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Gala audience wowed by Tim Tyson

Tim Tyson, author of "Blood Done Sign My Name" thinks the South is one of the greatest places on earth. Tyson, Senior Scholar at the Center for Documentary Studies at Duke University wowed The Wright's Center's 20th Anniversary Gala audience speaking of his love for the South and how its citizens, black and white, are connected. *"As we try to solve our problems, we shouldn't forget that we have a lot of common ground, and it is some of the richest soil in the world."*



Tim Tyson

In the audience were 22 students, their advisor and principal from Northampton High School. The students read Tyson's book, "Blood Done Sign My Name." The book recounts a racial murder committed in Oxford, NC in 1970 by the father of a childhood friend of Tyson's and the African American uprising that followed. The students were excited at the opportunity to meet and talk with Tyson and were thrilled to be able to attend the Gala.

Doris Howington, executive director of The Wright's Center, states, *"Although we fell shy of our fundraising goal this year, we have raised just over \$54,000 to date, and donations are still coming in. So, if you did not get a chance to get your donation in to the Center prior to the Gala, feel free to make your tax-deductible contribution now. Thank you to all who helped to make our Gala a success, especially our corporate sponsors listed below."*

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Government Program Pays Family Members for Taking Care of Mom and Dad

If you are looking for a way to help Mom and Dad pay for Home Care or assisted living, there is financial help available for senior veterans and their spouses.

For veterans who served during a time of war or for their surviving spouses, the Veterans Aid & Attendance Pension will pay additional income to cover long term care costs. The great news about this program is that VA will allow veterans' households to include the annual cost of paying any person such as family members, friends or hired help for care when calculating the Pension benefit.

Pension can provide an additional monthly income of up to \$1,949 a month for a couple, \$1,644 a month for a single veteran or \$1,056 a month for a single surviving spouse of a veteran. This money can be used to help pay the cost of home care, adult day services, assisted living or nursing home services.

In order to reduce income to meet the income test for pension, a rating for "aid and attendance" or "housebound" is crucial. Not only does the rating significantly increase the benefit amount but without a rating, room and board costs for assisted living are not deductible for purposes of reducing income. Only the much smaller assisted living medical costs are deductible.

For home care, non-medical costs are only deductible if the in-home attendant is licensed for healthcare in that state or if there is a rating. Since the non-medical costs for home care represent the bulk of all costs for long-term care at home, without a rating, those households with a non-licensed attendant would not qualify for the benefit. Examples of medical or nursing services at home would be help with activities of daily living such as dressing, bathing, toileting, ambulating, feeding, diapering and so on. Other services might include medication reminders or supervision necessary to provide a protective environment for the

care recipient -- in the case of dementia or Alzheimer's.

A rating for aid and attendance is automatic if someone is a patient in a nursing home or that person is blind or so nearly blind as to need assistance.

It is our understanding that a non-licensed in-home attendant could be just about anyone receiving pay for providing services. This might be members of the family, friends, or someone hired to live in the home. Unfortunately, a spouse cannot be included in this list for reimbursable caregivers.

For a disabled person who has been rated, a family member will be considered an in-home attendant, but that family member has to be paid for services duly rendered. Documentation for this care must be provided to VA, and it is reasonable for VA to question whether the services being purchased from a family member living in the household are legitimate. Such arrangements should be extensively documented and completely arm's-length.

The care arrangements and payment for home care must be made prior to application and there must be evidence that this care is needed on an ongoing and regular basis. We recommend a formal care contract and monthly invoice billing for services. Money must exchange hands and there must be evidence of this. All of this documentation must be provided as proof to VA when making application for the pension benefit. Costs for these services must be unreimbursed; meaning these costs are not paid by insurance, by contributions from the family or from other sources. Even though the family member being paid for services cannot reimburse the veteran household directly, the family may pay the bills for the veteran household. This indirect form of support is allowed.

There is an application form to be submitted, along with a doctor's report form, documentation of medical expenses

and payment of home care services or facility fees. Other documentation includes original discharge papers, marriage records if applicable and a death certificate where applicable. An inventory of all sources of household income and all household cash equivalent assets is also required. Providing complete documentation with the initial application will expedite a rating and approval for pension payment.

For those who want to do it themselves, the National Care Planning Council provides help in their book ***"How to Apply for the Veterans Aid & Attendance Pension Benefit."***

http://www.longtermcarelink.net/a16veterans_books.htm

Did You Know?

The United States population aged 65 and over is expected to double in size within the next 25 years. By 2030, almost 1 out of every 5 Americans — some 72 million people — will be 65 years or older. The age group 85 and older is not the fastest growing segment of the U.S. population.

Average life expectancy at birth in 2000 was 76.9 years; females could expect to live an average of 5.4 years longer than men.

In general, older people in the United States are healthier than in the past, with lower rates of disability. Still, a significant proportion suffers from health problems and chronic disease.

Source: Older Americans 2008

Senior Moments?

Here are some tips to reduce the incidence of senior moments:

- Do one thing at a time. Notice how things look, smell, taste and feel, as well as what's happening in order to remember something in multiple ways.
- Replay memories in your mind to reinforce them.
- Get enough sleep.
- Learn stress management techniques.
- Reduce mental clutter by using calendars, lists and gadgets such as personal digital assistants (PDAs)

Senior moments can be scary, but most of the time they're just a result of the brain's normal aging process. Unless they're interfering with your ability to manage day-to-day activities, a few lifestyle changes should help you turn your senior moments into just occasional annoyances.

Northampton students excited about meeting Tim Tyson

When students from Northampton High School arrived at the Wright's Center 20th Anniversary Gala Celebration, upon entering the banquet hall, one of the students announced, "Wow, this is beautiful!"

Students from Northampton High School traveled by bus with their advisor and school principal to hear Tim Tyson speak. All of the students read Tim Tyson's book, "Blood Done Sign My Name" and were excited about meeting him. Tyson graciously autographed the student's books and had

photos taken with them.

The Wright's Center was pleased to be able to accommodate the students and offer them an evening they will never forget.



Students from Northampton High School attended The Wright's Center's 20th Anniversary Gala Celebration specifically to hear Tim Tyson, our keynote speaker. The students read Tyson's book, Blood Done Sign My Name and were excited to be able to get his autograph. Tyson, right, signs copies of his book for students.

Middle age is when you burn the midnight oil around 9:00 pm.

\$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

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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 Jackie Jeffers-Wright



Jackie Jeffers-Wright, Wright's Center board member.

Jackie Jeffers-Wright has served on The Wright's Center Board of Directors since 2003.

Jackie graduated from Bennett College with a Bachelor of Arts degree in Elementary Education. Upon graduation, she worked in the Edenton City and Lee County School System and then moved on to Bennett College, Nash Community College and the Nash-Rocky Mount School System before retiring.

Jackie volunteers her time to numerous community organizations. In addition to The Wright's Center, she also serves on the Governor's Advocacy Council For Persons With Disabilities, Human Rights Committee at Cherry Hospital, Board of Directors for Nash County Division of Aging, Down East Partnership for Children, National Association of Educators, and Bennett College National Alumnae Association.

States Jackie, *"Being a part of The Wright's Center Board has opened my eyes to the importance of adult day care. At our recent 20th Anniversary Gala, listening to caregivers give their testimony and hearing how The Wright's Center participants enjoy going to the Center every day, reinforced that we are doing a good job."*



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