



AUGUST 2023

THE POMEGRANATE

OFFICIAL NEWSLETTER OF ARIL

AUGUST NEWSLETTER

We're halfway through summer but there's still time to enjoy the days by the pool or beach! Make sure to check the weather before planning any outdoor activities and prioritize keeping cool. Take action to stay cool, stay hydrated, and stay informed. Getting too hot can make you sick because your body can't properly cool you off. So remember to drink water and avoid being outside during the hottest hours of the day.

ARIL is working through some changes in staffing and will be adjusting DSP person-served caseloads in the coming months. We appreciate your understanding and patience during this time! If you have any questions please call the ARIL office at 909-843-2011.

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AUGUST 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	31	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15 MOVIE DAY 	16	17	18 BACK TO CAC 	19
20	21	22	23	24	25 WATER SLIDES 	26
27	28	29	30	31	1	2

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)





YUCIPA **REGIONAL PARK** **WATER SLIDES**

33900 Oak Glen Rd, Yucaipa, CA 92399

Friday, August 25th

10 am -2 pm

\$12.00 per person



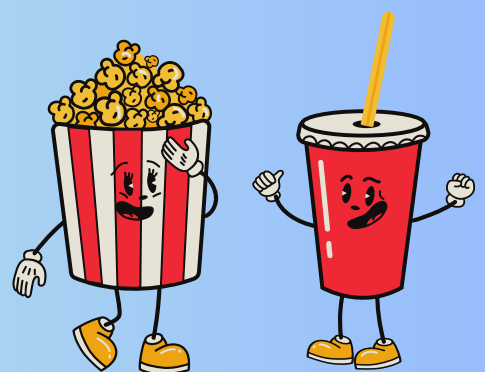
**RSVP with your DSP ,
tickets sell out quickly**

ARIL MOVIE DAY

JOIN ARIL FOR A MOVIE DAY TO WATCH....
AT REGAL EDWARDS ONTARIO PALACE



AUGUST 15TH, 2023
TIME AND COST
TBA





BACK TO THE CAC



IRC'S CLIENT ADVISORY COMMITTEE RETURNS WITH A
1950'S THEMED SUMMER FUNDRAISER
FOR IRC CLIENTS AGES 16 AND OLDER AND THEIR GUESTS!

AUGUST 18, 2023
5:30 – 7:30 PM

\$10 PER PERSON
INCLUDING GUESTS, CARETAKERS, ETC.
FOOD AND DRINKS PROVIDED.

LOCATED AT THE:

GONZALES COMMUNITY CENTER
670 COLTON AVENUE
COLTON, CA 92324

**50'S ATTIRE
ENCOURAGED!**



SPONSORED BY:

In-Roads
Creative Programs, Inc.



QUESTIONS? EMAIL:
COMMUNITY@INLANDRC.ORG

ASL FRIENDLY EVENT!



TICKETS PURCHASED AT THE DOOR. CASH ONLY.
ALL PROCEEDS BENEFIT THE IRC CLIENT ADVISORY COMMITTEE.



A Public Entity

Inland Empire Health Plan

Join ARIL at the IEHP Community Resource Center!

