



IRI RESOURCE

SPRING EDITION 2024

WWW.IRI-DELAWARE.ORG

OUR MISSION:

TO UNLOCK THE POTENTIAL OF DELAWAREANS WITH DISABILITIES BY EMPOWERING THEM TO REALIZE, ACHIEVE AND MAINTAIN INDEPENDENT LIVING

TOPICS

- MESSAGE FROM THE EXECUTIVE DIRECTOR
- HEALTH CORNER: HOW CAN YOU TELL IF IT IS COVID, FLU, COLD OR ALLERGY? PART TWO
- COMMUNITY CENTRAL: GOOD BYE WINTER AND HELLO SPRING ! THESE ATTENTION-GRABBING HEADLINES ARE DEFINITELY WORTH A READ.
- UPCOMING EVENTS - CHECK OUT WHAT'S COMING UP IN THE COMMUNITY.

ABOUT IRI

INDEPENDENT RESOURCES INC, IS A NONPROFIT ORGANIZATION THAT HELPS PEOPLE WITH DISABILITIES. WE ARE LOCATED IN NEW CASTLE COUNTY, KENT AND SUSSEX COUNTY. WE CONTINUE TO GROW IN OUR SERVICES AND PROGRAMS TO INCREASE INDEPENDENCE OF PERSONS WITH DISABILITIES.

OUR CORE SERVICES

- ADVOCACY
- INFORMATION AND REFERRAL
- INDEPENDENT LIVING SKILLS
- PEER COUNSELING & PEER SUPPORT
- TRANSITION ASSISTANCE

OTHER SERVICES WE PROVIDE

- COVID-19 PANDEMIC COUNSELING
- STUDENT PRE-EMPLOYMENT TRAINING (PRE-ETS)
- SMALL BUSINESS DEVELOPMENT TRAINING
- HOME MODIFICATION
- HOUSING ASSISTANCE

FOR MORE INFORMATION PLEASE CHECK OUR WEBSITE
WWW.IRI-DELAWARE.ORG OR
 GIVE US A CALL 302-761-0191

Announcements!

DART- changes are going to affect dozens for more info click below:

<https://share.newsbreak.com/6ce5burf>

Lewes Social Security Office Relocates to Georgetown Beginning Monday, April 15

For more info click below:

<https://www.wgmd.com/lewes-social-security-office-relocates-to-georgetown-beginning-monday-april-15/>

Message From the Executive Director

Executive Corner: The Importance of Mission, Vision, and Values in Leadership

As we navigate the ever-evolving landscape of our organization. It becomes increasingly evident that our success hinges not only on our strategies and initiatives. But also on the clarity and conviction of our purpose. In this edition of our newsletter, I would like to underscore the indispensable role that mission, vision, and values play in effective leadership.

First and foremost, our mission serves as our guiding star. Illuminating the path we must tread to fulfill our organization's overarching purpose. It encapsulates why we exist, whom we serve, and the impact we aspire to make. Without a clear mission, we risk drifting aimlessly, lacking direction and purpose.

Equally vital is our vision, painting a vivid picture of the future we aspire to create. It provides us with a shared sense of purpose and inspires us to reach beyond the status quo, driving innovation and growth. A compelling vision serves as a rallying cry, uniting us in our pursuit of excellence and pushing us to achieve our fullest potential.

However, a mission and vision alone are not sufficient. We must also uphold a set of core values that serve as our moral compass, guiding our actions and decisions. These values define who we are as an organization. Shaping our culture and fostering trust and integrity within our community.

In essence, effective leadership requires the alignment of mission, vision, and values. When these elements are harmoniously integrated, they provide us with a clear sense of purpose, direction, and ethical framework. Empowering us to navigate challenges and seize opportunities with confidence and conviction.

As we forge ahead on our collective journey, let us reaffirm our commitment to our mission. Envision a future of endless possibilities and uphold the values that define us. Together, we can chart a course toward success and significance, leaving a lasting legacy for generations to come.

With warm regards,
Lillian Harrison
Executive Director
Independent Resources, Inc.

MAKE YOUR IMPACT TODAY

Please help us in our mission to help all people with disabilities live independently.

