

Bill Leslie up close and personal at The Wright's 26th Anniversary Gala

Bill Leslie, WRAL-TV news anchor, was our keynote speaker at the Wright's Center's 26th Anniversary Gala Celebration. Mr. Leslie riveted the audience with humorous stories of growing up in Morganton, North Carolina and his journalism career. His distinguished and commendable work in journalism has garnered him more than 75 major awards.



Bill Leslie

In addition, Mr. Leslie is a composer, producer, arranger and performer of eight highly acclaimed Celtic fusion CDs. He captivated the audience with two songs from his award winning albums.

Lisa Ingram, caretaker for her mother and **Kaye Burgwyn**, caretaker for her husband, both presented

moving testimonials about The Wright's Center and how our adult day care services add value to their lives.

Our silent and live auctions were successful with guests bidding on items such as a weekend at Wrightsville Beach, UNC Basketball signed by players and coach, and a variety of other items. As usual, Wooten Lamm did an outstanding job as our auctioneer.

If you were unable to attend our celebration but would still like to make a tax-deductible donation to help us meet our goal, make your check out and mail to The Wright's Center, 513 W. Raleigh Boulevard, Rocky Mount, NC 27803.

Thank you to all of our sponsors. Your continued support is very much appreciated.

(See page 2 for a list of sponsors and article on how caregiving affects full-time caregivers.)

The Wright's Center is a cost-effective option for long-term care

Each year, more and more families require the services of affordable adult day health care such as The Wright's Center. When you compare the cost-effectiveness of adult day services to other forms of care, our services are the most cost-effective option. Following are comparison costs presented by the North Carolina Day Services Association.

NC Average Annual Cost Per Person

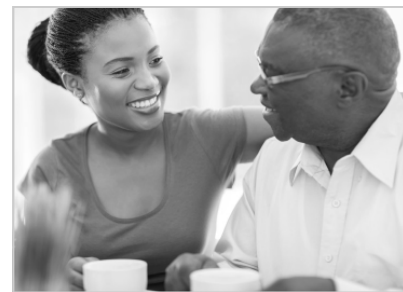
- Adult Day Services - \$13,260
- Home Care/Homemaker - \$38,896
- Home Care/Home Health Aide - \$40,040
- Assisted Living - \$35,280
- Nursing Homes/Semi-Private - \$73,913
- Nursing Homes/Private - \$82,125

The Wright's Center is an adult day care facility for frail elders, adults with disabilities and veterans. We provide a supervised program of activities designed to benefit older and/or disabled adults who, because of physical impairments or other ailments, should not be left alone during the day.

When is the right time to consider adult day health care?

If your loved one exhibits a few of the following:

- Needs help in self-care and requires supervision
- Is socially isolated, lonely, mentally confused
- Requires medical supervision and care
- Is prone to wander
- Needs stimulation; needs assistance with life skills
- Needs to improve quality of life despite disability/illness
- Has a caregiver who needs support and/or a break from responsibilities



If you have a family member who would benefit from the service we provide, contact **Doris Howington**, executive director or **Antoinette Wheeler**, program director at 252.442.8383. We encourage you to visit our facility and see firsthand what we are all about.

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Would you like to give
of your time, wisdom and talents to
enhance the lives of frail elders,
adults with disabilities and veterans?
If so, The Wright's Center is seeking
people to serve on our Board of
Directors. Contact Doris Howington,
our executive director
at 252.442.8363 today
for more information.

*"At the age of 82, my aunt needs a
greater amount of external
stimulation and social activities
that will assist her in being more
mentally alert and functional. I'm
grateful that the Wright's Center
will provide social and mental
stimulation for my aunt. Her
participation in the program is a
great benefit to her well-being and
a great help to me."*

Annie Burney, caregiver



To our 26th Anniversary Gala sponsors, The Wright's Center Board of Directors, staff and participants offer our sincere thank you. Your contributions are an investment in the lives of the frail elders, adults with disabilities and veterans who attend our program, as well as their caregivers.

Platinum

Cummins Rocky Mount Engine Plant

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Table

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Caregiving impact on full-time caregivers

In 2014, friends and family of people with Alzheimer's and other dementias provided an estimated 17.9 billion hours of unpaid care, a contribution to the nation valued at \$217.7 billion. This is approximately 46 percent of the net value of Walmart sales in 2013 and nearly eight times the total revenue of McDonald's in 2013.

- Approximately 2/3 of caregivers are women and 34 percent are age 65 or older.
- Forty-one percent of caregivers have a household income of \$50,000 or less.
- Over half of primary caregivers of people with dementia take care of parents.

