

MARCH 2023

THE POMEGRANATE

OFFICIAL NEWSLETTER OF ARIL

LUCKY MARCH!

It's hard to believe we are already entering March! The months keep flying by, but this March ARIL would like to encourage our person served to keep their energy going and continue challenging themselves. Join ARIL for our Movin' March Challenge where each day you will be challenged to complete a set of exercises you can complete at home, your local gym, or the park! Our Movin' March Challenge is meant to encourage you all to get up, move your body and stay healthy! Don't worry if you need to take a break or change some exercises. Just try your best and stay consistent! You can find our Movin' March Challenge on page 3 of our newsletter.

In other news, ARIL is having a change in our contact phone number. Our primary contact number will be (909) 843-2011 which is the work cellphone number for our Executive Director (in training) Maggie Cruz, or for emergency and after-hour calls you may call our Executive Director Jasmin Botello at (909) 843-2431.

THIS ISSUE:

LUCKY MARCH
PAGE 01

MARCH CALENDAR
PAGE 02

MOVIN' MARCH CHALLENGE
PAGE 03

ARIL EVENT FLYERS
PAGE 04-07

MARCH BIRTHDAYS
PAGE 08

FEBRUARY RECAP
PAGE 09

SERVICES
PAGE 10

CONTACT US/ MORE INFORMATION
PAGE 11

MARCH 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	27	28	1	2	3	4
5	6	7 Trampoline Park 4:30pm- 6:30pm	8	9	10	11
12	13	14	15	16	17 Happy St. Patrick's Day SCAVENGER HUNT 10AM- 12PM	18
19	20	21	22 HIKING MT. RUBIDIOUX 9:30AM	23	24	25
26	27	28	29	30	31	1

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

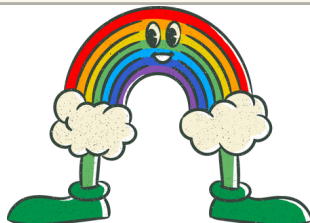


Feeling
LUCKY

MOVIN' MARCH



1 5 push-ups 5 squats 10 Jumping Jacks	2 6 push-ups 6 squats 10 Jumping Jacks	3 7 push-ups 7 squats 10 Jumping Jacks	4 8 push-ups 8 squats 10 Jumping Jacks	5 Rest Day	6 9 push-ups 9 squats 10 Jumping Jacks
7 9 push-ups 9 squats 10 Jumping Jacks	8 10 push-ups 10 squats 10 Jumping Jacks	9 5 crunches 5 lunges 10 sit ups	10 6 crunches 6 lunges 10 sit ups	11 7 crunches 7 lunges 10 sit ups	12 Rest Day
13 8 crunches 8 lunges 10 sit ups	14 9 crunches 9 lunges 10 sit ups	15 10 crunches 10 lunges 10 sit ups	16 5 High Knees 5 Calf Raises 10 Lunges	17 6 High Knees 6 Calf Raises 10 Lunges	18 7 High Knees 7 Calf Raises 10 Lunges
19 Rest Day	20 8 High Knees 8 Calf Raises 10 Lunges	21 9 High Knees 9 Calf Raises 10 Lunges	22 10 High Knees 10 Calf Raises 10 Lunges	23 5 Push Ups 5 Squats 10 Jumping Jacks	24 6 Push Ups 6 Squats 10 Jumping Jacks
25 7 Push Ups 7 Squats 10 Jumping Jacks	26 Rest Day	27 8 Push Ups 8 Squats 10 Jumping Jacks	28 9 Push Ups 9 Squats 10 Jumping Jacks	29 10 Push Ups 10 Squats 10 Jumping Jacks	30 30 minute walk or 1 mile run!
31 Rest Day	Notes: Jog in place for 5 minutes for a warm-up and stretch for 5 minutes after completing your exercises to cool down. Don't forget to drink water!				





A Public Entity

Inland Empire Health Plan

Join ARIL at the IEHP Community Resource Center!

The IEHP Community Resource Centers (CRC) are your local resource 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 Learn about 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>

Join ARIL's New Fitness and Health Club!

ARIL's new club will meet once a month at different times and locations to focus on exercising and living healthy lifestyles.



