more information: <https://redlandsfourthofjuly.com/>

4th of JULY SAFETY

HEAT-RELATED ILLNESS

STAY HYDRATED

- Drink more than 8 ounces a day
- Drink even when you're not thirsty
- Avoid alcohol, coffee & soft drinks



APPLY SUNSCREEN

The sun is the strongest between 10 a.m. and 4 p.m.
Reapply sunscreen often
Stick to SPFs between 15 and 50+



WEAR YOUR SHADES

Sunglasses must block 99 to 100% of UVA/UVB rays



MOST AT RISK

Adults over 65 and children under 4
Those w/existing medical conditions



GRILL SAFETY

in a 5-year period



8,900 house fires
160 injuries
118 mil. in damages
10 deaths

KEEP GRILL:

- AWAY FROM STRUCTURES
- IN WELL-VENTILATED AREA
- AWAY FROM CHILDREN & PETS

Fireworks Safety

NEVER allow children to play with or ignite fireworks

KEEP a bucket of water or hose nearby

MAKE sure fireworks are legal in your area

MORE THAN 14,000 4TH OF JULY FIREWORKS EXPLODE
ACROSS THE NATION EACH YEAR



4th

OF JULY



More pets run away on the Fourth of July than on any other day of the year.

JULY 5TH

is the busiest day of the year for animal shelters nationwide.

30%

The increase in the number of lost pets between July 4th and 6th.



7.6 million
animals are lost
each year



Only 26%
of dogs are returned
to their owners



Over 35%
of lost pets are
euthanized annually

Tips to Keep Your Pet Safe on the Fourth:

The Fourth of July is a scary time for our furry friends. The high-pitched squeals, thundering booms and bright flashing lights of the fireworks can send even the bravest dog running. On the Fourth, pets need their master's help and reassurance to keep them safe and at ease.



Ensure your dog gets plenty of exercise during the day before the fireworks begin.



Provide a safe place for them to retreat like their crate or bed and check on them every few hours.



Make sure your dog has a collar and ID tag, and make sure their Tagg GPS Pet Tracker is fully charged.



Keep your pets indoors, lower blinds and close the windows so they won't be frightened by the noise and bright lights.



Learn more about pet safety at tagg.com



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!



**MARLENE GALVAN
BETHANY BARBOZA
ERICK MATTHEW ASCENSIO**



June Recap



"Success is the sum of small efforts- repeated day in and day out "

ROBERT COLLIER



ARIL loves seeing everyone accomplish and continue working on their goals! 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 does not offer teleservices to 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!