

THE POMEGRANATE

The Official Newsletter of ARIL

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**Check Out Our Website
for More Information**

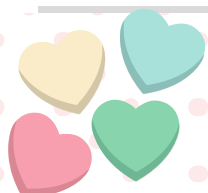


PROGRAM SERVICES UPDATE

UPDATE On January 25th, 2021, Governor Newsom lifted California's stay-at-home orders. What does this mean for ARIL Program and Services? We are happy to see that COVID number infection rates are declining, however, IRC & ARIL do not feel that it is **SAFE** to deliver services face-to-face until our population of Inland Regional Center persons served receive their vaccine.

Our company is encouraging that our staff receive the vaccine but not mandating it. We are also encouraging that our Persons Serve receive it, however, we understand that some individuals have personal opinions regarding the vaccine. We will support any decision to not get the vaccine.

Have continue to make exceptions to provide face-to-face services for those individuals who have an essential need. We are hoping to return to face-to-face services in late spring, early summer. We are remaining positive and looking forward to returning to our traditional services soon!



February Events

**SUN****MON****TUES****WED****THUR****FRI****SAT**

	1 Social Club @ 2pm	2 Cooking @2pm	3 DLS @ 4pm	4 Exercise @ 4pm	5 Safety Talks @1pm	6 Technology Chat @12pm
7	8 Social Club @ 2pm Game Night @ 7pm	9 Cooking @2pm	10 DLS @ 4pm	11 Exercise @ 4pm	12 Arts&Crafts @1pm	13 Technology Chat @12pm
14 	15 Social Club @ 2pm	16 Cooking @2pm	17 DLS @ 4pm	18 Exercise @ 4pm	19 Safety Talks @1pm	20 Technology Chat @12pm
21	22 Social Club @ 2pm Game Night @ 7pm	23 Cooking @2pm	24 DLS @ 4pm	25 Exercise @ 4pm	26 Arts&Crafts @1pm	27 Technology Chat @12pm
28						

This is a tentative schedule, times and dates may be changed at any time.
Please check for any updates on our website

All 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 ZOOM Activities and Events

COOKING Tuesday's @2pm



Butter Beer- 2/2



Krabby Patty - 2/9

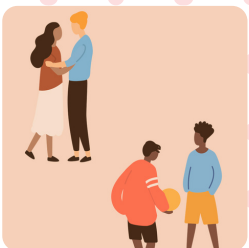


Disney Corn Dogs - 2/16



Pooh Pots- 2/23

DAILY LIVING SKILLS Wednesday's @4pm



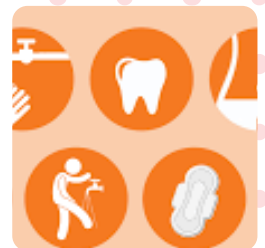
Romantic Relationship vs Friendship - 2/3



How to be a Good Friend - 2/10



Positive Thoughts & Self-Care - 2/17



Personal Hygiene - 2/24

SAFETY TALKS (Selected Fridays) @ 1pm



Self Protection - 2/5

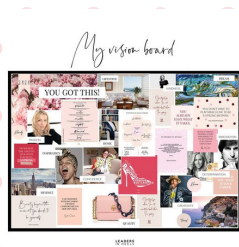


Animal Safety - 2/19

ARTS & CRAFTS (Selected Fridays) @ 1pm



Valentine Cards - 2/12



Vision Boards- 2/26

Details on ZOOM Activities and Events

GAME NIGHT Every other Monday @7pm

Join us to play a fun game! You will have the chance to challenge others in a game of Kahoot! & win a prize.



EXERCISE Thursday's @4pm



Get your body moving with new exercises every week. Before each class our instructor will give you a tip on how to stay healthy and active.

