

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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The Wright's Center is seeking people to serve on our Board of Directors. Are you interested in supporting The Wright's Center and willing to give of your time? If so, contact Doris Howington at 252.442.8363.

Wright's Center celebrates twenty-five years and honors our founders, VISIONS, Inc.

Do you have a hero? The Wright's Center participants have four; **Valerie Batts, Angela Bryant, Ida Dew Hickerson and John Capitman**. These four creative thinkers had a vision and in 1989, through their organization, VISIONS, Inc., founded The Wright's Center, the first adult day health care facility in Rocky Mount. (The Wright's Center was their first community development project.) We were honored to have our founders as this year's gala keynote speakers. They fascinated the audience as they recounted the beginning of what has become a staple in the Rocky Mount community. As we observed our 25th Anniversary, we also recognized our founders for *their* thirty years of worldwide service.

Doris Howington, executive director of The Wright's Center, states, *"Thank you to our sponsors for your support of this year's gala. You enable us to continue our program that supports full-time caregivers and their family members. We fell short of our goal for this year by \$15,000. If you intended to make a donation but have not had a chance to do so, there is still time. Our fundraising will continue throughout the year."*

(See page 2 for a list of this year's sponsors.)

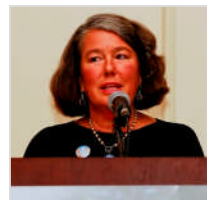
VISIONS, Inc. celebrates thirty years of service

In 1984, **Valerie Batts, Angela Bryant and Ida Dew Hickerson**, three Rocky Mount natives who grew up in legalized segregation, along with their friend **John Capitman**, a white Jewish man who grew up in the civil rights movement, had a vision for humanity. Their desire was to help create environments where differences are recognized, understood, appreciated and utilized for the benefit of all. Thus VISIONS, Inc. was born. Their vision has taken them worldwide, from North Carolina to The Netherlands. Today, with a racially and culturally diverse group of consultants rich with a variety of professional, educational, and community work experience, they equip individuals and communities with the tools needed to thrive in a diverse world.

The Wright's Center was VISIONS' first community development project, and the first Adult Day Health Care facility serving the Rocky Mount/Wilson area. Community leaders worked along with VISIONS to create a facility that has become an essential part of our community.

We congratulate VISIONS, Inc. for thirty years of service to humanity. Visit VISIONS at visions-inc.org for more information.

Louise Weeks-Coggins is the chair of the board of directors for both VISIONS, Inc. and The Wright's



Center. States Louise, *"Being Chair of the VISIONS and Wright's Center Boards has been one of the greatest privileges and joys of my life, as it keeps me close to my Rocky Mount roots and my lifelong pursuit of social justice through the anti-racism, sexism, and ageism work of both of these amazing nonprofits."*

Thank You to our 25th Anniversary Gala Supporters

The Wright's Center board of directors, staff and participants thank the following sponsors for your support of our 25th Anniversary Gala Celebration.

SPEAKER SPONSOR

PNC Bank

DIAMOND

Cummins Rocky Mount Engine Plant
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BRONZE

Alfred Covington
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Samuel & Velma Johnson
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TABLE

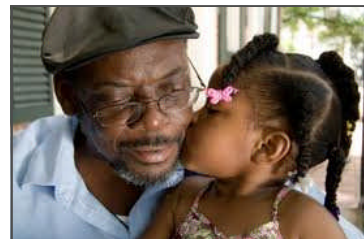
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Rocky Mount Housing Authority
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Tar River Transit
VISIONS, Inc. (Thomas Griggs)
Wells Fargo Advisors
Word Tabernacle Church

*Thank
You!*

Balancing caregiving and family

You may be familiar with the term, "Sandwich generation." It refers to the group of people who are right in the middle of raising their family and caring for their aging parent(s). It addresses the push and pull of both sides: needing to be there for your mother or father and their needs, but needing to be there for your children and partner.

The typical person in the sandwich generation is female between the ages of 45 to 56 years old, although many men and women fall outside of those statistics. According to the Monthly



Labor Review, it's estimated that approximately nine percent of women ages 45 to 56 fit the term of "sandwich generation."

