

Volume 20 Number 1  
 September 2010

## Board of Directors

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

Mae A. Batts

Ann Batts-Sye

Louise W. Coggins, M.S.W.

Phyllis Cowell

Patricia Davis-Penn

Marilyn Evans

Reverend James B. Gailliard

Frances Gaither

Dr. Thomas Griggs

Edward Lanear

Tem Myers

Bishop Haywood Parker, Ph.D.

Beverley Riley

Dr. Trevella Sellers

Lamont Wiggins, Esq.

Doris Howington  
*Executive Director*

Laura Hines  
*Program Director*

## The Wright's Center

is seeking new board members. If you are interested, or if you know of someone who may be interested in serving on our Board, please contact our Executive Director, Doris Howington, at 252.442.8363.

## Wright's Center and Celia Smith — A Perfect Fit

If you want to know about the happenings at the Wright's Center over the years, ask Celia Smith. After suffering a stroke and being confined to a wheelchair, Celia joined the Wright's Center family in 1992.

Unable to continue working after her stroke, Celia spent her days at home alone; her children were in school and her mother was employed. A friend, Mattie Mae who volunteered at the Wright's Center, encouraged Celia to contact us and see what we were all about. (Mattie Mae has since passed.) Our program director invited Celia out for a visit. That was 18 years ago.

Celia states that in the beginning she was hesitant about attending the Center because at the age of 30, she was the youngest participant. Even though she disliked being alone at home during the day, it took her a couple of weeks to adjust to the idea of spending her days with "older folks." Celia states, *"Now, The Wright's Center staff and participants are like my second family."* Her mother has since retired, however Celia continues to attend the Center. The Center provides her mother with respite and the opportunity to take care of business outside of the home and not worry about leaving Celia alone.

Celia has made many friends over the years while attending The Wright's Center. She says that she has learned a great deal from the older participants. One person in particular, Annie Solomon, was over 100 years old. Ms. Solomon would talk about her life during slavery. Celia cherishes the time spent with her and hearing her stories. Celia has even had "special" interests in fellow participants over the years. Ahh love, makes the world go 'round.

Celia appreciates the relationships she has developed and the care and concern of each staff member. She has formed a bond with one staff member in particular – Patricia Lawrence. She and Patricia spend time together on weekends, shopping or just hanging out. By the way, Patricia Lawrence is also a Wright's Center veteran, one of our first employees hired to work at the Center.

Celia thanks all of the Wright's Center supporters who have contributed financially to help keep the Center open. The Wright's Center is an important part of her life. She fears that if the Center closed its doors, her family would be forced to place her in a long-term care facility since her mother would be unable to take care of her without assistance.

The Wright's Center benefits older adults, adults with disabilities, and full-time caregivers. We serve Nash, Edgecombe and Wilson counties.



Seated: Celia Smith, Wright's Center participant and Patricia Lawrence, Wright's Center's transportation coordinator.

# Are Alzheimer's Caregivers Different from Other Kinds of Caregivers?

**Question:** Are Alzheimer's caregivers different from other kinds of caregivers?

**Answer:** Regardless of their situation, caregivers have many things in common, but Alzheimer's caregivers seem to experience a unique kind of multidimensional stress. At the 2008 Rocky Mountain Geriatrics Conference in Salt Lake City, Utah, Richard Schulz, Ph.D. from the University of Pittsburgh School of Medicine discussed how Alzheimer's disease and other kinds of dementia affect caregivers differently than do other kinds of chronic conditions:

- Caregivers of those with Alzheimer's and other dementias report having significantly less time to spend with other family members compared to other kinds of caregivers.
- Alzheimer's and dementia caregivers experience significantly more emotional strain than other kinds of caregivers.
- Caregivers of those with Alzheimer's

and other dementias experience significantly more physical strain compared to other kinds of caregivers.

- Alzheimer's and dementia caregivers report significantly more mental and physical problems as a result of caregiving than other kinds of caregivers.
- Caregivers of those with Alzheimer's and other dementias experience significantly more financial hardship due to caregiving compared to other kinds of caregivers.

It seems clear that Alzheimer's caregivers face a distinct set of circumstances that put them at higher risk of caregiver stress and burnout, making targeted services all the more necessary. If you're an Alzheimer's caregiver, take good care of yourself and learn about caregiver coping tips.

Source: Carrie Hill, PhD,  
About.com Guide

## Aging In Place

The term "Aging In Place" means growing older without having to move. According to the *Journal Of Housing for the Elderly*, it is not having to move from one's present residence in order to secure necessary support services in response to changing needs. Some 70% of seniors spend the rest of their life in the place where they celebrated their 65th birthday.

