

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 21 Number 2
 December 2011

Board of Directors

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

Mae A. Batts

Ann Batts-Sye

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

Bishop Haywood Parker, Ph.D.

Beverley Riley

Dr. Trevela Sellers-Wilkins

Antonio C. Stephens

Lamont Wiggins, Esq.

Doris Howington
Executive Director

Patricia Neville
Program Director

Johnson to Headline Wright's Gala Celebration

It may seem hard to believe, but it's time for The Wright's Center's Gala Celebration.

My how time flies. Our speaker this year is

Dr. James H. Johnson, Jr.,

William R. Kenan Jr.

Distinguished Professor of strategy and entrepreneurship and director of the Urban Investment Strategies Center at UNC-CH.

Dr. Johnson's research interests include community and economic development, the effects of demographic changes on the U.S. workplace, interethnic minority conflict in advanced industrial societies, urban poverty & public policy in urban America, and workforce diversity issues.

He has published more than 100 scholarly research articles and three research monographs and has co-edited four theme

issues of scholarly journals on these and related topics.

Dr. Johnson received his Ph.D from Michigan State University, his MS from the University of Wisconsin at Madison and his BS from North Carolina Central University.

Gala sponsorship opportunities are still available. For additional information, contact Doris Howington, executive director of the Wright's Center at 252.442.8363.

The Wright's Center is based on a model of intergenerational helping and community reinvestment, and is committed to serving elders of all races and income levels. We offer planned program activities designed to address the nutritional, educational, social, recreational and health needs of our participants, while providing relief for the constant caregiver.



Dr. James H. Johnson, Jr.,
 keynote speaker for
 The Wright's Center
 2012 Gala Celebration.

Save The Date

The Wright's Center's
 23rd Anniversary
 Gala Celebration

Thursday, May 10, 2012

Silent Auction—6:00 pm
 Program—6:45 pm

R.T. McCarter
 Fellowship Center
 Rocky Mount, NC

Getting Outside Help: The First Steps

Convincing elderly parents they need help can be difficult. Generally speaking, adult children of aging parents are the first to spot the need. Parents often resist the help of their adult children. How do you go about getting your elderly parents to welcome outside help?

Start with the least invasive type of help first — For example, there are fairly essential tasks around the home that frequently become more challenging. Tactfully suggest to your parents that several of their friends have hired a neighborhood service company to mow lawns and do small tasks around the house, thus freeing them to do things they really enjoy.

Some gentleness and compassion can go a long way toward preserving your parents' or loved ones' dignity and getting them to allow you to help out gradually.

Continued on top of page 2

Getting Outside Help *(continued from first page)*

Just be careful that you do not appear to be taking over.

Take time to adjust, then introduce the next step

— If additional assistance is necessary, the next step would be in-home help. In-home care providers are often a lifeline for people who want to stay in their homes longer. If Mom needs someone to stay with her while Dad does the grocery shopping, an in-home health agency can provide that person. If Dad needs help in the shower, but Mom can't

handle him, an in-home agency can come to the rescue.

Approach your elders in a casual way and don't dwell on the losses that come with age. When you talk with your elders, deliver the message that you want them to live healthier, burden-free lives.

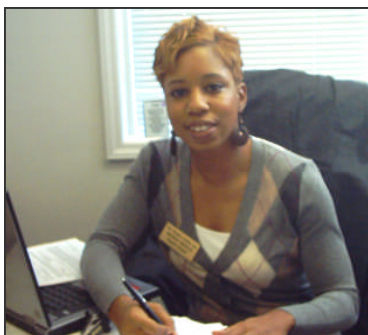
If your elderly family member cannot be left at home alone, and you are employed outside of the home, the Wright's Center is another alternative.

The Wright's Center provides 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.

For more information about The Wright's Center, contact Doris Howington, executive director or Patricia Neville, program director at 252.442.8363.

Source: Article in part from ElderCarelink

Three Join Wright's Center Staff



Patricia Neville

Patricia Neville is our new program director at The Wright's Center. Patricia earned her Bachelor's degree in Social Work from Barton College in May 2010. She also minored in Gerontology.

Patricia notes, *"I thoroughly enjoy working with The Wright's Center participants."* Since beginning at the Center in January of this year, she has organized numerous activities including a Valentine's Day Party and a Mardi Gras Celebration.

