

Bill Leslie to headline Wright's Center 26th Anniversary Gala

To be fearless in the pursuit of truth – that's the news philosophy of **Bill Leslie**, WRAL-TV news anchor, our keynote speaker for The Wright's Center's 26th Anniversary Gala on Thursday, April 23, 2015.

Mr. Leslie is a native of Morganton, North Carolina and a graduate of the University of North Carolina at Chapel Hill, where he received his Bachelor of Arts in Communication. He helped pay his way through college by working as a radio news reporter and has more

than 30 years of full-time broadcast news experience.

Mr. Leslie served as news director of large radio operations in Norfolk, Va., Houston and for WRAL-FM in Raleigh and the North Carolina News Network. He joined WRAL-TV in 1984 as managing editor and later became anchor and environmental reporter.

Recognized for his distinguished and commendable work, Mr. Leslie has won more than 75 major awards. He is the only two-time Peabody

Award winner from North Carolina (the top award in broadcasting) and a five-time Emmy winner.

Other awards include: Society of Professional Journalists National Distinguished Public Service Award (beating network competition),

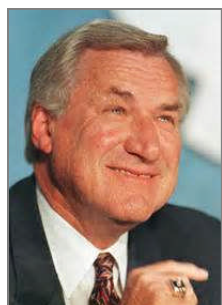


Bill Leslie

Continued page 3 column 3

A tribute to Coach Dean Smith, friend and supporter of The Wright's Center

I have just returned from the funeral for my friend Dean Smith. The array of attendees was impressive.



Coach Smith planned his funeral so that the music and scripture would reflect his deeds and the values of his heart. But Coach did not plan on who spoke or what was said. He could not have known that Roy Williams would confess that he failed in his friendship because he never told

Coach he loved him. He could not have foreseen the redemptive triumph of when Roy then looked to the heavens and said to Coach "I love you".

I could not help but be distracted by my own memories of long ago when I was 17. I had a mentor who knew I was unfamiliar with college. He must have seen some promise in me, for he took me to Chapel Hill and showed me the campus. He then told me we were going to meet a couple of his friends at lunch. Imagine my surprise when the friends turned out to be Dean Smith and Charles Scott, the player he recruited that broke the color barrier in UNC sports. I was not a basketball player, but that did not

matter to Coach Smith. He knew my background, knew my high school football coach, asked about my interests, and encouraged me to attend UNC. I needed no further persuasion. As a result, my life was immeasurably changed. Reflection decades later left me puzzled. Why did Dean Smith take time out of his busy schedule to learn about an awkward boy and encourage him to attend UNC - even though the boy did not play basketball?

I was drawn to the apparent contradiction. I wondered if the outpouring of love and support for Dean I have felt since his death was connected in some way to a fascination with his qualities that on the surface may seem incongruent, but in fact work together harmoniously to make a complete human. Just a few examples: he was unceasingly competitive, but was always compassionate; he could deeply disagree, but would never demean; he was intensely private, but would "go public" for what was right - yet never for publicity's sake; he was a free thinker, but was always grounded in simple truths.

No wonder that I, too, now look to the heavens and say "I love you, Coach Smith."

Steve Coggins

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Would you like to give
of your time, wisdom and talents to
enhance the lives of frail elders,
adults with disabilities and veterans?
If so, The Wright's Center is seeking
people to serve on our Board of
Directors. Contact Doris Howington,
our executive director
at 252.442.8363 today
for more information.

"At the age of 82, my aunt needs a greater amount of external stimulation and social activities that will assist her in being more mentally alert and functional. I'm grateful that the Wright's Center will provide social and mental stimulation for my aunt. Her participation in the program is a great benefit to her well-being and a great help to me."

Annie Burney, caregiver

How to "unplug" from caregiving

You're a long-term caregiver for your parents and you are getting more than a little burned out. A weekend away would do you a world of good. How can you go without being mired in guilt and mentally stuck back home? You probably won't be able to totally avoid some concern, but it may be possible that you can, with planning, take advantage of a break and come home refreshed.

While each caregiving situation is unique and the idea that you will be worry free during your trip is a bit optimistic, following are some steps you can take to prepare for a good time.



1. Recognize that you deserve a break. The daily routine of taking care of a loved one can be exhausting. Sometimes you just need a break. As with any job, paid or unpaid, a rest from the daily grind rejuvenates the body, mind and spirit. **Your loved one will reap the benefits of a happier, more rested you.**

2. Plan, plan, plan. The more you feel you've done all you can do to ensure a smooth transition, the more relaxed you'll be while you are away. If you don't have a family member who can stay with your loved one, call an in-home agency, preferably one recommended by friends, and set up an interview with them.