CLICK TO DONATE

Health Corner: How can you tell if it is COVID, Flu, Cold or Allergy?

By Dr. Jackie Reyes

This is the second part of the discussion regarding the differences between COVID, Flu, Cold and Allergy.

	COLD	FLU	ALLERGIES	COVID 19
CAUSES:	SEVERAL VIRUSES CAN POTENTIALLY CAUSE A COLD BUT RHINOVIRUSES ARE MOST OFTEN THE CAUSE.	VIRUS- INFLUENZA A OR B	EXPOSURE TO 1.AIRBORNE ALLERGENS SUCH AS POLLEN, ANIMAL DANDER,DUST MITES AND MOLD. 2. CERTAIN FOODS, PARTICULARLY PEANUTS, TREE NUTS, WHEAT, SOY, FISH, SHELLFISH, EGGS AND MILK. 3. INSECT STINGS, SUCH AS FROM BEE OR WASP. 4. MEDICATIONS PARTICULARLY PENICILLIN-BASED ANTIBIOTICS.	COVID- 19 IS CAUSED BY INFECTION WITH SEVERE ACUTE RESPIRATORY SYNDROME CORONAVIS 2 ALSO CALLED SARS-COV-2.
INCUBATION PERIOD: (TIME BETWEEN WHEN YOU'RE INFECTED AND WHEN YOUR SYMPTOMS FIRST APPEAR.)	BETWEEN 12 HOURS AND THREE DAYS AFTER EXPOSURE TO THE VIRUS.	ABOUT TWO DAYS AFTER EXPOSURE BUT CAN RANGE FROM ABOUT ONE TO FOUR DAYS.	THE ALLERGIC REACTION USUALLY APPEARS WITHIN 48 HOURS AFTER THE INITIAL EXPOSURE TO THE ALLERGEN.	THE INCUBATION PERIOD FOR COVID-19 ACROSS ALL VARIANTS IS ABOUT 6 DAYS.
CONTAGIOUS:	CONTAGIOUS FOR UP TO TWO WEEKS, EVEN SPREADING A COLD A DAY OR TWO BEFORE YOU HAVE SYMPTOMS.	PEOPLE WITH FLU ARE MOST CONTAGIOUS IN THE FIRST THREE TO FOUR DAYS AFTER THEIR ILLNESS BEGINS.	NO	CONTAGIOUS FOR ABOUT 10 DAYS AFTER THE ONSET OF SYMPTOMS. FOR THOSE WITH MILD TO MODERATE SYMPTOMS, THIS PERIOD CAN BE SHORTER, OFTEN AROUND 5-7 DAYS.

(Table Continues on Next Page)

Centers for Disease Control and Prevention National Center for Immunization and Respiratory Diseases

Per CDC recommendation, as of February 28, 2024, Additional Dose of 2023-2024 Formula COVID-19 Vaccine in Older Adults should be given to persons ages 65 years and older. Additional dose should be at least 4 months after previous updated (2023-2024) COVID-19 vaccine dose.

Ref: <https://www.cdc.gov/vaccines/acip/meetings/downloads/slides-2024-02-28-29/06-COVID-Wallace-508.pdf>

Health Corner: How can you tell if it is COVID, Flu, Cold or Allergy?

