

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

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In Memory Of

This newsletter issue is dedicated to the memory of **Thomas Williams**, our board member who recently passed away. His loyalty and service will be missed.

Harrison headlines 18th Anniversary Gala Celebration

William Harrison, Jr., former chairman and CEO of JPMorgan Chase and Company, and Rocky Mount native, spoke to almost 400 guests at The Wright's Center's recent 18th Anniversary Gala Celebration. Mr. Harrison was welcomed by family and friends who listened intently to his words of wisdom.

Funds raised from our Gala, The Wright's Center's annual fundraiser, provides funds to support our programs that address the nutritional, social, educational, recreational and health needs of the elders and disabled adults who attend The Wright's Center. We appreciate all of our supporters and especially the following sponsors for helping to make our Celebration a success.

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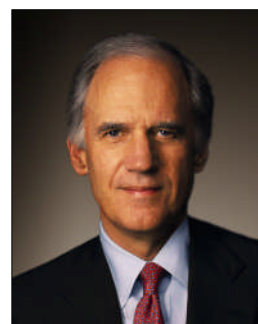
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William Harrison, Jr.

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Did You Know?

There were 70,104 persons aged 100 or more in 2005 (0.19% of the total population). This is a 88% increase from the 1990 figure of 37,306.

Caregivers Corner

Caregiving for an aging parent or spouse presents tough challenges. Following are tips to help relieve some of the stress you face from day-to-day as a caregiver.

- **Be good to yourself.** Give yourself credit for the good that you do instead of being hard on yourself when you get frustrated, impatient, sad or angry. Give yourself tangible rewards for getting through a difficult day or situation.
- **Realize that your sense of humor may be your #1 coping tool.** Look for opportunities to laugh, both inside and outside caregiving activities. Laughter creates better health and reduces stress.
- **Use your support system.** The key to building a positive support system is to know what type of specific support you need . . . and then ask for it or create a plan to get it. When family and friends offer support, tell them exactly what you need. Don't expect them to read your mind.
- **Take time off** without feeling guilty.

Caring for yourself is one of the most important, and one of the most often forgotten things you can do as a caregiver. Only when you first help and take care of yourself can you effectively help those in your care.

Dementia — First step in handling troublesome behaviors

For the next few issues of our newsletter, we will provide suggestions on how to help manage troublesome behaviors of persons with dementia.

Dementia can result in behaviors that caregivers find challenging, such as confusion, aggression, hoarding, sundown syndrome, and wandering.

The following suggestions are actions you can take at home without a clinician's assistance. Many people who find it stressful caring for a person with dementia are relieved when they realize that they can take actions to help their situation.

First Step Suggestions

- Stick to a regular daily routine.

- Surround the person with familiar objects.
- Plan the schedule around the person's prior routine (e.g. morning shower, dinner every evening at 5 pm).
- Determine the time of day when your elder is most capable of performing a certain activity.
- Evaluate the home for safety:
 - Safety bars on the wall near the toilet and bathtub.
 - Night lights in hallways and stairs.
 - Use non-slip rugs and shower stools.
 - Lower the bed to reduce the risk of falls.

Just for fun — Signs that you are getting older — It happens to the best of us



1. Everything hurts and what doesn't hurt doesn't work.
2. Your little black book contains only names that end in M.D.
3. You turn out the lights for economic rather than romantic reasons.
4. Your back goes out more than you do.
5. You have too much room in the house and not enough in the medicine cabinet.
6. Your best friend is dating someone half their age...and isn't breaking any laws.
7. You have a party and the neighbors don't even realize it.
8. You quit trying to hold your stomach in, no matter who walks into the room.
9. Your secrets are safe with your friends because they can't remember them either.
10. You look forward to a dull evening.
11. People call at 9 pm and ask, "Did I wake you?"
12. People begin sending you lists like this and you say, "Man, it is so funny," but can't remember even one line to recite.

Spotlight on board member Dr. Haywood Parker

Dr. Haywood Parker, Wright's Center board member, is the senior pastor and founder of Truth Tabernacle Ministries, Inc. established in 1980. As CEO of the organization,



Dr. Haywood Parker

Dr. Parker oversees the daily operations of the ministry, which employs a full-time staff.

An influential community leader, Dr.

Parker has served on the Wright's Center Board for approximately 12 years, and is now in his seventh term. In addition to the Center, he also serves on the board of VISIONS, Inc. Dr. Parker is a former graduate of the Wildacres Leadership Initiative, and currently serves as faculty member of this North Carolina leadership program

Dr. Parker's educational background includes a Bachelor's of

Science Degree and Doctorate in Adult Education from North Carolina State University, and a Master's of Divinity from Southwestern Baptist Theological Seminary. He is currently pursuing a PhD. in Theology from Regent University in Virginia Beach, Virginia.

Committed to helping people lead capable, responsible, and effective lives, Dr. Parker works diligently with ministries at home and abroad to help foster an infrastructure in the government of church that will be a strong foundation for success. He is the author of a popular book on church leadership entitled *Merging Hearts: Understanding How to Bridge the Gap Between the Leader and the People*.

Dr. Parker is married to Wanda Frazier-Parker, who serves with him as co-pastor of Truth Tabernacle Ministries, and is the father of two daughters.

Statistics on our aging population

- Since 1900, the percentage of Americans 65 and older has tripled, from 4.1% in 1900 to 12.4% in 2004.
- The 85+ population is projected to increase from 4.2 million in 2000 to 8.9 million in 2030.
- The older population (65+) numbered 36.3 million in 2004, an increase of 3.1 million or 9.3% since 1994.
- Over 2.0 million persons celebrated their 65th birthday in 2004.

Department of Health and Human Services

\$1000

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

\$500

will provide two months of supplies and prizes for arts & crafts, games and activities.

\$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 elders 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:

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 a list of items on our Wish List. Your support is very much appreciated.

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

Thank you for all that you do!

Caregiver thankful for The Wright's Center

"I'm not ready to go yet." So states Wright's Center participant Rebecca Fenner when her daughter arrives to take her home.

Brenda Cooper is employed full-time and needs someone to be with her mother during the day. "I don't know what I would do if it were not for The Wright's Center," states Cooper. "My mother is unable to stay at home alone. The Wright's Center is perfect for my needs. My mother loves the daily morning devotion and looks forward to the arts and crafts. If it were not for The Wright's Center, I would not be able to remain employed. I am so grateful to have a place to take my mother while I am at work. Because of the wonderful staff and volunteers, I don't worry about her at all. I thank God for The Wright's Center."



Brenda Cooper, left, and her mother, Rebecca Fenner, Wright's Center participant.



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