

# 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 22 Number 4  
 June 2013

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## Saulsby a hit at 24th Anniversary Celebration

Pam Saulsby, Emmy-award winning journalist and recording artist, was the keynote speaker for The Wright's Center's 24th Anniversary Gala Celebration. We raised over \$44,000 to support our program for frail elders and disabled adults.

Ms. Saulsby spoke on her recent career change and the lessons she learned along the way. *"Don't take things personally, always do your best, avoid self-judgment and regret"* were just a few of the useful nuggets she left with the audience.

Ms. Saulsby thanked the Center for the outstanding work we do and stated, *"When it comes to our elders, they should be respected and held in the highest regard. They have won a badge of honor."*

Ms. Saulsby is a co-anchor with NBC 17 News in Durham, North Carolina.

Gala attendees were touched by the moving testimonials of **Jan Walton** whose

husband is a Wright's Center participant and **Kim Brown**, whose mother also attends the facility.

**Louise Weeks-Coggins**, board chair, worked alongside **Wooten Lamm**,

an auctioneer, in securing additional contributions for the Center during the Live Auction.

**Doris Howington**, executive director of The Wright's Center states, *"We are a little shy of our goal of \$50,000. If you have not made your tax-deductible donation yet, please feel free to do so now. Thank you to our corporate and table sponsors, those who purchased individual tickets and those who purchased auction items and/or ads in our program book. Your continued support is always very much appreciated."*

*See page 2 for Sponsor Listing*



Pam Saulsby, journalist and recording artist, keynote for The Wright's Center 24th Anniversary Gala Celebration.

## It's Not Too Late

The Wright's Center is still accepting donations towards this year's fundraising goal of \$50,000. Send your contribution to: The Wright's Center, 513 W. Raleigh Boulevard, Rocky Mount, NC 27803. We appreciate your continued support!

## Veterans are welcome at The Wright's Center

With more and more veterans requiring assistance with activities of daily living, The Wright's Center saw the need to expand our program to include those who have served our country and now need our assistance. This past January, we were certified by the Veterans Administration to open our doors to veterans.

As with other participants, we provide a safe environment where veterans can participate in activities and socialize during the day. Our program provides relief to constant caregivers, and allows them the freedom to maintain employment without worrying about the care of their loved one.

Contact Doris Howington at 252.442.8363 for additional information.

# A Special Thank You to our 24th Anniversary Gala Sponsors

The Wright’s Center Board of Directors and staff offer our sincere thank you to all sponsors of our 24th Anniversary Gala Celebration. Your contributions are an investment in the lives of the elders, disabled adults and veterans who benefit from our program.

<b>Speaker Sponsor</b> PNC Bank	Project GRACE & UNC Chapel Hill/ Program on Health Disparities Samuel & Velma Johnson Stephen & Louise Coggins	Les Gemmes, Rocky Mount Chapter Lawrence, Best & Associates Marilyn & Robert Evans Melba Tyson Michael S. Colo New Republic Savings Bank Opportunities Industrialization Center Patricia Davis-Penn Perry-Weston Historical, Educational & Cultural Institute Senator Angela Bryant/Risa Pittman Sheriff Dick Jenkins Tar River Transit Truth Tabernacle Ministries Turn-Key Storage Wells Fargo Advisors Word Tabernacle
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## Caregivers — vitally important that you plan for *your* own care

Caring for someone with Alzheimer’s disease impacts every aspect of your daily life. As Alzheimer’s patients lose one ability after another, you, as a caregiver, face tests of stamina, problem solving, and resiliency. Maintaining your emotional and physical fitness is crucial. Preparing yourself, understanding your loved one’s experience, and seeking support from others can be a big help.

### Planning support for Alzheimer’s caregivers

Balancing the enormous task of caring for a cognitively impaired adult with your other responsibilities requires skill, attention, and diligent planning. Fortunately, many professionals and caregivers have developed a wealth of resources to help you prioritize your efforts and provide effective care.

Planning for your *own* care is also vitally important. It is easy to abandon the other people and activities you love when you’re mired in care giving, but you risk your health and peace of mind by doing so. Though your caregiver’s journey is full of the unexpected, learning to **protect**, **reflect**, and **connect** can reveal surprising

opportunities to meet your needs and nurture your sense of satisfaction.