Patricia and her husband, Shawn, have five children. She is an active member of Abundant Life Ministries where she serves in the children's ministry bookstore. In her spare time she enjoys baking and couponing.

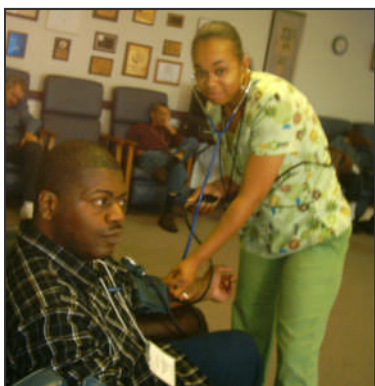
Jan Walton is the new food service coordinator for The Wright's Center. Jan began working in food service while serving in the U.S. Army and has enjoyed cooking since then.

States Jan, *"My passion is cooking healthy, home style dishes that people enjoy. I love my job and I like seeing people enjoy the meals I prepare. I enjoy working with and cooking for everyone who is a part of The Wright's Center"*

Jan moved to North Carolina in 2008. She lives in Tarboro with her husband and youngest son. She has two adult sons who also live in Tarboro, and two sons who live in Seattle, Washington and Hawaii.



Jan Walton



Lynette Dixon

Lynette Dixon is The Wright's Center's new CNA II. Her responsibilities include monitoring participants' blood pressure, testing blood sugar and administering insulin if needed. Lynette notes that having worked in a hospital environment is beneficial to her work at the Center.

Lynette appreciates the opportunity to develop lasting relationships with the participants as well as their caregivers. Lynette says, *"I enjoy caring for people and being able to help them improve their quality of life. That is what the Wright's Center is all about."*

In her spare time, Lynette enjoys spending time with her family.

Who Are Today's Caregivers?

There are millions of caregivers across the United States

If you're a caregiver, sometimes you might feel all alone in your journey. But did you know that there are actually millions of caregivers in the United States?

At the 2008 Rocky Mountain Geriatrics Conference in Salt Lake City, Utah, Dr. Richard Schulz from the University of Pittsburgh School of Medicine shared important facts about today's family caregivers:

~ In 2003, over 44 million people in 23 million households provided care for a family member or friend who was chronically ill, disabled, and/or over the age of 65. This

number has grown since then.

~ 80% of those receiving care are age 50 or older, and 65% are female.

~ Approximately 61% of caregivers are female.

~ Businesses in the U.S. lose 11 to 29 billion dollars each year due to employees missing work in order to care for older relatives.

As Dr. Schultz pointed out, caregivers are the heroes of our society for their contributions and sacrifices.

Myth vs Reality

Myth

All old people have Alzheimer's Disease.

Reality

Even though age is an important risk factor for Alzheimer's, most older people do not have the disease. It's important to note that normal aging doesn't necessarily include dementia or Alzheimer's.

For more information, see [Alzheimer's vs. Normal Age-Related Memory Loss](#).

Source: ALZ.org—
"Cause and Risk Factors"

We do not stop playing because we grow old;

We grow old because we stop playing.

\$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., 501 Raleigh Road, 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!

Caregivers Corner

While some people with Alzheimer's Disease don't mind bathing, for others it is a frightening, confusing experience. Advance planning can help make bath time better for both of you.

- ~ Plan the bath or shower for the time of day when the person is most calm and agreeable. Be consistent. Try to develop a routine.
- ~ Respect the fact that bathing is scary and uncomfortable for some people with Alzheimer's Disease. Be gentle and respectful. Be patient and calm.
- ~ Tell the person what you are going to do, step by step, and allow him or her to do as much as possible.
- ~ Prepare in advance. Make sure you have everything you need ready and in the bathroom before beginning. Draw the bath ahead of time.
- ~ Be sensitive to the temperature. Warm up the room beforehand if necessary and keep extra towels and a robe nearby. Test the water temperature before beginning the bath or shower.
- ~ Minimize safety risks by using a handheld showerhead, shower bench, grab bars, and nonskid bath mats. Never leave the person alone in the bath or shower.
- ~ Try a sponge bath. Bathing may not be necessary every day. A sponge bath can be effective between showers or baths.



501 Raleigh Road
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 our website at
www.thewrightscenter.com