By Dr. Jackie Reyes

	COLD	FLU	ALLERGIES	COVID 19
TRANSMISSION:	<ul style="list-style-type: none"> •SPREAD PERSON-TO-PERSON •THE COMMON COLD IS VERY EASILY SPREAD TO OTHERS. IT'S OFTEN SPREAD THROUGH AIRBORNE DROPLETS THAT ARE COUGHED OR SNEEZED INTO THE AIR BY THE SICK PERSON. 	<ul style="list-style-type: none"> • SPREAD PERSON-TO-PERSON 	<ul style="list-style-type: none"> • CANNOT BE TRANSMITTED FROM PERSON TO PERSON. • PERSON GETS IT UPON EXPOSURE TO CERTAIN ALLERGENS. 	<ul style="list-style-type: none"> • SPREAD PERSON-TO-PERSON •COVID-19 SPREADS WHEN AN INFECTED PERSON BREATHES OUT DROPLETS AND VERY SMALL PARTICLES THAT CONTAIN THE VIRUS.
PREVENTION:	<ul style="list-style-type: none"> •HANDWASHING/DISINFECTANT •AVOID TOUCHING YOUR FACE. •CLEAN FREQUENTLY USED SURFACES. •STRENGTHEN YOUR IMMUNE SYSTEM. 	<ul style="list-style-type: none"> GET THE FLU VACCINE • AVOID CLOSE CONTACT WITH OTHERS WHO ARE SICK. • COVER YOUR MOUTH AND NOSE IF AROUND OTHER PEOPLE WHO ARE SICK. • CLEAN AND DISINFECT FREQUENTLY TOUCHED SURFACES. • WASH YOUR HANDS OFTEN (SOAP OR HAND SANITIZER) • AVOID TOUCHING YOUR EYES, NOSE AND MOUTH. 	<ul style="list-style-type: none"> • AVOID YOUR ALLERGY TRIGGERS. • IF YOU'RE NOT SURE WHAT YOUR TRIGGERS ARE, ASK YOUR DOCTOR ABOUT ALLERGY TESTING. • MEDICATE FOR ALLERGIES BEFORE YOUR POLLEN SEASON OR A POTENTIAL EXPOSURE. 	<ul style="list-style-type: none"> • GET THE COVID-19 VACCINE AND BOOSTERS. • AVOID EXPOSURE WHENEVER POSSIBLE. • KEEP 6 FEET SEPARATION IF YOU OR OTHERS HAVE COVID-19. • WEAR A FACE MASK IF YOU HAVE COVID-19 OR IF COMMUNITY LEVELS OF COVID-19 ARE HIGH. • CLEAN AND DISINFECT FREQUENTLY TOUCHED SURFACES. • WASH YOUR HANDS OFTEN. (SOAP OR HAND SANITIZER) • AVOID TOUCHING YOUR EYES, NOSE AND MOUTH.
TREATMENT:	<p>THERE IS NO CURE FOR THE COMMON COLD, THERE ARE SOME PROVEN WAYS TO TREAT YOUR SYMPTOMS.</p> <ul style="list-style-type: none"> • STAY HYDRATED. • OVER-THE-COUNTER MEDICATIONS • GARGLE WITH SALT WATER • HUMIDIFY THE AIR • REST 	<ul style="list-style-type: none"> • CALL YOUR DOCTOR IF YOU'RE AT HIGH RISK FOR FLU COMPLICATIONS • ANTIVIRAL DRUGS MAY BE AN OPTION IF TAKEN WITHIN 5 DAYS OF FLU ONSET • TAKE OVER-THE-COUNTER MEDICINES TO REDUCE FEVER • GET PLENTY OF REST • STAY HYDRATED - DRINK PLENTY OF WATER • IF SYMPTOMS ARE SEVERE, GO TO THE ER OR HOSPITAL (MOST PEOPLE WITH FLU DON'T NEED TO GO TO THE ER OR HOSPITAL) 	<ul style="list-style-type: none"> • TAKE PRESCRIBED OR OVER-THE-COUNTER ALLERGY MEDICATIONS • ANTIHISTAMINES • DECONGESTANTS • CORTICOSTEROID NASAL SPRAYS • ALLERGEN IMMUNOTHERAPY (ALLERGY SHOTS OR TABLETS) • NASAL WASH/RINSE 	<ul style="list-style-type: none"> • CALL YOUR DOCTOR RIGHT AWAY IF YOU TEST POSITIVE FOR COVID-19 • ANTIVIRAL DRUGS CAN REDUCE RISK OF SEVERE ILLNESS IF TAKEN WITHIN 5 DAYS OF ONSET OF SYMPTOMS • TAKE OVER-THE-COUNTER MEDICINES TO REDUCE FEVER • GET PLENTY OF REST • STAY HYDRATED - DRINK PLENTY OF WATER • IF SYMPTOMS ARE SEVERE, GO TO THE ER OR HOSPITAL

References:

- <https://allergyasthmanetwork.org/images/Covid-Resources/Distinguishing-the-Difference-COVID-19-Allergies-Flu.pdf>
- <https://www.hopkinsmedicine.org/health/wellness-and-prevention/the-dos-and-donts-of-easing-cold-symptoms>
- <https://my.clevelandclinic.org/health/diseases/12342-common-cold>
- <https://www.cdc.gov/flu/about/disease/spread.htm>

Community Central

Good bye winter and hello spring! Although this spring is unusually chilly, here are some captivating articles to enjoy during these rainy days. Also, here are a few resources for transportation. Because whether it's raining or the sun is shining, it's always best to make sure you can reach your medical appointments, movies, concerts, or any other event safely.

