

The Wright's Stuff

The Wright's Center, Inc. is an adult day health care center for frail elders and disabled adults living in Nash, Edgecombe and Wilson counties and the surrounding areas.

Volume 22 Number 1
 September 2012

Board of Directors

Marsha Baker-Coles, M.S.Ed., LPC

Mae A. Batts

Ann Batts-Sye, Ed.S.

Wes Brown

Louise W. Coggins, M.S.W.

Phyllis Cowell

Patricia Davis-Penn

Marilyn Evans

Frances Gaither

Dr. Thomas Griggs

C. Rudolph Knight

Edward Lanear, P.A.

Bishop Haywood Parker, Ph.D.

Beverley Riley

Dr. Trevella Sellers-Wilkins

Antonio C. Stephens

Lamont Wiggins, Esq.

Doris Howington
Executive Director

Antoinette Wheeler
Program Director

Wright's Center Adopts New Exercise Program

As North Carolinians get older, participation in physical activity declines. Less than 40 percent of North Carolina's older adults, ages 65 and older, participate in the weekly recommended amount of physical activity. To enhance our physical activity program, The Wright's Center recently partnered with *Be Active North Carolina* and their *Placemat Program*. The *Placemat Program* is an adapted strength and balance exercise program suitable for frail elderly individuals that is easy to learn and does not require any special equipment. The program objectives are to strengthen bodies and support feelings of independence and functional fitness. The program also decreases and prevents early nursing home placement and inhibits falls. The North Carolina Placemat Program is collaboration between *Be Active North Carolina* and the *University of North Carolina-Greensboro (UNCG)*.

Participants are assessed with the use of functional fitness assessment tools that measure lower and upper body strength and endurance...

Project team members at The Wright's Center received on-site training from staff of the *Be Active North Carolina-UNCG* partnership. Wright's Center's **Antoinette Wheeler**, program director, **Patricia Lawrence**, certified adult day services specialist and **Annie Barnes**, certified adult day services specialist all received training demonstrating the various phases of the *Placemat Program*. Wright's Center

participants will receive 45-60 minutes of specific exercise routines three times per week on mats provided the *Be Active North Carolina*. The *Placemat Program*



utilizes three forms of exercise: (1) Warm-Up/Cool Down with Ease; (2) Strength Training with Ease; and (3) Balance to Function.

Participants are assessed with the use of functional fitness assessment tools that measure lower and upper body strength and endurance resulting from chair stands and arm curls, in addition to

a Four Stance Balance test and a Get-up and Go test for dynamic balance. Family members, caregivers and staff will provide input regarding changes in dependence of participants.

Family and caregivers will also provide feedback on the impact at home. (Participants are provided placemats so that they can also do the exercises at home.)

We are excited about our new exercise program and look forward to positive results in the physical strength and endurance of Wright's Center participants.

Same Location, New Address

Please note our new street address; same location, new address:

The Wright's Center
 513 W. Raleigh Boulevard
 Rocky Mount, NC 27803.

My Son, Lawrence B, the Chef

A poem written by Mae B., Wright's Center Participant

Lawrence is one that is cool and full of zeal.
His standard is one of liberalism.
He loves to cook good food.
His main dishes to cook are barbecue ribs and chicken.
The sauce he makes is sensational, mouthwatering and delicious.
He has a love for people and enjoys talking; singing, cooking and making them smile through the taste of his great food.
Through the years he learned from his grandmother that the true value of love is through our Lord Jesus Christ.
The family values of love were instilled in Lawrence B the Chef in the kitchen; where it got hot and smoky, but smelling good.
He charms you through his exquisite foods.
He begins with the marinate smell and the rubbing sauces that he creates all with his charm, wit, humor and love.
If you need to know how to walk in love, then you need to call on the Chef Lawrence B, who knows how to cure a heart ache as well as a stomach ache through his love and cueing (barbequing) of Lawrence B, the master grilling chef. He always cues with charm, laughter and love.
Lawrence B is the chef that cooks with love and pizzazz!

Older Adults Urged to Get Flu Shots

With the flu season fast approaching, the National Council on Aging (NCOA) urges older adults to receive an annual influenza vaccination. Through a new national *Flu + You* campaign, NCOA is working to improve vaccination rates among this age group because adults 65 and older are particularly vulnerable to the flu and its complications.

The body's immune system and its ability to fight illness decrease with age, leaving even healthy older adults at greater risk for influenza and its complications. The objective of *Flu + You* is to inform older adults about the serious threat influenza poses, the importance of annual immunization, and the available vaccine options covered by Medicare for people over 65.