Following are some coping tips and strategies:

- **Schedule Your Time** - Set aside specific time in your schedule for your parent and specific time with your children and partner.
- **Prioritize** - Take a hard look at your schedule and obligations. Consider what, if any, other commitments you can give up for a time during this season of life.
- **Honor and Respect Your Parents** - Take care with what you say to others about the care you provide to them or the needs they have. If you're frustrated about something or just need support, choose carefully who you share this with so that you're not spreading around information that should really be kept to family members.
- **Plan Ahead** - Have a written plan for when your family member will require more care and share it with the rest of the family. This helps reduce the possibility of misunderstanding and may raise important questions that need to be discussed.
- **Schedule Time for Yourself** - That probably sounds difficult, but a little bit of time directed for yourself can help maintain your mental and emotional health.
- **Exercise** - It's hard to get out there when you're tired and short of time, but exercise can fuel you with emotional and physical energy. Exercise is also a great stress reliever and can even reduce the risk of developing dementia.
- **Look Into Adult Day Care** - Look into the option of adult day care. Many programs offer a choice of arranging for one to five days a week.

Source: About.com Alzheimer's/Dementia

The Wright's Center provides adult day health care for persons living in the Rocky Mount/Wilson area. Call 252.442.8363 today to find out how we can help you.

Rewarding experiences — everyday at The Wright's Center

It may seem hard to believe, but The Wright's Center has been successfully providing adult day health care for elders, disabled adults and veterans in our community for the past twenty-five years. My, time flies when you're having fun—and our participants have fun every day. Along with having fun, an educational component is also included. Highlights of this past quarter's activities include:

- **Mardi Gras** – participants learned about the French, Spanish and other colonial influences on this holiday. Although not celebrated nationally, a number of cities celebrate with parades, balls and parties, including the most famous city — New Orleans.
- **St. Patrick's Day** – participants dressed in green on this day and learned about parades, dancing and special foods associated with the Irish culture.
- **The Lamplighters** – Mr. & Mrs. Ted Strickland, performing as the Lamplighters, have pretty much become a staple at The Wright's Center. They came to celebrate the beginning of spring and the Easter Holiday. Singing songs from the "good ole days," they encouraged participants to sing along and show their moves on the dance floor.
- **Spring Fashion Show** – this annual event always provides participants and staff the opportunity to "strut their stuff" in their favorite fashions. This is always a highlight in the spring.
- **Special Recognitions** – staff members took the opportunity to recognize our special volunteers for their dedicated service to our participants and the Center.

- **Mothers' Day** – staff members pampered our elderly mothers with a spa day. All women were offered an opportunity to have their nails painted, some with special designs. All mothers also received a flower.
- **Flower Planting Project** – participants planted flowers in their personal miniature flower pots. They took the flowers home where they are able to watch as they continue to grow.



At The Wright's Center, we are honored to recognize our veterans participating in our program. They have served our country well and we are privileged to serve them.

\$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.

\$200

will provide special music for a month, 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)
- Carpet for all carpeted areas
- Small trash bags
- Volunteers (Monday through Friday)

Thank you for all that you do!

Wright's Center seeks referrals

The Wright's Center needs your help for referrals. Our fiscal year ends on June 30th and the new fiscal year begins on July 1st. In the new fiscal year, we will have funding available to elders 60 years of age and older who should not be left at home alone. The Center provides health monitoring, administers medicines, provides breakfast, lunch and an afternoon snack. Transportation is also provided for a minimal fee.

The Wright's Center provides a supervised program of activities designed to benefit elders, adults with disabilities and veterans who, because of physical impairments or other ailments, should not be left alone during the day. Our program and activities address the nutritional, educational, recreational, social and health needs of all participants.

If you are faced with eldercare give us a call at today at 252.442.8363 and ask for **Antoinette Wheeler**, our program director or **Doris Howington**, executive director. "We are the right place with the right care for serving your loved ones!"



Visit us at
www.thewrightcenter.com

wrightcenter.inc@embarqmail.com/Email

252.442.8363
252.442.6795/Fax

Address Service Requested

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