The World Is Finally Making Movies For Blind People — & It Means More To Me Than You'll Ever Know

Ingrid Barnes is a blind woman who is a regular at local movie theater. Join her as she shares her experience watching the movie *Touch* a movie she uses only sound to tell its story.

Click on the link below to read more: <https://www.refinery29.com/en-au/touch-pictureless-film-blind-person-review>

ACCESSIBLE CONCERTS: WHAT DISABLED FANS WANT FROM VENUES

While there is accessible for people with disabilities at concerts it seems it still needs a lot of work. Elin William's discuss this and reached out to others in the disabled community on how they can make it better.

Click on the link below to read more. <https://myblurredworld.com/2022/01/09/accessible-concerts-what-disabled-fans-want-from-venues/>

FDA Clears First Over-the-Counter Continuous Glucose Monitor: What to Know About Biosensors

Jessica Randell talks about the glucose monitor Stelo and how it's meant for those with Type 2 diabetes as well as people who want more insight into their blood glucose levels.

Click on the link below to read more: <https://www.cnet.com/health/medical/in-2024-biosensors-are-becoming-more-accessible-what-it-means-for-you/>

Apple introduces transcripts for Apple Podcasts

Apple users rejoice! A new feature makes Apple Podcasts more accessible and easier to navigate.

For more information, please click on the link below: <https://www.apple.com/newsroom/2024/03/apple-introduces-transcripts-for-apple-podcasts/>

Transportation Resources

DART First State
Statewide Transit Information
(800) 652-DART, Option 2
www.dartfirststate.com

Paratransit Service
Fixed Route/Intercounty Schedule Information
(800) 652-DART

Reservations (800) 553-DART
Customer Relations (800) 652-DART, Option 2
Eligibility (800) 652-DART, Option 3

Senior Citizen Affordable Taxi (SCAT)
Provides half-price taxi service for persons age 60 and over and qualified disabled persons.
(800) 652-DART, Option 2

Wilmington (800) 335-8080

Dover (302) 760-2895

Direct Mobile Transit Inc
2110 Duncan Road, Suite 3
Wilmington, DE 19808
302-232-3222
www.directmobiletransit.com

OFFICE LOCATIONS

New Castle County
Two Fox Point Centre
6 Denny Road, Suite 101
Wilmington, DE 19809
Phone: 302-765-0191
FAX: 302-765-0195
VP: 302-504-4754

Kent County
154 South Governors Ave.
Dover, DE 19904
Phone: 302-735-4599
FAX: 302-735-5623
VP: 302-450-1699

Sussex County
10 N. Church St
Milford, DE 19963
Phone: 302-536-1387
FAX: 302-536-1407
VP: 302-504-4754

“Through partnership with Maranatha church, IRI was able to provide a wheelchair to a client.”



Independent Resources, Inc. Presents:

Small Business Training Series

Feeling overwhelmed? This training series is for you!

Learn how to leverage AI for a winning business plan, build a strong brand, and choose the right apps to streamline your tasks. Master email marketing with ESP selection guidance and transform customer data with CRM basics.

Discover the power of Google Workspace and unlock lead-generation secrets with landing pages. Craft engaging newsletters and harness the power of reviews and testimonials. Dominate social media organically and maximize your online visibility.

Don't miss our Virtual Office Hours to solidify your learning and get expert advice!