If you are a caregiver, 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. The Wright's Center provides services so that your elderly loved one can "age in place."

## Wright's Center Accredited by Better Business Bureau

We are proud to announce that The Wright's Center is accredited by the Better Business Bureau (BBB). As a BBB accredited business, we are dedicated to promoting trust in the community.

"We are proud to have met BBB's high standards and we are excited to be part of an organization that exists so consumers and businesses alike have an unbiased source to guide them on matters of trust. Our BBB Accreditation gives our customers confidence in our commitment to maintaining high ethical standards of conduct.

## Food for thought

*This is the last of five installments.*

Written By Regina Brett, 90 years old, of The Plain Dealer, Cleveland, Ohio  
*"To celebrate growing older, I once wrote the 45 lessons life taught me. It is the most-requested column I've ever written."*

39. Get outside every day. Miracles are waiting everywhere.
40. If we all threw our problems in a pile and saw everyone else's, we'd grab ours back.
41. Envy is a waste of time. You already have all you need.
42. The best is yet to come.
43. No matter how you feel, get up, dress up and show up.
44. Yield.
45. Life isn't tied with a bow, but it's still a gift."

## Did You Know?

About 80% of centenarians are women.

People ages 65 and older consistently vote in higher proportions than other age groups.

*In 2000, 4.5% of people aged 75 to 84 lived in nursing homes.*

Source: NIH 2008

## Wright's Center Celebrates National Adult Day Care Services Week!

The Wright's Center will join in the nationwide celebration of the National Adult Day Services Week, September 19-25, 2010. The National Adult Day Services Association is the sponsor of this event; this year's theme is "Adult Day Services: A Smart Choice."

The Wright's Center is one of the more than 4,600 Adult Day Services centers, 103 in North Carolina alone, operating today in the United States that will be creating new possibilities for their community. Adult Day Services can significantly improve the lives of adults with functional and/or cognitive impairments, enabling them to live at home with family or friend caregivers. Adult Day Services believe in people's potential.

Celebration activities during the week will include a presentation by a SHIIP (State Health Insurance Information Assistance Program) Services representative, to keep our participants informed of all Medicaid services available to them, a movie with popcorn at Premier Theatre, and square dancing. We will end the week's activities on Saturday, September 25th with a "Meet & Greet Breakfast" at the Wright's Center for caregivers and family members, from 8:30 - 10:30. The public is invited.

For more information call (252) 442-8363.

## Remembering Jimmie Knight

Jimmie Knight was a long time supporter of The Wright's Center and a former employee. Prior to his retirement, Jimmie was one of our van drivers from Tar River Transit, picking up participants and taking them home daily. Our participants really looked forward to riding his van; he would joke with everyone and always had something funny to say.

Jimmie enjoyed volunteering his musical talents; he loved to play the piano and sing for our participants. Often he would have everyone singing along, filling our facility with joyful sounds.

Even after his retirement, if we needed small repairs around the facility, Jimmie was the man to call. Until his health failed him, Jimmie was always willing to help in any way that he could.

Jimmie passed on August 24, 2010. The Wright's Center staff and participants miss his laughter, his cheery voice, and just seeing him around the facility. Jimmie was a dedicated and valuable member of The Wright's Center family. He will truly be missed.

*"The service we render to others is really the rent we pay for our room on this earth. It is obvious that man is himself a traveler; that the purpose of this world is not 'to have and to hold' but to give and serve."*

Sir Wilfred T. Grinfell

### \$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 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
- Office furniture
- Lockable filing cabinets
- Computers for participants
- 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!*

## Spotlight on Lamont Wiggins



Attorney Lamont Wiggins,  
member of The Wright's  
Center Board of Directors.

Lamont Wiggins, a native of Rocky Mount has served on The Wright's Center Board of Directors for the past fourteen years. His uncle, Chester Bryant, was one of the first four participants to attend our facility when our doors opened in 1989.

A graduate of North Carolina Central University, Lamont obtained his bachelor's degree in Political Science in 1988 and his law degree in 1994. He owns a law firm and practices law in Rocky Mount.

Lamont has a deep concern for his community and shows that concern by serving on the Rocky Mount City Council. He has served in that capacity since 1997.

The Wright's Center is fortunate to have Lamont on our board. We appreciate his valuable input and knowledge and look forward to his continued service.



501 Raleigh Road  
Rocky Mount, NC 27803

Contact Us  
252.442.8363  
252.442.6795/Fax  
[wrightscenter.inc@embarqmail.com](mailto:wrightscenter.inc@embarqmail.com)/Email

Visit our website at  
[www.thewrightscenter.com](http://www.thewrightscenter.com)

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