Alzheimer's takes a devastating toll on caregivers. Nearly 60 percent of Alzheimer's and dementia caregivers rate the emotional stress of caregiving as high or very high; about 40 percent suffer from depression. Due to the physical and emotional toll of caregiving, Alzheimer's and dementia caregivers had \$9.7 billion in additional health care costs of their own in 2014.

Source: alz.org

The Wright's Center activities result in joy and merriment for participants

The Wright's Center program for frail elders, adults with disabilities and veterans includes activities that address the nutritional, educational, recreational, social and health needs of all participants.

During this past quarter, participants enjoyed a variety of activities to stimulate their minds and bodies.

In **April**, participants enjoyed an Easter Egg Hunt to celebrate the Easter Holiday. They wore their favorite spring color outfits including their favorite spring hat. Flowers were planted in observance of Earth Day. Music therapy, a favorite at our facility, was enjoyed by all.

During **May**, participants made gifts to honor their mothers. Our women participants enjoyed a nail and

spa day. **Ingrid Hospedales**, food service coordinator, at the Center, prepared a special meal for everyone. **Regina Davis**, LPN, presented on the topic of "A Healthier You."

In **June**, participants attended Senior Day at Golden East Crossing Mall where they had the opportunity to win a variety of prizes by playing Let's Make A Deal. Fathers were honored with a scrumptious Father's Day luncheon.



Each week our community volunteers provide daily devotions for our

participants. As participants sing hymns from their youth, you can see smiles appearing on their faces as the songs bring back memories.

Our program encourages social interaction and physical activity to help reduce isolation, and loneliness for our participants.

Are you a caregiver in need of assistance with your loved one? Call 252.442.8363 to speak with **Doris Howington**, executive director or **Antoinette Wheeler**, program director for more information on how we can help you and your loved one.

Quick Fact

In 2015, Alzheimer's and other dementias will cost the nation \$226 billion. By 2050, these costs could rise as high at \$1.1 trillion.

Source. alz.org

\$1000

will provide 7 months of transportation for a participant from a rural area.

\$500

will provide supplies for arts & crafts, games, activities and bingo prizes.

\$200

will provide special music for a month, educational programs or exercise therapy.

\$50

will provide a day at the Wright's Center including transportation and meals.

\$25

will provide one-half day of respite for a constant caregiver.

The Wright's Center, Inc. is the most cost-effective way to provide care and help delay or avoid institutionalization for chronically ill, disabled, or cognitively challenged adults while offering needed respite for caregivers.

☐ **YES**, I want to help The Wright's Center care for needy elders and disabled adults in our community.

☐ Enclosed find my tax deductible contribution of \$_____

☐ I pledge: ☐ \$500 ☐ \$250 ☐ \$100 ☐ Other \$_____

To be paid: ☐ Monthly ☐ Quarterly ☐ Semi-Annually ☐ Annually

Name _____

Address _____

City _____ State _____ Zip _____

Phone No./Home _____ Work _____

Please make check payable and mail to:

The Wright's Center, Inc., 513 W. Raleigh Boulevard, Rocky Mount NC 27803
Solicitation License # SL001948

YOU can make a difference!

There's always a need

The Wright's Center, Inc. is always in need of supplies to maintain ongoing activities for our elderly and disabled participants. Following find our Wish List.

- FINANCIAL SUPPORT
- Lockable filing cabinets
- Supplies for Arts/Crafts activities
- Paper products (towels, napkins, tissues, cups, plates)
- Carpet for all carpeted areas
- Small trash bags
- Volunteers (Monday through Friday)

Thank you for all that you do!

Outdoors benefits people with dementia

Many people living with dementia end up spending little to no time outdoors. One group in England wants to change this. They've compiled a report entitled, "Greening Dementia" to outline the benefits of being outdoors, especially for those who are living with Alzheimer's disease and other kinds of dementia.



Benefits of the outdoors for people living with dementia

- Improved emotional state: reduced stress, agitation, anger, apathy and depression
- Improved physical health: skin health, fitness, sleeping patterns, eating patterns
- Improved verbal expression
- Improved memory and attention
- Improved awareness: multi-sensory engagement and joy
- Improved sense of well-being, independence, self-esteem and control
- Improved social interaction and a sense of belonging

Source: About.com



Visit us at
www.thewrightscenr.com

wrightscenr.inc@embarqmail.com/Email

252.442.8363
252.442.6795/Fax

Address Service Requested

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