

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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Wright's Center provides respite for full-time caregivers

Studies show that active and socially involved elders able to live at home enjoy longer, healthier lives (See NC Legislative Priorities article at top of page 2)

The Wright's Center has provided planned activities for elders and disabled adults in Edgecombe and Nash counties and the surrounding areas since 1989.

From bowling and taking a walk in the park to playing bingo and creating a handmade quilt, Wright's Center participants spend their days enjoying activities that alleviate loneliness and isolation and keep them mentally active.

Doris Howington, The Wright's Center executive director, states, *"We believe that elders and persons with disabilities maintain their physical and mental well being longer when they are living in the community instead of being institutionalized. We provide full-time caregivers the opportunity to keep their loved ones at home, maintain employment and the benefit of not having to worry about the care of their family member."*

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.

The Wright's Center services are in accordance with national standards and we are certified by the North Carolina Department of Human Resources and the Division of Social Services. We have received national recognition as well as the Service to Humanity Award presented by the City of Rocky Mount.

The Wright's Center is the "Right Place With The Right Care for Your Loved Ones."



Wright's Center participants enjoy activities that alleviate loneliness and isolation.

Save The Date

The Wright's Center's
 22nd Anniversary
 Gala Celebration

Thursday, May 12, 2011

R.T. McCarter
 Fellowship Center
 Rocky Mount, NC

The Board of Directors,

Staff and Participants of

The Wright's Center Wish You a

Joyful Holiday Season and a Happy New Year!



NC Senior Tar Heel Legislature—2011 Legislative Priorities

The NC Senior Tar Heel Legislature was created by the NC General Assembly with the passage of Senate Bill 479 in July of 1993. The Senior Tar Heel Legislature was created to:

- Provide information to senior citizens on the legislative process and matters being considered by the NC General Assembly.
- Promote citizen involvement and advocacy concerning aging issues before the NC General Assembly.
- Assess the legislative needs of older citizens by convening a forum modeled after the NC General Assembly.

Each of the 100 North Carolina counties is entitled to one delegate to the Senior Tar Heel Legislature. Most counties also have an alternate delegate. Delegates and alternates must be age 60 or older. The NC Division of Aging and Adult Services provides staff support for the Senior Tar Heel Legislature in cooperation with the 17

Area Agencies on Aging, which are responsible for conducting the selection of delegates and alternates.

Following are two of the five areas the NC General Assembly have set as 2011 Legislative Priorities:

1. **Provide funding to sustain and expand Project C.A.R.E. —**
Hailed as innovative and cost effective, Project C.A.R.E. (Caregiver Alternatives to Running on Empty) was designed and tested in North Carolina. It has become a national best practice model for providing respite services to family members who are caring at home for a relative with Alzheimer's Disease or related dementia. The number of North Carolinians afflicted with these dementias, now around 170,000, will continue to rise. When families are helped to keep loved ones at home longer, less time may be required for any institutional care. Resulting savings in public funds are substantial. We

recommend that \$1,500,000 in recurring funds be appropriated for each year of the biennium to sustain Project C.A.R.E. in the 23 counties it now serves and to expand it into other counties.

2. **Increase funding for home and community based services for older adults by five million dollars in recurring funding.**
Home and community based services include home-delivered meals, adult day care, in-home aid and other services that help impaired older adults stay in their homes. These services are less costly than institutional care. The rapidly growing population of older adults is increasing the demand for these services. There are thousands of people on the waiting list for Home and Community Care Block Grant services.

See our next newsletter for the additional three priorities.

Getting Your Affairs In Order

James was 62 years old when a stroke made it impossible for him to communicate with his family. Neither his wife nor children knew anything about his financial or medical information. James had always taken care of things himself and left no written directives in his behalf. Besides having to locate important documents, the family was left to make their own decisions about James' long term care.

The National Institute on Aging gives three simple, but important steps to putting your affairs in order:

- Put your important papers and copies of legal documents in one place. You could set up a file, put everything in a desk or dresser drawer, or just list the information and location of papers in a notebook. If your papers are in a bank safe deposit box, keep copies in a file at home. Check each year

to see if there's anything new to add.

- Tell a trusted family member or friend where you put all your important papers. Someone should know where you keep your papers in case of emergency.
- Give consent in advance for your doctor or lawyer to talk with your caregiver as needed. There may be questions about your care, a bill, or a health insurance claim. Without your consent, your caregiver may not be able to get needed information. You can give your okay in advance to Medicare, a credit card company, your bank, or your doctor. You may need to sign and return a form." National Institute on Aging <http://www.nia.nih.gov>

Did You Know?

The first baby boomers will turn 65 in 2011, and people aged 65 and older are projected to represent 20% of the total US population in 2030 compared with 12% in 2003.

Source: National Care Planning Council

Holiday Gift Giving Ideas

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.

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.



Speaking of gift-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.

Listed below 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.

Thank you for your kind and generous support!

More than half (55%) of older, noninstitutionalized persons live in a family setting. Almost 10.1 million or 73% of older men, and almost 7.7 million or 41% of older women live in families.

\$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
- 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 Marilyn Evans

Marilyn Evans has served on The Wright's Center Board of Directors for the past 16 years.

A native of Rocky Mount, Marilyn attended North Carolina Central University and graduated with a BA in Psychology and a Minor in Education. Before her retirement in 2008, she worked thirty years with the Division of Vocational Rehabilitation — fifteen years as a rehabilitation counselor and fifteen years as an Independent Living Counselor/Counselor in Charge. Today, she works occasionally to cover vacant caseloads.

When asked about her service on The Wright's Center Board, Marilyn states, *"The Wright's Center is a great resource for persons requiring adult day care. It provides a safe and healthy environment for participants and offers full time caregivers the opportunity to maintain employment. I believe very much in people remaining in their home and being as independent as possible which includes using assistive devices and community resources such as The Wright's Center."*



Marilyn Evans, member of The Wright's Center Board of Directors.



501 Raleigh Road
Rocky Mount, NC 27803

**Please see inside
for important
information on
year-end giving.**

252.442.8363
252.442.6795/Fax
wrightscenter.inc@embarqmail.com/Email

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