"Vaccination is the best protection against influenza and can help prevent influenza-related complications, which can be particularly serious for older adults," said Dr. Howard K. Koh, assistant secretary for health, United States Department of Health and Human Services (HHS). *"I urge everyone 65 and older to learn about influenza and to talk to their health care providers about vaccination."*

Purpose in Life Deters Alzheimer Disease

Alzheimer disease (AD) is one of the most dreaded consequences of aging, and the identification of modifiable factors associated with the risk of AD is a top public health issue.

Although relatively few such risk factors have been identified, emerging data suggest that a



variety of potentially modifiable psychological factors are associated with risk of AD.

"Purpose in life" (PIL) has been linked to positive outcomes, including better mental health and happiness, and it was recently reported that PIL is associated with longevity. PIL is defined as the psychological tendency to derive meaning from life's experiences and to possess a sense of intentionality and goal directedness that guides behavior.

PIL has long been hypothesized to protect against adverse health outcomes. In a study by the Rush Alzheimer's Disease Center the hypothesis was studied using data from more than 900 participants. The results indicate that a person with a high score PIL measure was approximately 2.4 times more likely to remain free of AD than was a person with a low score. Thus, greater PIL can be associated with a reduced risk of AD in the community-dwelling older person.

Out Of The Mouths Of Babies — Stan's kindergarten class was on a field trip to their local police station where they saw pictures tacked to a bulletin board of the 10 most-wanted criminals. One of the youngsters pointed to a picture and asked if it really was the photo of a wanted person. "Yes," said the policeman. "The detectives want very badly to capture him." Stan asked, "Why didn't you keep him when you took his picture?"

Caregiving Tips For Loved Ones Who Wander

Caring for a person with Alzheimer's Disease (AD) at home is a difficult task and can become overwhelming at times. Keeping the person safe is one of the most important aspects of care giving. Some people with AD have a tendency to wander away from their home or their caregiver. Knowing what to do to limit wandering can protect a person from becoming lost.

- Make sure your loved one carries some kind of identification or wears a medical bracelet. Consider enrolling your loved one in the Alzheimer's Association Safe Return program if available in your area. If your loved one gets lost and is unable to communicate adequately, identification will alert others to his/her medical

condition.

- Notify neighbors and local authorities in advance that your loved one has a tendency to wander.
- Keep a recent photo or videotape of your loved one with AD to assist police if he/she becomes lost.
- Keep doors locked. Consider a keyed deadbolt or an additional lock up high or down low on the door. If your loved one can open a lock because it is familiar, a new latch or lock may help.
- Be sure to secure or put away anything that could cause danger, both inside and outside the house.

North Carolina Aging Statistics

- NC is projected to rank 19th among states in the growth of the 65+ population from 2000-2030.
- Between 2010 and 2030, North Carolina's 65+ population is projected to increase by over 400,000 persons per decade, reaching 2.14 million, or about 18% of the state total, by 2030.
- Between 2000 and 2010, North Carolina's very old (85+) population increased by nearly 40%.

Source: UNC Institute on Aging

\$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.

\$100

will provide special music, 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)
- Tile for bathrooms, kitchen and foyer
- Carpet for all carpeted areas
- Small trash bags
- Volunteers (Monday through Friday)

Thank you for all that you do!

Antoinette Wheeler Joins Wright's Center Staff

Antoinette Wheeler, program director for The Wright's Center, is busy these days organizing activities for participants in our adult day care program. From exercising, whether in chairs or standing, to encouraging participation in educational and cultural activities, Antoinette enjoys working with our participants.

States Antoinette, *"My passion has always been to assist the elderly. Getting the job as Program Director for The Wright's Center was a blessing. I have enjoyed getting to know each participant, caregiver and all of the staff. We are all one big happy family."*

Antoinette is a graduate of Elizabeth State University with a BA in Sociology/Social Work. She lives in Tarboro and is married with three children. In her leisure time, she enjoys shopping and spending time with her family.

Welcome aboard Antoinette!



Antoinette Wheeler joins
The Wright Center staff
as Program Director.



513 W. Raleigh Boulevard
Rocky Mount, NC 27803

Nonprofit Organization
U.S. Postage
PAID
Rocky Mount NC
Permit No. 46

252.442.8363
252.442.6795/Fax

wrightscenter.inc@embarqmail.com/Email

Visit us at
www.thewrightscenter.com