SOCIAL SKILLS CLUB Monday's @ 2pm

How to ask the right questions?-2/1

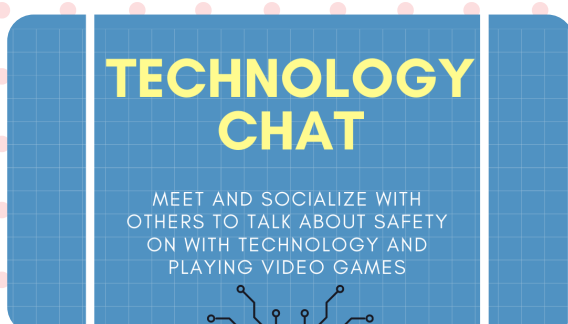
Small Conversational Skills-2/8

Black History Month-2/15

How to live your best life-2/22



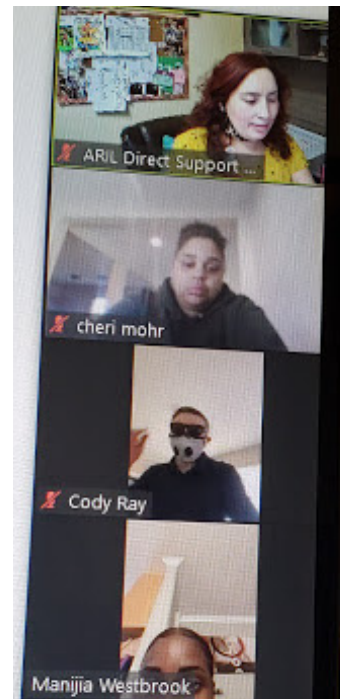
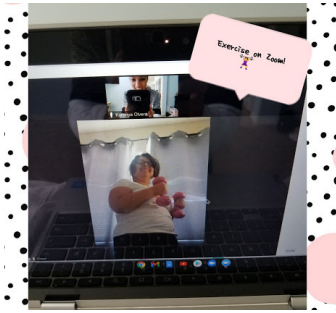
TECHNOLOGY CHAT Saturdays @12pm



Join us on what is trending in the tech world, and get some hints and tips about technology. End with a fun game!

January Recap

With the holidays being over, here is how we started the new year! Many of us decided to make new changes in our lives by changing our diet and choosing to get up and exercise. Our goals for this year include being more productive, learning new things, and becoming a better person. Join us and others on making 2021 a successful year!



Health Care for Getting a Good Night Sleep

Every people who come back from their long day of work and wouldn't have time to do any fun things outside, We usually can't stay too long outside because it gets too cold at night.

During night time, we're sleeping warm inside the house. Some teenagers go out for a school night without their parents permission. Teenagers will lose their moderation of sleep and will get high risk of sleeping early. Going to bed around 3am will make you feel cranky and lose your connection to work. It's important for us to go to sleep early and take a nap at home so you'll be able to get some quiet sleep. Make sure you don't eat food around 12am, it makes your stomach grow big. Make sure your teeth is brushed, house door lock, lights off and time around 3am is beeping. Get some good night sleep so you can will feel relax, so that way you will feel less stress of night hours of sleep.

Poem by Yasmine

Meals We Made in January



FOOOD!!!



SODA

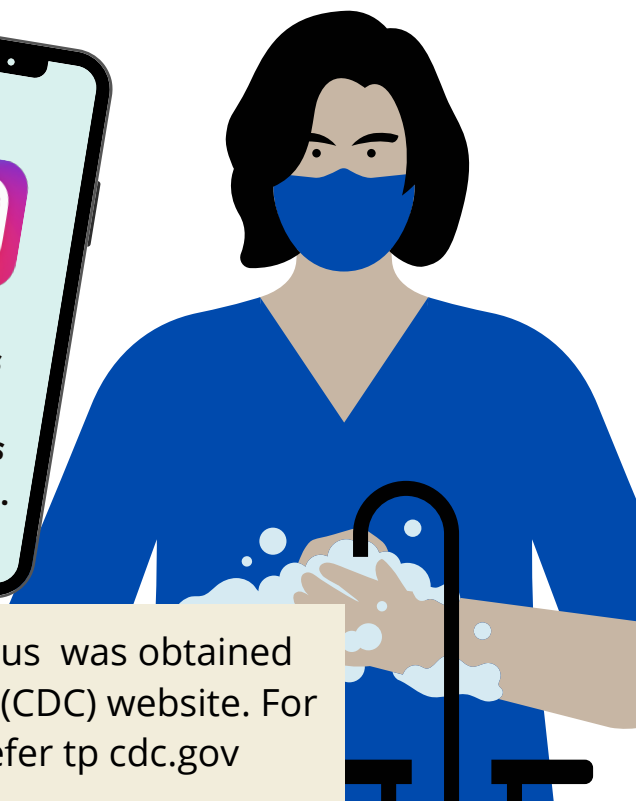
COVID-19 is still active, so be safe and continue to follow CDC guidelines

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.

Together We Can Overcome #STOPTHESPREAD

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)