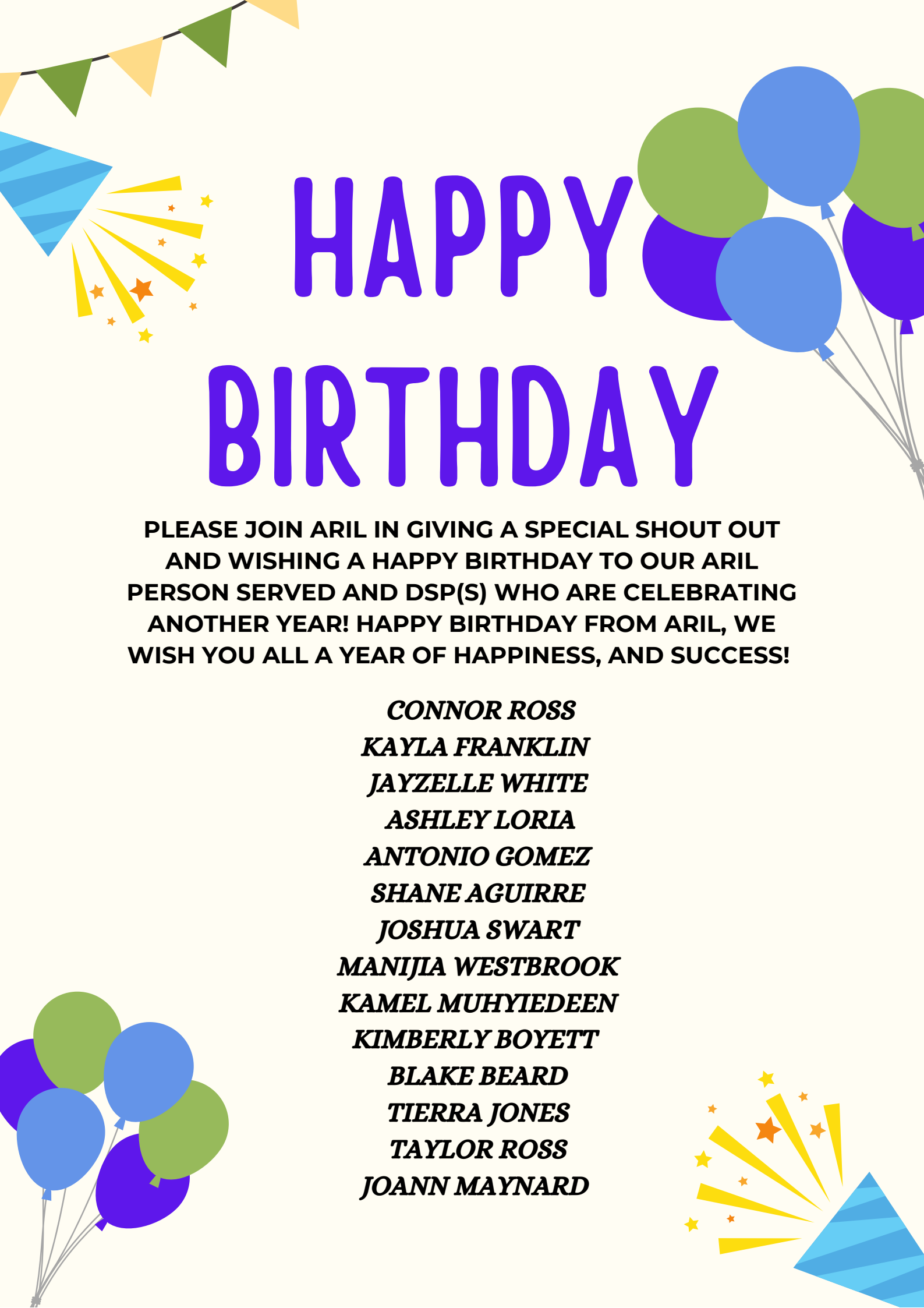
The IEHP Community Resource Centers (CRC) are your local resources for healthcare information in Riverside and San Bernardino. Where you can take free classes, and learn about health care, and health coverage programs. Their doors are open to IEHP Members and the community.

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!

CONNOR ROSS
KAYLA FRANKLIN
JAYZELLE WHITE
ASHLEY LORIA
ANTONIO GOMEZ
SHANE AGUIRRE
JOSHUA SWART
MANIJIA WESTBROOK
KAMEL MUHYEDEEN
KIMBERLY BOYETT
BLAKE BEARD
TIERRA JONES
TAYLOR ROSS
JOANN MAYNARD

July Recap



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

ROBERT COLLIER



Great job working on your goals and participating in your sessions! And a big 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 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!