JOIN US FOR THE NEXT CLASS IN THE SERIES

- | | |
|--------|---|
| Apr 11 | Power Up Your Business Plan with AI |
| Apr 18 | Systems, Workflows, and Processes, Oh My! |
| Apr 25 | Building Your Brand: A Guide to Professionalism |
| May 2 | Virtual Office Hours (by appt) |
| May 9 | App Attack: Conquer Your Business Workflow |
| May 16 | ESP SOS: Find Your Ideal Email Service Provider |
| May 23 | CRM: From Chaos to Growth |
| May 30 | Virtual Office Hours (by appt) |
| Jun 6 | Simplify Your Workday with Google Workspace! |
| Jun 13 | Master the Art of Lead Pages and Landing Pages |
| Jun 20 | Crafting Compelling Newsletters: From Plan to Inbox |
| Jun 27 | Virtual Office Hours (by appt) |
| Jul 11 | The Power of Reviews & Testimonials: Building Trust & Boosting Business |
| Jul 18 | Organic Reach: Demystifying the Algorithm (Part 1) |
| Jul 25 | Conquer Customer Discovery: Organic Reach & Local SEO (Part 2) |
| Aug 1 | Virtual Office Hours (by appt) |



Zoom and In-Person Options

Thursdays @ 1:30 PM - 3:00 PM
Dover Public Library
35 Lockerman Plaza | Dover



Independent Resources Inc.
302-735-4599
iri-delaware.org

Sponsored by:



Upcoming Events

HERE ARE SOME EVENTS, WORKSHOPS AND MORE THAT WILL BE COMING UP THIS YEAR.



LIGHT IT UP BLUE

Autism Awareness Event

Monday, April 15th, 2024
6:30 PM
Gateway Park, Seaford, DE

GUEST SPEAKER:
Mrs. Tomara Williams
Autism Delaware's Family Navigator for Kent & Sussex Counties

SPECIAL PERFORMANCE BY:
Frederick Douglass Elementary Students

The month of April is Autism Awareness Month! Remember to wear your blue and we encourage you to **Light It Up Blue** in our community with kindness!

Hosted by: Nanticoke Automotive, TidalHealth, Seaford

WILMINGTON BLUE ROCKS

THURSDAY APRIL 18TH

6:35PM

USE PROMO CODE **AUTISM24** FOR \$12 UPPER BOX TICKETS

PRESENTED BY **Autism Awareness Night**

302.888.2557 | [BLUEROCKS.COM](https://www.bluerocks.com)
PBEDNAR@BLUEROCKS.COM

NATIONAL FEDERATION OF THE BLIND & BLIND BUDDIES

Live the life you want.

FUN

BRaille FAMILY FUN DAY

MAY 4, 2024
12 PM - 3PM

Snacks! Prizes!

ROUTE 9 LIBRARY & INNOVATION CENTER
3022 NEWCASTLE AVE NEWCASTLE, DE 19720

DEAF EXPO

Open to EVERYONE!!!

Date: May 4, 2024
Time: 10am-4pm
Where: Delaware School for the Deaf
630 E Chestnut Hill Rd
Newark, DE 19713

Admission Cost: FREE!!!

Notes:
Free Parking
Located near I-95
Vendor opportunities
Food/Drinks for sale
Volunteer opportunities

More info online at <https://www.delawaredeaf.org> (evpo)

Questions? Contact the committee at delawareexpo@gmail.com

Hosted by: DELAWARE DEAF SOCIETY, DSD

Senior Social Hour

Tuesdays at 1:00 PM

Meet with other seniors on Tuesdays for conversation and light refreshments!

CLAYMONT LIBRARY
400 Lenape Way, Claymont, DE
302-798-4164

Bring a friend or meet one!
No registration required!

Delaware Families -for- Hands and Voices Chapter Meeting Dates

Parents, caregivers, & professionals, please join us!

Meets the last Thursday of each month except for August and December:

- January 25th 7:00 PM - 8:00 PM
- February 29th 7:00 PM - 8:00 PM
- March 28th 7:00 PM - 8:00 PM
- April 25th 7:00 PM - 8:00 PM
- May 30th 7:00 PM - 8:00 PM
- June 27th 7:00 PM - 8:00 PM
- July 25th 7:00 PM - 8:00 PM
- September 26th 7:00 PM - 8:00 PM
- October 24th* 7:00 PM - 8:00 PM
- November 21st* 7:00 PM - 8:00 PM

*October and November will meet the second to last Thursday of the month due to Halloween and Thanksgiving

Join Zoom Meeting:
<https://us02web.zoom.us/j/3958615918>
Meeting ID: 395 861 5918