### The Alzheimer’s Association offers these messages to help you:

- **The desire not to think about what you are facing is normal, but you can grow beyond it.** One of the biggest challenges you face is to accept what is happening.
- **The process of this disease is predictable.** Your loved one will lose functional ability and you will eventually have to make decisions on his or her behalf.
- **You, not your loved one, will have to change.** Your loved one’s ability to change will become extremely limited and will diminish as the disease progresses. You will have to learn to alter your expectations and reactions.

Visit [helpguide.org](http://helpguide.org) for additional supportive information.

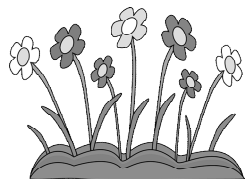


## Theme-based activities enjoyed by participants

This past quarter, The Wright's Center participants engaged in various activities with holiday-based themes. To celebrate **Easter**, participants decorated and hunted for eggs. A **Spring Fling**, sponsored by *The Lamplighters*, marked the beginning of the spring season. (*The Lamplighters are a husband and wife team, Mr. & Mrs. Strickland, who routinely entertain participants.*) Participants, along with the Stricklands, had a great time singing and dancing to some of their favorite songs.

In observance of **Earth Day** participants planted flowers and are able to keep a keen eye on them as they bloom. Watching their growth is a daily activity.

**Mother's Day** was celebrated with a special lunch prepared



by Jan Walton, food service coordinator at the Center.

May was **Older Americans Month**. *Braswell Memorial Library* celebrated by hosting Senior Power Day for area seniors. Wright's Center participants attended and enjoyed the festivities.

We know you have heard the phrase "laughter is the best medicine", and who would ever think that laughter would really be used to heal? Laughter therapy or laughter yoga is on the rise. The Wright's Center staff and participants were recently introduced to **laughter yoga** by *Gloria Swain*. Everyone enjoyed it so much that laughter yoga has been added to our program of activities. Try it sometime, just take a few minutes every day to laugh! You'll feel much better!



Each month, The Wright's Center creates a calendar packed with daily activities for our participants. We are fortunate to have community volunteers who give of their time and help us plan ahead so that we can ensure our program is rewarding and addresses the nutritional, social, educational, recreational and health needs of all participants.

Activities that include painting, games, music therapy, exercise, worship services, fashion shows and birthday celebrations all help keep minds and bodies fit.

Are you interested in offering your talents and volunteering at The Wright's Center? Call Doris Howington, executive director, at 252.442.8363 for more information.

### \$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., 513 W. Raleigh Boulevard, Rocky Mount NC 27803  
Solicitation License # SL001948

**YOU can make a difference!**

## There's always a need

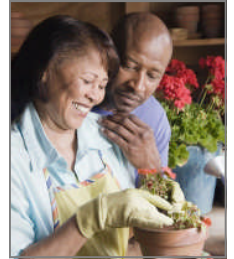
The Wright's Center, Inc. is always in need of supplies to maintain ongoing activities for our elderly and disabled participants. Following find our Wish List.

- 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!*

## Caregiving—the impact on caregivers

- ~ In 2012, 15.4 million family and friends provided 17.5 billion hours of unpaid care to those with Alzheimer's and other dementias — care valued at \$216.4 billion, which is more than eight times the total sales of McDonald's in 2011. Eighty percent of care provided in the community is provided by unpaid caregivers.
- ~ Nearly 15 percent of caregivers are long-distance caregivers, living an hour or more away from their loved ones. Out-of-pocket expenses for long-distance caregivers are nearly twice as much as local caregivers.
- ~ More than 60 percent of Alzheimer's and dementia caregivers rate the emotional stress of caregiving as high or very high; more than one-third report symptoms of depression. Due to the physical and emotional toll of caregiving, Alzheimer's and dementia caregivers had \$9.1 billion in additional health care costs of their own in 2012.



Source: Helpguide.org



Visit us at  
www.thewrightscenrer.com

wrightscenrer.inc@embarqmail.com/Email

252.442.8363  
252.442.6795/Fax

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