

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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Boone induces laughter at 19th Anniversary Celebration

The audience was all ears as Herman Boone, Rocky Mount native and subject of the Disney movie, *Remember the Titans*, spoke at The Wright's Center's 19th Anniversary Gala. Many in the audience were childhood friends of Boone's. He reminisced about living on Happy Hill during his youth triggering memories and laughter for many in the audience.

This year, with the help of our many supporters, we raised \$52,996. Thank you to all who helped to make our Gala a success, especially our corporate sponsors listed below. (We hope you will include us in your budget again next year.) Funds raised, including those from our Silent and Live auctions, support our programs that address the nutritional, social, educational, recreational and health needs of the elder and disabled adult participants who attend our facility.



Herman Boone, keynote speaker for The Wright's Center 19th Anniversary Gala Celebration.

Speaker Sponsor

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Caring for Yourself While You Care for Others

It can sometimes feel draining to be a caregiver, so it's important to maintain your vitality rather than sinking into depression.

Boredom can sap your intellect and spirit, leaving you depressed and less able to manage your duties as a caregiver. To maintain your vitality, look for activities that you and your family member can manage together or share with others. Both of you will benefit. Try these ideas:

- Check the TV listings and choose your favorite programs to watch each day rather than having the TV going nonstop.
- Look for special events that are low-cost or free. Invite a friend or family member to join you, preferably one who can drive or help you if your care receiver has a disability.
- Go out to lunch. Try the early-bird specials at restaurants.
- If you have the room, invite friends or family members to come and stay with you for awhile in your home.
- Check colleges, religious organizations, and community centers for free courses and other activities.
- Visit museums, galleries, botanical and zoological parks or a petting zoo.
- If possible, get a pet. Your local shelter or humane society has many appropriate pets available for adoption.
- Get a computer with Internet access so that you can e-mail friends, join in chat rooms, learn about things that are of interest to you, and enjoy computer games.
- Fraternal and religious organizations have activities specifically for older people. These groups can be a great way to extend your supportive network.

Did You Know? — Elderly and caregiver statistics

- Nearly one out of every 4 households in the United States provides care to a relative or friend aged 50 or older.
- About 15% of U.S. adults care for a seriously ill or disabled family member.
- About 13.3 million people are spouses or adult children of disabled older people and have the potential responsibility for their care. Of these, about 85% are adult children.

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. Our services also provide full-time caregivers the opportunity to maintain employment outside of the home without having to worry about the care of their love one.

Communication Basics for Alzheimer's Caregivers

A big part of communicating is being an excellent listener. Be a more active listener when communicating with your loved one because he/she may need assistance expressing his/her thoughts. Be sure to:

Show patience. Your relative can sense when you're impatient or agitated, this only increases frustration on their part.

Provide reassurance. If your loved one is having trouble communicating, tell him/her that it's fine and encourage him/her to keep trying to put his/her thoughts into words.

Focus on the positive. Criticizing or correcting is nonproductive and may be harmful. Instead, focus on what your loved one has said and try to find meaning in his/her message.

Agree instead of argue. If you don't agree with -- or are offended by -- a statement made by your loved one, just let it go.

Concentrate on feelings. Although the content of a message may be hard to understand, it's often possible to uncover the feelings behind it by observing tone of voice, facial expressions, gestures, and body language.

Reduce distractions. It's harder for people with Alzheimer's to communicate in chaotic environments, so try to talk in a quiet, calm place.

"Inside every older person is a younger person — wondering what the heck happened." Cora Harvey Armstrong

Volunteers a valuable asset to Wright's Center

The Wright's Center is fortunate to have community volunteers who give of their time and energy to assist staff and enhance the lives of program participants. Volunteers contribute over 400 hours per month and many have formed one-on-one relationships with Wright's Center participants who look forward to their weekly visits.

In addition to our community volunteers, through the Work Experience Programs at OIC and Nash County Department of Social Services, interns and volunteers gain valuable hands-on work experience. These volunteers and interns will soon seek full-time employment in the health care field.



Doris Howington (center) executive director of The Wright's Center, stands with some of the members of the Rocky Mount Chapter of Delta Sigma Theta Sorority. Sorority members are long-time supporters of The Wright's Center and volunteer routinely. On this day, members coordinated a party for Center participants.

Whether you would like to greet participants as they arrive in the morning, help participants get on the vans for their return home, assist with serving meals, conduct devotional services or help with arts and crafts activities, we welcome all who desire to give of their time and talents.

If you would like to be a Wright's Center volunteer, call Jo Ellen Carci, program director today at 252.442.8363.

Thank You

The Wright's Center staff and participants thank the following community volunteers for your time and support!

Mr. & Mrs. Arthur Porter

Mr. Torian Williams

Ms. Addie Batts

Elder Howard Ledbetter

Rev. Apellas Hart

Ms. Mae Cheeks

Truth Tabernacle Ministries

Open Door Ministries

Eldress Battle

Elder Albert Lucas

Elmer Edge

Jimmy Knight

\$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:

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 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!*

Spotlight on Mae A. Batts, Wright's Center board member



Mae A. Batts, member of Wright's Center Board of Directors since 1989.

Mae A. Batts, a native of Stanley County, has served on the Wright's Center Board of Directors since 1989. Upon graduating from Central University, she obtained a teaching job in Rocky Mount at Booker T. Washington School. In addition to teaching science, she was the school's first female physical education teacher and she coached the Girl's Basketball Team.

When asked what drew her to serve on The Wright's Center board of directors, Ms. Batts states, "I am amazed and impressed with the ambition and dedication of the young people who put so much into their dream of starting The Wright's Center. The growth has been tremendous. This facility is a great asset to our participants and their full-time caregivers. I am proud to be a part of such a valuable organization."



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Contact Us
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www.thewrightscenr.com

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