

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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Where Do You Go For Help?

Just imagine. You have an elderly or disabled loved one who is unable to stay alone during the day, but you must go to work in order to pay your bills. Where do you turn? What do you do? When you need help with adult day care, professional care for your loved one and peace of mind, The Wright's Center is "the right place with the right care for serving your loved one." We provide social interaction and physical activities that will help keep your loved one's mind and body fit.

The Wright's Center's supervised program encourages participation in a variety of activities. Our participants are excited about next year's upcoming events. From monthly birthday parties, bingo games and arts and crafts, to exercise classes, field trips and fashion shows, our programs encourage the

development of friendships and keep minds and bodies active.

Morning exercise is a favorite time of the day for program participants. With a choice of exercising to music or counting by numbers, participants get a chance to stimulate their blood flow with adapted chair exercises. Many prefer exercising to music.

Staff and participants are especially thankful for area churches who lend their time and talent to the program on a weekly basis. A special "Merry Christmas" shout-out goes to: Evangelist George Bell, Reverend Elmer Edge, Reverend Appellas Hart, Open Door Ministries, Truth Tabernacle Ministries, Eldress Joyce Battle, and Oak Level Baptist Church.

The Wright's Center participants, caregivers and staff would like to take this opportunity to thank those of you who have contributed to our program during the year. Whether in-kind gifts or financial support, you help to provide a safe and nurturing environment for elders and disabled adults and provide relief to constant caregivers. Thank you for your continued support.



Website for Caregivers

Care Crossroads is an interactive community of care specifically designed for caregivers. Meet, learn and connect with caregiver professionals to ease your caregiving journey. Visit carecrossroads.org

The Alzheimer's Foundation of America's online community of care.



*The Board of Directors,
 Staff and Participants of The Wright's Center
 Wish You a Joyful Holiday Season
 and a Happy and Prosperous New Year!*

Caregivers Corner: Stress Overload? Time For A Break

Whether you provide care to your elder in their home, your home or in another arrangement, caregiving is a full-time job. Even when you aren't providing direct care, running errands or slogging through health insurance red tape, you have your elder's needs on your mind. Will he fall again? Will she remember



to take her medications on time? Will he eat dinner?

The stress of caregiving is both physically and mentally draining, which can put you at risk for your own health problems. If a friend or family member says you are

close to burning out, then you probably are.

Four Signs of Stress Overload

1. You skip your own physicals
2. You isolate yourself from others
3. You drink and/or eat too much for good health
4. You are short tempered with the elder you care for, your spouse and your kids

Keep a sharp eye out for these signs of emotional stress. If you or a family member notices these stress overload triggers, it is time for you to take a break. Even a short break can be refreshing, allowing you to recharge your caregiving batteries.

Source: ElderCarelink

Aging Statistics

The U.S. Census Bureau projects that the population age 85 and over could grow from 4.2 million in 2000 to nearly 21 million by 2050. Some researchers predict that death rates at older ages will decline more rapidly than is reflected in the U.S. Census Bureau's projections, which could lead to faster growth of this population.

Source: AgingStats.gov

Holiday Gift Ideas

The following article is a reprint from last year; many of our readers appreciated the valuable information

Finding Christmas presents for people with Alzheimer's is really a challenge. When you are searching for gifts for your loved one, here are a couple of ideas:

- Useful items are always a good bet. Clothing that is comfortable and easy to get on and off is a good option.
- Reprinting photos of your loved one's parents, or other family members, and framing them with unbreakable plastic fronts instead of glass can be a great gift if he or she still has memories of them.
- No matter what you end up buying, don't give more than two or three gifts total. Too much stimulation is a bad idea.



Gifts for Caregivers

- **The gift of time:** Cost-effective and truly meaningful gifts are self-made coupons for cleaning the house, cooking a meal, and giving time off so a caregiver can do something to meet their needs.

- **Gift cards and certificates.** Give gift certificates for restaurants, laundry/dry cleaning services, lawn care services, and personal pampering services such as massages and pedicures.
- **Books.** In addition to giving novels on the caregiver's "must read" list, there are also a number of books on caregiving such as "The 36-Hour Day" by N.L. Mace and P.V. Rabins; "The Best Friends Approach to Alzheimer's Care" by V. Bell and D. Troxel; and "Alzheimer's: A Caregiver's Guide and Sourcebook," by H. Gruetzner; and "Coach Broyles' Playbook for Alzheimer's Caregivers" by Frank Broyles.

Just For Fun...The Four Stages of Life

1. You believe in Santa Claus.
2. You don't believe in Santa Claus.
3. You are Santa Claus.
4. You look like Santa Claus.

The Gift of Giving

It is not too late to make your year-end contribution to The Wright’s Center. As a supporter, you will be joining a dedicated group of people who help to reduce isolation and enrich the lives of needy elders and disabled adults in our community.

Most seniors when questioned, state they would prefer to remain in their home as long as possible. Familiar surroundings can be therapeutic. The Wright’s Center is an alternative to a nursing home and offers licensed, experienced and dedicated staff trained

in Alzheimer’s and Dementia care.

On the list at the bottom of this page, are ways in which your contribution will assist participants who attend the Wright’s Center. There are many ways in which you can make a contribution — in honor of a loved one, in memory of a deceased loved one, stocks, real property, insurance policies, bequests and wills.

We very much appreciate your kind and generous support!

Myth vs Reality

Myth

If you’re forgetful, you are getting Alzheimer’s Disease.

Reality

Memory loss is a key symptom of Alzheimer’s, but forgetfulness doesn’t mean you have the disease. Even if your forgetfulness is due to more than simple aging, there are still many causes for dementia that lead to a decrease in cognitive function; physicians will make an Alzheimer’s diagnosis only after other conditions have been ruled out.

Source: ALZ.org—
“Cause and Risk Factors”

Brain Exercises That Boost Memory

Do math in your head. Figure out problems without the aid of pencil, paper, or computer; you can make this more difficult by walking at the same time.

Create word pictures. Visualize the spelling of a word in your head, then try and think of any other words that begin (or end) with the same two letters.

\$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!

Spotlight on Cynthia Moore

Cynthia Parker Moore has been a Wright's Center employee for the past five years. She began her tenure as a Senior Health Aide in October 2006. Her responsibilities included assisting participants — on an individual basis and in groups — with various planned activities, such as arts and crafts and help with their personal needs.

In 2010, our food service coordinator had to take a medical leave of absence. Cynthia was chosen to serve in the interim. This position is quite different from her regular duties and required some training in food safety and documentation. The Wright's Center recognizes Cynthia for her special efforts and job performance as interim food service coordinator this past year. Cynthia did not hesitate to accept the responsibility of a new position, which lets us know that she is willing to go above and beyond the call of duty; a trait every employer looks for.

Cynthia says *"I am grateful that the Wright's Center gave me an opportunity for a second chance when no one else would."*

Cynthia and her husband, Charles, live in Rocky Mount and have seven children.



Cynthia pictured at 2011 Wright's Center Gala Celebration.



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