This month's meeting will be on March 22nd at Mt. Rubidoux in Riverside for a hike at 9:30 am. Don't forget to bring your water, snacks and comfortable shoes!

For more information contact your DSP



ST. PATRICK'S DAY SCAVENGER HUNT

Can you find the Lucky Coin?
Join ARIL for a St. Patrick's day
Scavenger Hunt and basketball
game at the park. Bring your lunch
for a picnic after. ARIL will provide
some snacks. Don't forget to wear
Green!



DAY: MARCH 17TH, 2023

TIME: 10AM -1PM

**LOCATION: 20428 E PALMYRITA
AVE, RIVERSIDE, CA 92507**

RSVP WITH DSP BY 12PM 3/16



Join A.R.I.L. at the Riverside Sky Zone

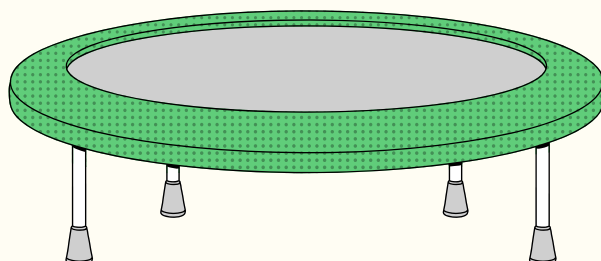
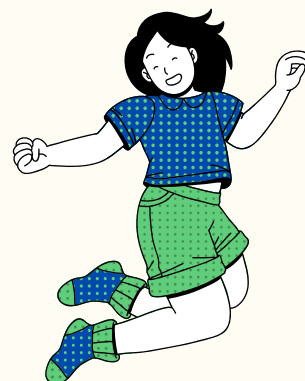
Date: March 7, 2023

