



RESOURCE

WINTER 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

- HEALTH CORNER: HOW CAN YOU TELL IF IT IS COVID, FLU, COLD OR ALLERGY?
- COMMUNITY CENTRAL: FREE TAX PREPERATION - HELPING OTHERS TO GET THIER TAXES DONE WITH NO COST.
- UPCOMING EVENTS - HERE IS WHATS 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 INFOMATION PLEASE
CHECK OUR WEBSITE
WWW.IRI-DELAWARE.ORG OR
GIVE US A CALL 302-761-0191

Announcments!

*PRE-ETS CLASSES HAVE BEGUN
IN SUSSEX COUNTY AT THE
INDIAN RIVER SCHOOL DISTRICT.

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



By Dr. Jackie Reyes

This is a two-part series that will discuss the difference between the common respiratory disease. Part one will discuss the differences in the symptoms while part two will discuss how these illnesses spread, available treatment and ways to prevent them.

COVID-19, the common cold, seasonal allergies and the flu, also called influenza, cause many similar symptoms. So how can you tell if you have COVID-19?

Here are the differences in symptoms that these illnesses cause. Explained in the picture.

Stay tuned for Part Two

COLD vs. FLU vs. ALLERGIES vs. COVID-19				
SYMPTOMS	COLD	FLU	ALLERGIES	COVID-19** (can range from mild to serious)
Fever	Rare	High (100-102°F), Can last 3-4 days	Never	Common
Headache	Rare	Intense	Uncommon	Can be present
General Aches, Pains	Slight	Usual, often severe	Never	Can be present
Fatigue, Weakness	Mild	Intense, can last up to 2-3 weeks	Sometimes	Can be present
Extreme Exhaustion	Never	Usual (starts early)	Never	Can be present
Stuffy / Runny Nose	Common	Sometimes	Common	Has been reported
Sneezing	Usual	Sometimes	Usual	Has been reported
Sore Throat	Common	Common	Sometimes	Has been reported
Cough	Mild to moderate	Common, can become severe	Sometimes	Common
Shortness of Breath	Rare	Rare	Rare, except for those with allergic asthma	In more serious infections

Sources: National Institute of Allergy and Infectious Diseases, CDC, WHO.

**Information is still evolving

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

Community Central

It's a new year, which means it's that time of year again, tax season. But don't worry, down below are some places where you can get your taxes done for free.

Please Note: You will need to call to set up an appointment and find out the hours and days they are open.

Have a great day and Happy Tax Season!

New Castle County

Route 9 Library and Innovation Center
3022 New Castle Avenue
New Castle, DE 19720
302-655-0803
From: January 30th – April 16th, 2024

Barclay (Goodwill Wilmington)
300 E Lea Blvd
Wilmington, DE 19802
302-655-0803
From: January 30th, 2024 – April 16th, 2024

Woodlawn Library
2020 West 9th Street
Wilmington, DE 19805
302-655-0803
From: January 30th, 2024 – April 16th, 2024

University of Delaware
Div of Professional and Continuing Studies
501 S. College
Newark, DE 19716
302-655-0803
From: February 3rd, 2024 – April 13th, 2024

Hudson State Service Center
501 Ogletown Rd
Newark, DE 19711
302-655-0803
From January 29th, 2024 – October 15th, 2024



Kent County

Delaware State University
1200 N. DuPont Highway
Bank of America Building
Dover, DE 19901
302-344-0038
From: January 16th, 2024 – April 15th, 2024

Dover Public Library
35 Loockerman Plaza
Dover, DE 19901
302-655-0803
From: January 29th, 2024 – April 15th, 2024

Sussex County

Goodwill Milford
694 N Dupont Highway
Milford, DE 19963
302-655-0803
From: January 30th, 2024 – April 16, 2024

Upcoming Events

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



My Life, My Decisions: A Supported Decision-Making Summit

Thursday, March 7 | 1-4 p.m.

University of Delaware STAR Tower Audion |

Virtual Attendance Available

Learn more and register at:

www.cds.udel.edu/mylife

Self-determination means being in control of your own life and making your own decisions.

Join My Life, My Decisions: A Support

Please contact Ashley Steinbrecher at ashstein@udel.edu or [302-831-4793](tel:302-831-4793) if you need accommodations.

Paratransit is available to coordinate rides for summit attendees. There will be a place for you to fill out your rider information when you register.

New Castle County School Districts'

Transition to Adult Life Fair 2024

Thursday, March 21st 2024

Time: 5:30PM – 8:00PM

Chase Center on the Riverfront

815 Justison Street

Wilmington, DE 19801

Click the website link below for additional information:

https://www.apposchooldistrict.com/apps/news/show_news.jsp?REC_ID=840109&id=0

The New Castle County Transition team is having their 7th Annual Transition to Adult Life Fair for school age students with disabilities. This fair is to help families and students navigate the post-secondary system in the areas of employment, training/education, and independent living.

Please join us to visit and hear presentations from agencies, parents, and students.

*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

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

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





Thank You!

Thank you for hanging in there till the end we hope you enjoy the content. Well its time to go but more content is coming. Part two of Dr. Jackie's Health Corner and much more! See you in our Summer edition!

For more info:

WWW.IRI-DELAWARE.ORG