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## Coles to keynote Wright's Gala

On Thursday, April 29, 2010, The Wright's Center will celebrate twenty-one years of service to frail elders and person with disabilities. We are excited that Kim Coles, actress, comedian, playwright and daughter of Rocky Mount's Dr. Clifford Coles and Wright's Center board member, Marsha Baker-Coles, has agreed to be our keynote speaker.

Best known for her five-season run as the unforgettable Synclaire on FOX's groundbreaking comedy series, *Living Single*, Ms. Coles has starred in numerous hit television programs, including *Frasier*, *Six Feet Under*, *In Living Color* and *One On One*. She has served as co-host for

several morning programs, including *Fox After Breakfast* and *Lifetime's Lifestyle Magazine* as well as guest co-host for various TV shows, including *The View* and *Good Day Live*.

Gala sponsorship opportunities are still available. For additional information, contact Doris Howington, executive director of The Wright's Center at 252.442.8363.



Kim Coles will keynote The Wright's Center's 2010 Gala.

## Healthy lifestyles promoted by Center

Activity, both physical and mental, is a major component of a healthy lifestyle. The Wright's Center has provided planned activities for elders and disabled adults in Nash, Edgecombe and Wilson counties since 1989.

From bowling to participating in a spelling bee, Wright's Center participants spend their days enjoying activities that alleviate loneliness and isolation and keep their minds active.

When YOU invest in The Wright's Center, we are able to continue our investment in the support of family caregivers and support the many elders in our community from becoming institutionalized.

We appreciate all that you do for elders in our community.

## Food for thought

Written By Regina Brett, 90 years old, of The Plain Dealer, Cleveland, Ohio  
*"To celebrate growing older, I once wrote the 45 lessons life taught me. It is the most-requested column I've ever written."*

*This is the third installment. See next newsletter edition for more.*

19. It's never too late to have a happy childhood. But the second one is up to you and no one else.

20. When it comes to going after what you love in life, don't take no for an answer.

21. Burn the candles, use the nice sheets, wear the fancy lingerie. Don't save it for a special occasion. Today is special.

22. Over prepare, then go with the flow.

23. Be eccentric now. Don't wait for old age to wear purple.

24. The most important sex organ is the brain.

## The Wright's Center

is seeking new board members. If you are interested, or if you know of someone who may be interested in serving on our Board, please contact our Executive Director, Doris Howington, at 252.442.8363.

## Tips for caring for an elderly loved one

Caring for an elderly family member with Alzheimer's Disease can at times be quite stressful. This month we begin a column answering a series of questions we feel will be beneficial to caregivers. Please share with someone who may need assistance.

### How do I handle my elderly loved one who wants all my time and attention?

Set reasonable but strict limits of time when you can be available and when you can't. Never allow yourself to be manipulated. If you never give in to demands, your parent will learn that moaning and groaning doesn't work and will eventually stop trying. If you give in to extreme begging, they will continue to push harder and harder, knowing that you will eventually cave in. When they ask for your help in a more reasonable way, respond positively to reinforce the good behavior, telling them how proud of them you are, and how much you appreciate the way they have approached you this time. Reinforce good behavior.

Getting your loved one involved in activities is the best thing for both of you.

Contact your nearest Senior Day Care Center for more information. It may take a lot of coaxing and compassion to get your parent to step out of their comfort zone of being at home and to consent to go to Day Care where they don't know anyone. Remember that any type of change can be extremely frightening for elders. Encourage your loved one to attend no matter how much they protest. They may hate it at first, saying that everyone is too old, it's too much effort, or they just don't like it—but don't give up. Eventually they'll make new friends and look forward to all the activities. The pressure on you to entertain them will be drastically reduced.

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. Call Laura Hines today at 252.442.8363 and make an appointment to tour our facility, meet our participants and talk with our staff.

*Excerpt from Book, "Elder Rage—Or Take My Father...Please" by Jacqueline Marcell*

## Boost your brain power—Use it or lose it

Evidence shows that people in their 70s and 80s who stay healthy can expand their brain power—and easily match the mental abilities of a 30-year old.

