



MAY 2023

THE POMEGRANATE

OFFICIAL NEWSLETTER OF ARIL

MAY NEWSLETTER

ARIL is excited to see our person served get active and participate in our events! This month ARIL will continue to encourage our person served to join our monthly fitness club activities like going on a hike and attending IEHP community classes. We encourage all our person served to plan a fitness day with their moms or mother figures in their life to celebrate Mother's Day while staying active! We recommend checking out the hiking trails at Mt. Rubidoux or Etiwanda Falls!

ARIL would like to wish a Happy Mother's Day to all the moms who work with the ARIL program including our DSPs and mothers of our person served. Thank you for all you do every day and the support you provide!

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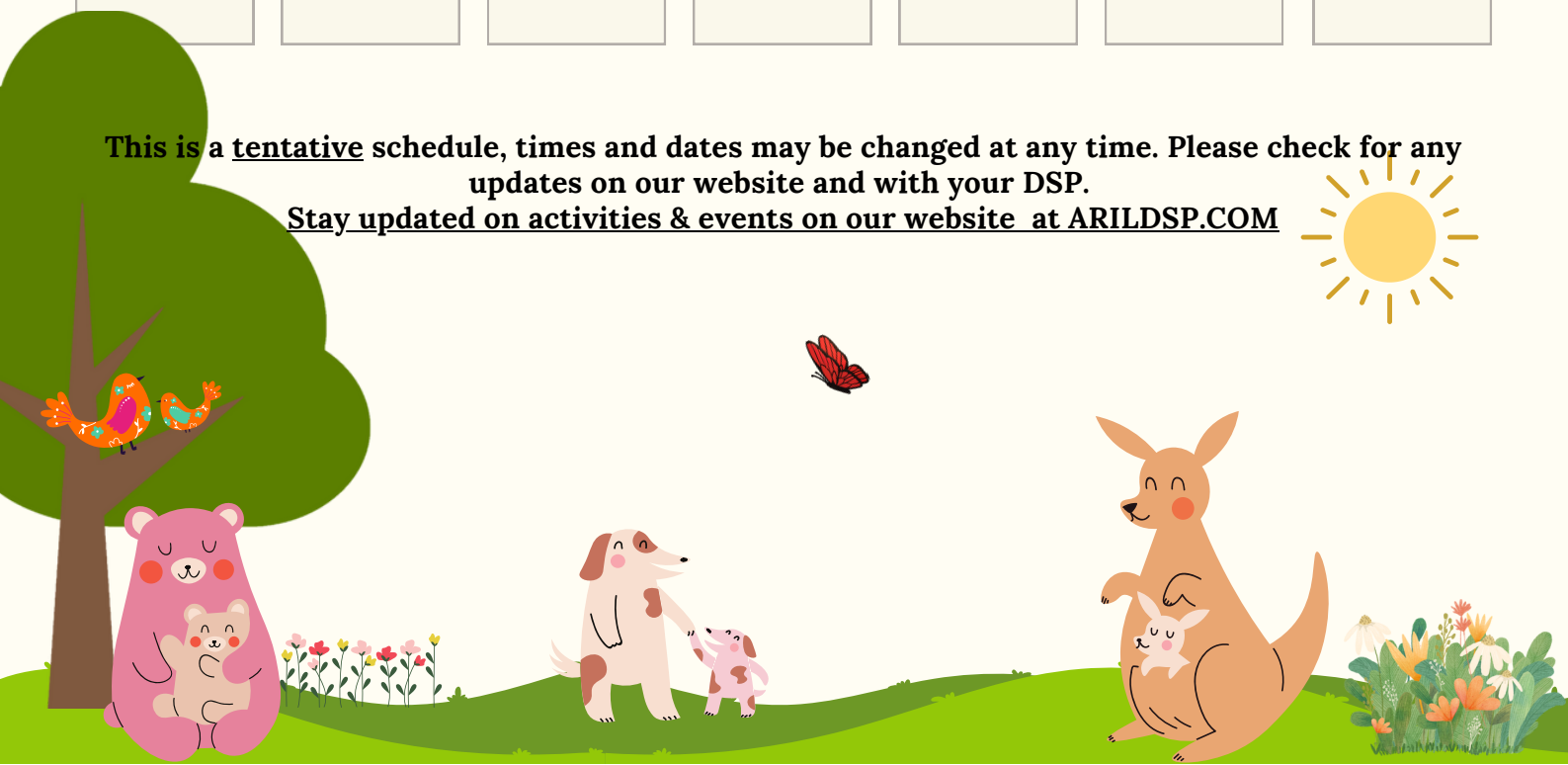
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MAY 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	1	2	3	4	5	6
7	8	9	10 MOTHERS DAY CARD + PARK	11	12	13
14 HAPPY MOTHER'S DAY	15	16	17 HIKE/TBA/@9AM	18	19	20
21	22	23	24	25 BOWLING @5PM-7PM	26	27
28	29	30	31 LIVING DESERT EXCURSION	1	2	3

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)



JOIN ARIL AT THE PARK TO MAKE

*Happy Mother's Day
Cards!*



*Bring a lunch and any supplies you would like to use,
some supplies will be provided!*

Date: May 10th, 2023

Time: 11 am-1 pm

**Location: Park 20428 E Palmyrita Ave,
Riverside, CA 92507, USA**

RSVP BY 12PM MAY 7TH

JOIN ARIL AT:

LIVING DESERT ZOO & GARDENS

RSVP BY: MAY 24TH TO 909-843-2431

DATE: MAY 31ST, 2023 (TIME TBA)

ADDRESS: 47900 PORTOLA AVE, PALM
DESERT, CA 92260

PURCHASE TICKET AT

[HTTPS://WWW.LIVINGDESERT.ORG/](https://www.livingdesert.org/)

FOR MORE DETAILS CONTACT JASMIN
BOTELLO

Join ARIL!

