

# 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 23 Number 1  
 September 2013

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On Thursday,

**April 24, 2014,**

**The Wright's Center**

will celebrate

**25 Years**

of service to frail elders and persons with disabilities. We

will also honor our parent company, **VISIONS, Inc.**, for their **30th Anniversary.**

More details in our next newsletter.

## NC Adult Day Services Association receives 2013 North Carolina Excellence Award

The NC Adult Day Services Association has been recognized as the 2013 North Carolina Excellence Award recipient presented by the Small Business Institute for Excellence in Commerce (SBIEC).

Each year the SBIEC conducts business surveys and industry research to identify companies that have achieved demonstrable success in their local business environment and industry category. They are recognized as having enhanced the commitment and contribution of small businesses through service to their customers and community.

NC Adult Day Services Association has consistently demonstrated a high regard for upholding business ethics and company values which is a trait seldom found in its industry. It's recognition by SBIEC marks a significant achievement as an emerging leader within its competitors and is setting benchmarks that the industry should follow.

**The Wright's Center** is a member of the NC Adult Day Services Association.

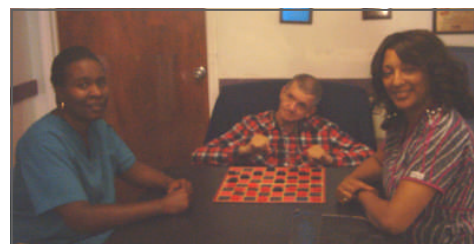
**Doris Howington**, executive director of The Wright's Center serves on the board and has held the offices of chair, vice chair and secretary.

## Wright's Center welcomes two new staff members

The Wright's Center welcomes two new members to our staff. They are **Alysia Graham** and **Shanula Harris**.

**Alysia Graham** is our CNA II – Senior Health Aide. States Alysia, *"I chose this career eight years ago because I love working with seniors and helping others, so my dream is fulfilled. Getting the position at the Center is so rewarding for me. I have a special zeal for working with each participant and knowing their individual needs. I am excited about becoming a part of the supportive team and being a member of The Wright's Center family."*

**Shanula Harris**, CNA I, comes to us from Staten Island, New York. She brings twelve years of experience to our Center and is happy to be working with our participants. Says Shanula, *"The staff and participants are very caring and I feel so welcome."*



Left: Shanula Harris, new Wright's Center employee, James Jones, Wright's Center participant, and Alysia Graham, also new employee, play a game of checkers. James says since he is the better player, he is teaching them how to play. The Center uses games to help keep minds active and fit.

**The Wright's Center will celebrate Adult Day Services Week  
 September 16 – 20. We invite you to stop by and visit us.**

## Caregivers need care too

As a caregiver, you may find yourself with so many responsibilities that you neglect taking good care of yourself. But the best thing you can do for the person you are caring for is stay physically and emotionally strong. Here's how:



**See the doctor**—Be sure to visit your physician regularly (at least annually), and listen to what your body is telling you. Any exhaustion, stress, sleeplessness, or changes in appetite or behavior should be taken seriously. Ignoring these symptoms can cause your physical and mental health to decline.

**Get moving**—Exercise is an important part of staying healthy — it can help relieve stress, prevent disease and make you feel good. *But finding the time to exercise is another story.*

### Use the following tips:

- > **Take friends and family members up on their offers to help.** You can get in a good workout in a short amount of time — even a 30 minute break.
- > **Start small.** While it is recommended that you get 30 minutes of physical activity at least five days a week, even 10 minutes a day can help.
- > **Exercise at home.** When your loved one with dementia naps, pull out a yoga mat and stretch, set up a stationary bike, or try exercise tapes.

**Eat well**—Heart-healthy eating

patterns, such as the Mediterranean diet, are good for overall health and may help protect the brain. A Mediterranean diet includes

relatively little red meat and emphasizes whole grains, fruits, vegetables, fish, nuts, olive oil and other healthy fats.

## Keep seniors safe on Craig's List

According to a recent study, 53% of American adults age 65 and older use the Internet or email.