Keep physically active, manage stress and maintain a positive attitude.

### Just for fun...you never know who's listening

Have you heard the story of the wealthy grandfather who had been experiencing hearing loss for a number of years? It got to a point that he was practically deaf. One day his doctor fitted him with a hearing aid that enabled the man to hear perfectly again. A couple of weeks later, he went back to the doctor for a checkup. The doctor asked how his family liked the fact he could hear again. The grandfather responded by saying that he hadn't told anyone about the hearing aid. He went on to say that he just sits around listening to everyone's conversations and that he has now changed his Will three times in the last two weeks.



## Caregivers Corner: Don't forget to take care of yourself

Remember, it is not selfish to focus on your own needs and desires when you are a caregiver—it's an important part of the job. You are responsible for your own self-care. Focus on the following self-care practices:

- ~ Learn and use stress-reduction techniques.
- ~ Attend to your own healthcare needs.
- ~ Get proper rest and nutrition.
- ~ Exercise regularly.
- ~ Take time off without feeling guilty.
- ~ Participate in pleasant, nurturing activities.
- ~ Seek and accept the support of others.
- ~ Seek supportive counseling when you need it, or talk to a trusted counselor or friend.
- ~ Identify and acknowledge your feelings.
- ~ Change the negative ways you view situations.
- ~ Set goals.

### Did You Know?

More than 7 out of 10 people with Alzheimer's disease live at home, where family and friends provide 75% of their care. The estimated value of this informal care is \$257 billion annually.

# A Fabulous and "Fun-Tastic" New Year at The Wright's Center

Laura Hines, Wright's Center Program Director

Participants and staff of The Wright's Center began the new year with a "bang!" The Lamplighters, a husband and wife karaoke team, entertained us during January with their engaging music. Participants had a "Hat Day" celebration where they wore unique hats and "strutted their stuff" modeling for staff and guests. Later in the month we had a "Fabulous Fashion Show" with an array of beautiful clothing modeled by participants and staff. Our volunteers served as judges and commentator. Families were invited and witnessed these fun-filled events.

"Fun-Tastic" February began with Black History Month. Several times a week we discussed the many inventions of historic African-Americans. Participants and staff enjoyed a Pajama Party ending with popcorn and a movie. We concluded the month with "African Attire Day." Participants enjoyed wearing African clothing and jewelry. Our dietary staff prepared a "Soul Food" lunch of several chicken dishes, pigs feet,

potato salad, collards and sweet potato pie. Ummmmm.

So, what's in store for the rest of the year? Stay tuned.



Left to right:  
John Hines and  
Lula Henderson  
participate in a  
fashion show  
during Black  
History Month at  
The Wright's  
Center.

## Interesting Stats

Over half (54.6%) the older noninstitutionalized persons lived with their spouse in 2008. Approximately 11.3 million or 72.0% of older men, and 8.6 million or 41.7% of older women, lived with their spouse. The proportion living with their spouse decreased with age, especially for women. Only 28.9% of women 75+ years old lived with a spouse.

Source—US Bureau of the Census

### \$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
- 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 Patricia Davis-Penn



Patricia Davis-Penn, member of The Wright's Center Board of Directors.

Patricia Davis-Penn, a native of Rocky Mount, is one of the founding board members of The Wright's Center. Patricia began her association with us while serving on the VISIONS, Inc. Board of Directors. VISIONS, Inc. is the multi-cultural consulting organization that developed The Wright's Center as a community development project. In 1989, when The Wright's Center came into existence, Patricia began serving on our board, providing her expertise in guiding the Center to meet the needs of the elderly, disabled adults and caregivers in our community.

During our annual fundraiser, the staff looks forward to, and has grown to depend on, Patricia's talent in setting up and designing the layout for our annual Silent Auction. She plays an integral part in ensuring our auction runs smoothly.

Patricia's dedication is very much appreciated as she travels the farthest to serve on our board. She and her husband, Harold, live in King of Prussia, Pennsylvania.



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