ENHANCING INDEPENDENCE AT HOME THROUGH TECHNOLOGY

DATE: WEDNESDAY, APRIL 24, 2024
TIME: 1:00-2:30 P.M.*
LOCATION: DELAWARE STAR TOWER AUDION
100 DISCOVERY BOULEVARD
NEWARK, DE 19713

PRESENTED BY RESNA CREDENTIALLED ASSISTIVE TECHNOLOGY SPECIALIST MADELINE LAQUER AND DAVID MILLER OF THE PHILADELPHIA INDEPENDENCE NETWORK, DISCOVER HOW SMART HOME TECHNOLOGY EMPOWERS INDIVIDUALS WITH DISABILITIES AND OLDER ADULTS TO LIVE INDEPENDENTLY AND WITH ENHANCED SAFETY.

JOIN THIS SESSION TO LEARN ABOUT THE FEATURES OF READILY-AVAILABLE SMART HOME DEVICES, WHAT CONSIDERATIONS NEED TO BE MADE BEFORE PURCHASING THESE DEVICES, AND HOW TO IMPLEMENT THIS TECHNOLOGY AS PART OF AN INDIVIDUAL'S SUPPORT PLAN.

*A Q&A SESSION WILL FOLLOW THE PRESENTATION.
*IN PERSON SESSION

REGISTER PLEASE CLICK BELOW:
[HTTPS://DOCS.GOOGLE.COM/FORMS/D/E/1FAIPQLSCLJQ7MHK2QB3QJTH1JTD-FB24KQOS5YUGZM6IMYPEKFP5UA/VIEWFORM](https://docs.google.com/forms/d/e/1FAIPQLSCLJQ7MHK2QB3QJTH1JTD-FB24KQOS5YUGZM6IMYPEKFP5UA/VIEWFORM)

ACCESSIBLE PHARMACY BLINDNESS AND MENTAL HEALTH SUMMIT:

FRIDAY, JUNE 14, 2024
12:00PM TO 4:00PM ET
COST: FREE

JOIN US FOR THE FIRST ANNUAL BLINDNESS AND MENTAL HEALTH SUMMIT! THE SUMMIT IS THE LARGEST ONLINE GATHERING OF ORGANIZATIONS AND CONSUMERS SHARING INFORMATION, RESOURCES, AND SERVICES FOCUSING ON MENTAL HEALTH IN THE BLINDNESS, LOW VISION, AND DISABILITY COMMUNITIES. IT IS 100% VIRTUAL AND WILL HAVE ASL INTERPRETERS. PROVIDERS WILL ALSO BE ABLE TO EARN CE CREDIT.

THE SUMMIT IS A 2-PART EVENT:

- PART 1 - SPEAKER SERIES
- PART 2 - EXHIBIT HALL

IF YOU WOULD LIKE TO REGISTER PLEASE CLICK THE LINK BELOW:
[HTTPS://DOCS.GOOGLE.COM/FORMS/D/E/1FAIPQLSFLWGIL3DO2OZIWZVQ85ABHJUOH9IG_JVUOO-BOJKHIKDLIEA/VIEWFORM](https://docs.google.com/forms/d/e/1FAIPQLSFLWGIL3DO2OZIWZVQ85ABHJUOH9IG_JVUOO-BOJKHIKDLIEA/VIEWFORM)

BEST BUDDIES FRIENDSHIP WALK

DATE: SATURDAY, APRIL 27TH 2024
TIME: 10AM - 1PM
LOCATION: FRAWLEY STADIUM
801 SHIPYARD DRIVE
WILMINGTON, DE 19801

SCHEDULE:
CHECK-IN: 10:00 AM
OPENING CEREMONIES: 11:00 AM
WALK: 11:15 AM
CELEBRATE UNTIL: 1:00 PM

IF YOU WOULD LIKE TO REGISTER PLEASE CLICK THE LINK BELOW
WWW.BESTBUDDIESFRIENDSHIPWALK.ORG/DELAWARE/
EVENT CONTACT: ELIZABETHTOWNSEND@BESTBUDDIES.ORG



Thank You!

Thank you for hanging in there till the end. We hope you enjoy the content. Well, it's time to go but stay tune for our summer edition.