Craigslist can be a useful place for seniors to search out listings relating to personal hobbies, shopping for new, used, or antique items, or finding needed services and contracted help. However, given the anonymity of Craigslist, protecting one's privacy and safety remains a top priority. Unfortunately Craigslist fraudsters are targeting older adults more than ever. In fact,

**elderly fraud victims lost over \$2.9 billion annually from scams**, up 12% from 2008. Fraud perpetrated by strangers, like Craigslist posters, accounted for 51% of reported cases.

Here are a few basic tips to protect yourself and your loved one from Craigslist scammers:

- > **Deal locally** with people you can meet in person – Agree to have

the exchange take place in a public place if possible.

### > **Do not post personal information.**

Never share information including your home address and financial information (bank account number, social security number, PayPal info, etc). Watch for emails that ask for your account information, or ones that ask you to validate your identity, re-enter your password, and so on. These are red flags of phishing scams.

- > **Never wire money.** If a person agrees to sell you something only if you wire the funds, stay away.

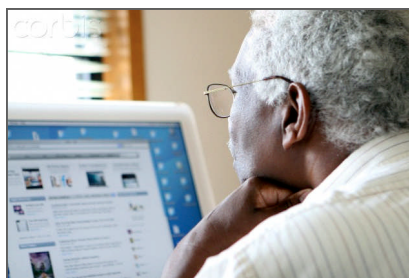
- > **Beware of strange email correspondences** – Emails that begin with “Good day”, “Hello Kind Sir”, or “I am gratefully indebted to your kindness” are just a few to ignore. Broken and improper English may be another trigger, but always, if it sounds suspicious, it could be a scam. Show your parent examples of emails to stay away from, so that

they can filter dangerous responses from their inbox.

- > **Get references.** If your elderly loved one is interested in working with a contractor they found on Craigslist, ask for references.

If you suspect your elderly loved one has been the victim of Craigslist fraud, file an abuse report at the site immediately.

Source: Emeritus Senior Living



### A Bit of Humor

My idea of housework  
is to sweep the room  
with a glance.

## Wright's Center participants relish social interaction

When it comes to social activities, participants at The Wright's Center stay pretty busy. This past quarter, in addition to other routine activities, we observed Father's Day, Senior Day and enjoyed the Imani Milele Children's Choir.

~ In observance of **Father's Day**, participants enjoyed a picnic lunch. The menu was planned by our food service coordinator, **Jan Walton**. Needless to say, the food and camaraderie brought smiles to everyone's face.

~ Participants enjoyed **Senior Day** sponsored by the *City of Rocky Mount Parks and Recreation Department, Golden East Crossing Mall, Nash County Aging Department and Tarboro*

*Parks and Recreation*. Held at Golden East Crossing Mall, the theme was "Don't Gamble With Your Health." Fun was had by all as they enjoyed the entertainment, food and just being out and about.

### ~ The **Imani Milele Children's**

**Choir** of Uganda Africa presented an outstanding performance for participants and staff at the Center. Choir members are



orphans who have lost parents to illnesses such as HIV, AIDS or other causes. Milele Children is a registered nonprofit organization based in Kampalo, Uganda, focused on liberating and developing orphaned and

at-risk children, impacting them with Christian values, hence enabling them to transform nations. We encourage you to visit YouTube and search Imani Children's Choir, to experience the choir first hand.

Social interaction and physical activity help to keep minds and bodies fit. The Wright's Center is

pleased to offer a supervised program that helps to reduce social isolation and loneliness for our participants.

**More than 5 million  
Americans are living  
with Alzheimer's Disease.**

*Source: Alzheimer's Association— 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)
- 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!*

## Holiday gift ideas for caregivers

Caregivers are deserving of consideration when it comes time to give. Caring for a loved one with any disability is rewarding, but it is also demanding, stressful and tiring. What can you give? Caregivers need help and a break from their routine.



- ~ Even if you don't live close enough to take over for a day, you can still provide care indirectly. If there is daycare in the caregiver's area, arrange for the person with dementia or Alzheimer's to spend a day there.
- ~ A **housecleaning service** would also be a most welcome gift for someone who has precious little time for much of anything but giving the best care she is capable of.
- ~ So would **meals delivered** to the house, a **laundry service**, and **groceries delivered**. Anything you can do to lighten the load will be greatly appreciated.



Visit us at  
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