3. Stock up on staples. If you've been grocery shopping for your parents, you know what they need. Paper towels, toilet paper and facial tissues don't spoil. Make sure to leave plenty around and that they know where to find such items. Special soap? Get two. Same with shampoo and other personal items. They'll feel more secure even if your trip is short.

4. Prepare meals ahead of time. Stock up on easy to cook food, or make meals ahead of time and freeze them. If you make everything easy, you'll feel better about leaving them for awhile.

5. Have a way to get in touch. These days, Skype can be a good connection for computer savvy elders and traveling adult children to stay in communication. Remember, though, you are doing this to unplug. If possible, ask your family member or the paid caregiver to only contact you in a true emergency. Alternately, if you feel you simply must talk daily—perhaps if your elder is isolated—then call or set up Skype for a specified period of time.

6. Make a list and check it as often as you need to. Does it cover everything you can think of that your loved ones may need? If so, follow the advice of counselors and support groups and mentally detach from the home situation while you are away.

Detaching may be the hardest step, but unless you do so, you aren't really taking a vacation. Admitting that you need a break is key to helping you recognize, prevent and avoid caregiver burnout. You can't control what will happen tomorrow. You can't control how your parents will react to your absence. But you can control (to some degree) your worry, because that stems from your attitude. Trust that you've done all you can and then enjoy your time away.

When you return refreshed, you'll likely wonder why you haven't done this more often.

Source: AgingCare.com

Happenings at the Center

The Wright's Center provides a safe, healthful, and nurturing environment for elders, veterans and persons with disabilities. As usual, our weeks are full of activities that encourage social participation for participants. Activities are designed to motivate and stimulate the mental capacity of the participants.

January - We conducted our version of Wheel of Fortune. Participants had a grand time guessing the word puzzles. They also made "get well" cards and sent them to friends who were feeling under the weather and unable to attend the program.

February – **Ingrid Hospedales**, The Wright's Center food service coordinator, prepared a special meal for Valentine's Day. Participants prepared Valentine's cards for loved ones to express how much they love and appreciate them. Each Thursday, **Ethel Pittman**, Wright's Center

volunteer, works with participants to complete educational exercises. On the second Friday in February, we wore red to support American Heart Month.

March – Participants look forward to playing "Big Bingo." All participants are given a prize to take home for each winning game. Arts and crafts and games are a staple at the Wright's Center. Activities that stimulate the mind and encourage social interaction are rewarding to participants.

We encourage caregivers to come out, spend the day, and join in the fun.



Bill Leslie (continued from front page)

Robert F. Kennedy Award, National Headliner Award, North Carolina Journalist of the Year (twice), Gavel Award; Edward R. Murrow Award, Charles Kuralt Award, and the UPI National Award for Features.

Mr. Leslie is a composer, producer, arranger and performer on eight highly acclaimed Celtic fusion CDs. Leslie's 2008 Release "Blue Ridge Reunion" and 2010 release "Simple Beauty" were both named Best Acoustic Instrumental Album of the Year by international radio hosts who report to ZoneMusicReporter.com.

Please join us on Thursday, April 23rd as we celebrate twenty-six years of serving our community. Gala sponsorships are still available. To purchase tickets or for additional information contact **Doris Howington**, executive director of The Wright's Center, at 252.442.8363.

\$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

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Address _____

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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!

Helping the person with Alzheimer's communicate

People with Alzheimer's and other dementias have more difficulty expressing thoughts and emotions; they also have more trouble understanding others. Here are some ways to help the person with Alzheimer's communicate:

Be patient and supportive.

Let the person know you're listening and trying to understand. Show the person that you care about what he or she is saying and be careful not to interrupt.

Offer comfort and reassurance.

If he or she is having trouble communicating, let the person know that it's okay. Encourage the person to continue to explain his or her thoughts.

Avoid criticizing or correcting.

Don't tell the person what he or she is saying is incorrect. Instead, listen and try to find the meaning in what is being said. Repeat what was said if it helps to clarify the thought.

Focus on feelings, not facts.

Sometimes the emotions being expressed are more important than what is being said. Look for the feelings behind the words. At times, tone of voice and other actions may provide clues.

Source: alz.org



Visit us at
www.thewrightcenter.com

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252.442.8363
252.442.6795/Fax

Mark Your Calendar
Thursday, April 23, 2015
Wright's Center
26th Anniversary Gala Celebration

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