

THE POMEGRANATE

The Official Newsletter of ARIL

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Thankfulness

Being thankful is a way for us all to take a moment to appreciate what we have and the support systems in our lives. Although it can take us a minute to list everything we are thankful for, the more we practice being grateful the easier it is to appreciate what we have in our lives. Practicing gratitude and thankfulness can help you feel happier and improve your mood, especially if you feel like you are having a hard day!

ARIL is once again challenging our person served to practice 30 days of Gratitude! Take a moment each day to show yourself and those in your life you appreciate and are thankful for them. You can find our 30 Days of Gratitude Challenge for the month on page 5 of our Newsletter! To take part in our Challenge just follow along each day and check off that you completed the "gratitude challenge of the day". If you complete all 30 days of our Gratitude challenge let your DSP know and you'll get a special shout out in our next Newsletter!

NOVEMBER 2022

November 2022

SUN	MON	TUES	WED	THUR	FRI	SAT
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24 *Office Closed* 	25 *Office Closed*	26
27	28	29	30  *In Person* Volunteering			

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****

NOVEMBER 2022

Details on Activities and Events

IMPORTANT INFORMATION ABOUT EVENTS & CLASSES

ARIL is no longer hosting Zoom class. All ARIL Sessions will be conducted directly with an ARIL DSP whether in person or through teleservices. Please join ARIL for our in person events for an opportunity to meet more ARIL person served, socialize and learn more about community resources! If you have any questions please direct them to your Direct Support Professional or call the office at (909)533-4157.

IN PERSON **FEEDING AMERICA** **VOLUNTEERING**



November 30th

12pm- 3pm

RSVP by 11/21

FEEDING AMERICA VOLUNTEER EXPERIENCE

During your warehouse volunteer shift, you will help to fulfill Feeding America's mission of alleviating hunger in the Inland Empire by sorting and packing donated food items for community partner sites and community members in need of emergency assistance!

DRESS CODE: All volunteers must wear jeans/pants, a t-shirt, and closed-toed shoes while volunteering

WHEN: Wednesday, November 30, 2022 12:00 PM

WHERE: 2950 Jefferson Street, Riverside, 92504

RSVP by 11/21/22 by 12pm (space is limited and a waiver must be signed prior to volunteering)

Please carefully read the information on the website (<https://www.feedingamericaie.org/volunteer>) for more information





30 Days of Gratitude

November is considered the Month of Gratitude and what better way to begin giving gratitude than having a 30 Days of Gratitude Challenge! Like with any challenge, it takes commitment. We're talking 30 days of commitment! ARIL believes in you and your ability to see this challenge through. You'll come away from this challenge with an attitude of gratitude and a heart turned to noticing all the wonderful things in your life!

Day 1 Write down 3 things you are grateful for today.	Day 2 A strength of yours.	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 Something that comforts you.	Day 8 A person 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 simple pleasure you appreciate.	Day 13 Something that made you laugh today.	Day 14 An item that makes you happy.	Day 15 Something you accomplished today.
Day 16 A person who inspires you.	Day 17 Do a random act of kindness.	Day 18 Make an effort to smile today...it can be contagious	Day 19 Share a memory you appreciate.	Day 20 Someone who made you smile today.
Day 21 An act of kindness you experienced recently.	Day 22 Something you learned today.	Day 23 A smell you love.	Day 24 Something that made you smile today	Day 25 A place you are thankful for.
Day 26 A movie you love (& why!)	Day 27 Go all day without complaining	Day 28 Your favorite season.	Day 29 A meal you had today that you are most thankful for	Day 30 An experience this month you are most grateful for



NOVEMBER 2022



October Recap



October

ARIL is proud of our persons served this month! We had a great time seeing you all work on your goals! Thank you to everyone who joined our events this month we loved seeing everyone participating!



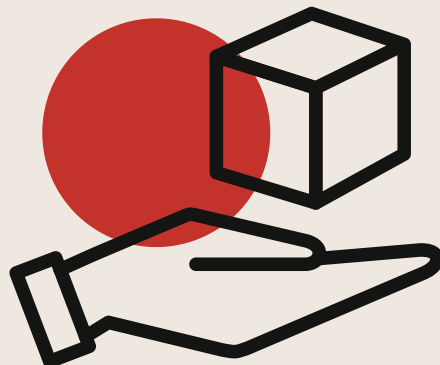
Services



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 person served.

As of January 1st, 2023 ARIL will no longer offer hybrid or teleservices to our person served. ARIL is excited to fully resume all sessions in-person!

If you have any questions please call our office at 909-533-4157



NOVEMBER 2022



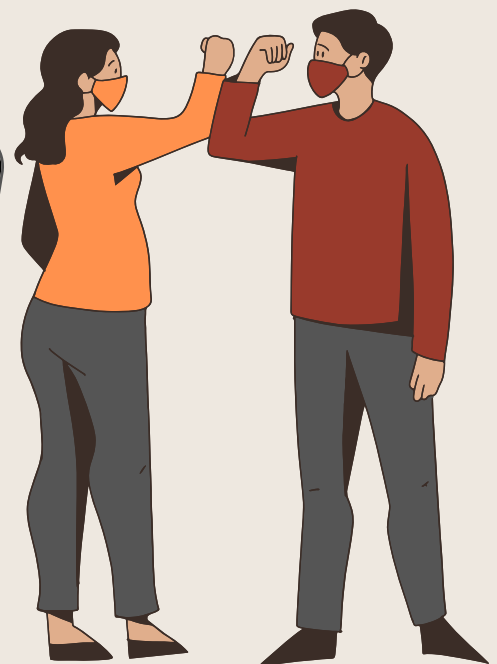
HEALTH AND SAFETY UPDATES

ARIL is continuing to follow up on information related to COVID-19 and other current California state health concerns. Our website is being updated with the latest information and resources that can be accessed within the Inland Empire. Please check out our website for coronavirus and other health and safety updates.



What would you like to see in our newsletter?

Send us an email at directsupport@arildsp.com to let us know what else you would like to see in our newsletter.



All information and updates provided by ARIL are 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)