Address: 4031 Flat Rock Dr. Riverside 92505

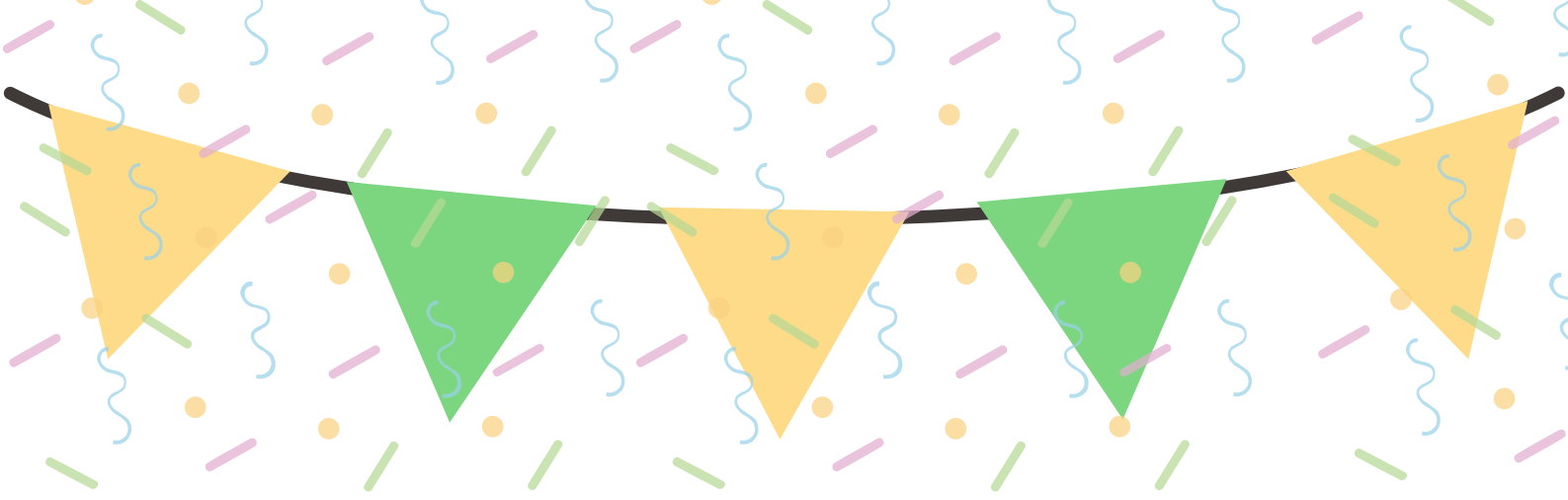
Time: 4:30pm-6:30pm

Cost: \$33.50

Price Includes:
90 minutes of jump time &
Sky Zone socks



RSVP with DSP by 12pm March 6th

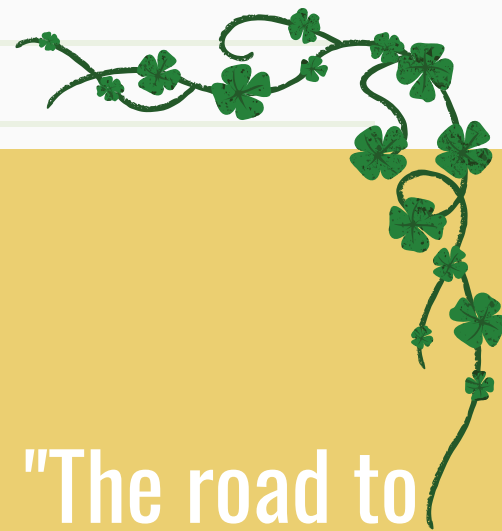


Please Join ARIL in giving a special shout out and wishing a Happy Birthday to our ARIL Person Served and DSP(s) who are celebrating another year! Happy Birthday from ARIL, we wish you all a year of happiness, and success!

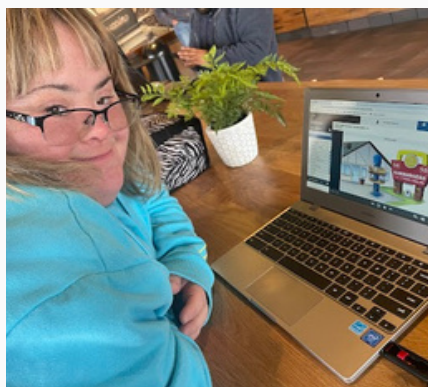


LUKE GARRETT
GINA SANCHEZ
FRANCESCA SHUGART
AMANDA PINO
PEARL ROMERO



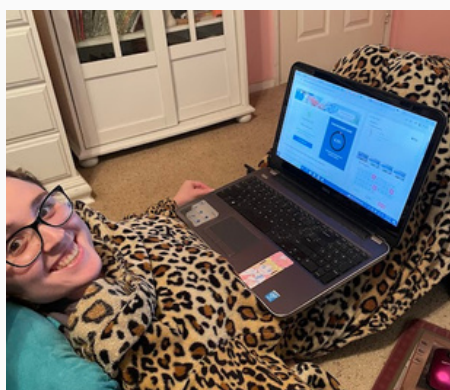
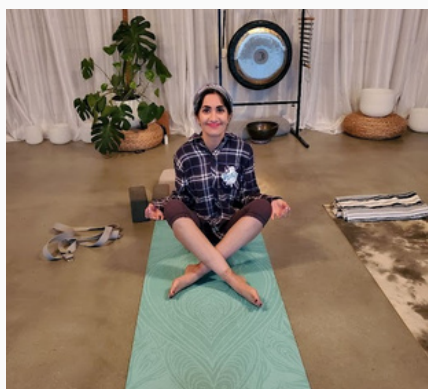


February Recap



"The road to success is always under construction."

LILY TOMLIN



ARIL had a great time seeing everyone accomplish and continue working on their goals! Thank you to everyone who participated in our February events and for working consistently with your DSPs!



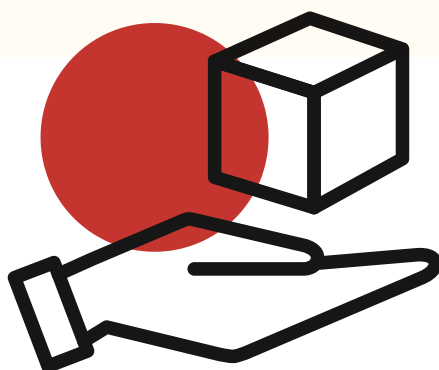


Services



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 when working with our persons served.

As of January 1st, 2023 ARIL will no longer offer teleservices to our persons served. ARIL is excited to fully resume all sessions in-person! If you have any questions please call our office at 909-533-4157





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



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!