LET'S GO BOWLING!

Master or inexperienced, it's sure
to be a fun night!

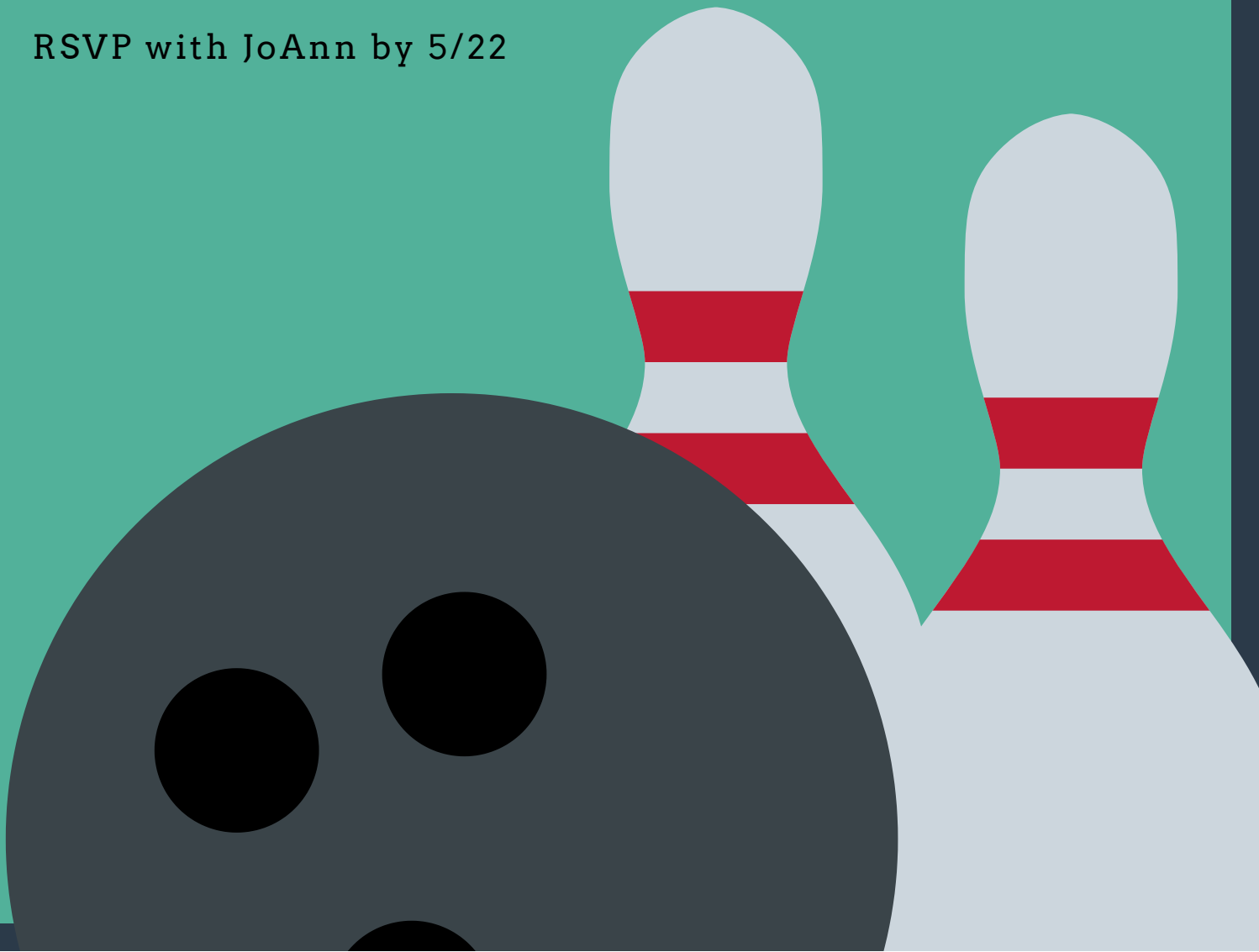
May 25th | 5 pm- 7 pm

Empire Bowling in Redlands

940 W Colton Ave, Redlands, CA 92374

Cost/ person served TBA

RSVP with JoAnn by 5/22



ARIL'S FITNESS AND HEALTH CLUB!

ARIL invites you on a Hike with our Fitness group on May 17th at 9 am location to be announced! Don't forget to bring your water, snacks, and comfortable shoes!

For more information about times and locations contact your DSP



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.



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>





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!

**PAULINE BOTELLO
EVA WILLIAMS
CARLA WICKEY
CARL MCKINEY
JERMEY ZUPKE**



May 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 when working with our persons served.

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 909-843-2011



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



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!