

Bryant joins Wright's Center Board of Directors

The Wright's Center is fortunate when it comes to attracting people in our community who are willing to donate their time, skills and knowledge to our organization. The Board and staff are pleased to welcome our new board member, Cheryl Bryant.



Ms. Bryant, a Rocky Mount native, obtained her MSW degree from the University of North Carolina-Chapel Hill and her B.A. from North Carolina Wesleyan College. Her desire has always been to affect social change. She has extensive experience in grants management, project coordination and

social work having worked for the Governor's Crime Commission, East Carolina University-Central Rocky Mount Partnership and Children's Development Services Agency.

Welcome aboard Cheryl. We look forward to your valuable input and expertise.

It's **Go4Life Month**

and the National Institute on Aging wants you to find a way to Be Active Every Day! Being active can help you improve your ability to do the things you want to do. It can also help manage and improve certain chronic conditions like diabetes, heart disease, and osteoporosis.

Visit our website at go4life.nia.nih.gov for more info.

Source: National Institute on Aging

Dementia and Driving

Driving demands quick reaction time and fast decision making — because of this a person with Alzheimer's will eventually become unable to drive. Dealing with the issue early on can help ease the transition.

Determining when someone can no longer safely drive requires careful observation by family and caregivers. The following list provides warning signs that it's time to stop driving:

- Forgetting how to locate familiar places
- Failing to observe traffic signs
- Making slow or poor decisions in traffic
- Driving at an inappropriate speed
- Becoming angry or confused while driving
- Hitting curbs
- Using poor lane control
- Making errors at intersections
- Confusing the brake and gas pedals

- Returning from a routine drive later than usual
- Forgetting the destination you are driving to during the trip

Starting the conversation

- Initiate a dialogue to express your concerns. Stress the positive and offer alternatives.
- Address resistance while reaffirming your unconditional love and support.
- Appeal to the person's sense of responsibility.
- Reinforce medical diagnoses and directives. Ask the physician to write a letter stating that the person must not drive. Or ask the physician to write a prescription that says, "No driving." You can then use the letter or prescription to reinforce the conversation.
- Consider an evaluation by an objective third party.
- Understand that this may be the first of many conversations about driving.

Board of Directors

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Executive Director

Antoinette Wheeler
Program Director

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, 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

CAREGIVERS CORNER

Coping with challenging behaviors in Alzheimer's

One of the more difficult aspects of Alzheimer's disease is that it changes the way an individual thinks and reacts to every-day situations. Whether you're providing physical care, bringing your loved one to a doctor's appointment or just spending time with them, you may experience a variety of behavioral challenges, including agitation and physical or emotional aggression. Following are some practical suggestions for coping with these behaviors:

- **Allow extra time.** When you're helping your loved one get ready for the day, plan ahead so that you will not have to rush. A slow, calm approach can prevent or minimize a negative reaction.
- **If agitation or aggression increases, take a break.** For example, if you are trying to help your mom get dressed and she's becoming more resistive and angry, take a 15 minute break and then come back in the room to try again. Fifteen minutes later may feel like a new day to her, so return with a smile and try again. Don't use this as a threat to her, but rather as a way to allow her a little control over her day. It also provides you with a chance to take a deep breath and refill your patience level.
- **Provide something for your loved one to hold while you give care.** Have you ever had the experience of getting slapped or pushed away when you're trying to help someone with Alzheimer's? Maybe you're helping brush her teeth and it's just not going well. If you're able, try to engage her by asking for her help with brushing the teeth. If this doesn't work, give her something to do or hold with her hands. This serves as a distraction for her and also helps you be able to provide necessary care. I've seen several individuals respond very positively when offered a baby doll, stuffed animal, their wallet, or a book to hold while care is provided.

(Part I in a series.)

Source: About.com

Blessed are they... (from an elderly person's point of view)

Blessed are they who understand
My faltering step and shaking hand.

Blessed are they who know my ears today
Must strain to hear the things they say.

Blessed are they who seem to know
My eyes are dim and my answers slow.

Blessed are they who look away
When my tea was spilled at the table today.

Blessed are they who with a cheery smile
Will stop to chat for a little while.

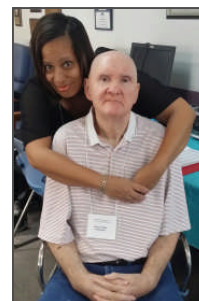
Blessed are they who know my ways
And bring back memories of yesterdays.

Blessed are they who know my ways
And bring back memories of yesterdays.

Blessed are they who ease the days
And care for me in loving ways.

Blessed are they who make it known
I'm loved, respected and not alone.

Author Unknown



Antoinette Wheeler,
Wright's Center program
coordinator with Samuel
Mills, participant.

HAPPENINGS AT THE CENTER

It's been a busy quarter of activities for Wright's Center participants

At The Wright's Center, our supervised program for frail elders, adults with disabilities, and veterans encourages participation in social and physical activities that help keep minds and bodies fit.

During this past quarter, in recognition of our country's independence, participants engaged in a variety of arts and crafts, one of the staples of our program. They made cards, drew pictures and just enjoyed the camaraderie amongst each other.

The **Lamplighters**, a local husband and wife team, entertained participants with a Hawaiian Luau. Our spiritual community continues to show their support and love with weekly devotionals. We are grateful to **Rev. Elmer Edge, Minister Marsha Edge, Pastor Apelles Hart, Open Door Ministries and Oak Level Baptist Church** — all provided weekly devotion

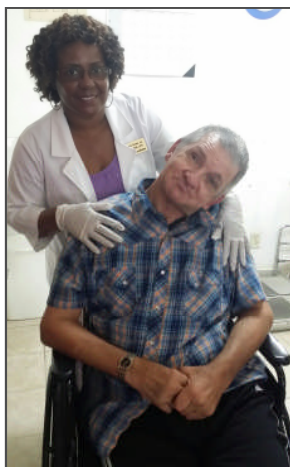
services.

Participants also enjoyed various activities designed to stimulate their minds such as *Sharpen Your Senses, Bible Trivia, and Do You Remember the Year.*

Family vacations are always fun. Participants shared stories about current vacations and memories of past family vacations.

Tobacco leaves were brought in for participants to handle. Some of our participants, in their youth, worked in harvesting tobacco. They enjoyed sharing their memories of times spent on the farm. It should be noted that

long-term memories help to reduce distress and bring comfort to participants, especially those who have Alzheimer's Disease.



Regina Davis, Wright's Center health care coordinator, and James Jones, participant.

Our King and Queen Celebration honored the participants who have been with the program for the longest period of time.

Ingrid Hospedales, our food service coordinator, prepared a special meal to honor our grandparents in September for National Grandparents Day.

As you can see, our program of activities address the nutritional, educational, recreational, social and health needs of all participants. Our program is rewarding.

\$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!

Nations gather to coordinate global dementia research

NIA Director Dr. Richard J. Hodes joined health ministers, leading scientists, and advocates from around the world March 16-17 in Geneva, Switzerland, to advance dementia research planning on a global scale. The Ministerial Conference on Global Action Against Dementia, hosted by the World Health Organization (WHO), reflected shared goals that are gaining momentum worldwide: to raise awareness of dementia's socioeconomic impact, advance scientific research, foster the availability of new treatments and improved care, and consider the state of the science with respect to risk reduction for neurodegenerative disorders.

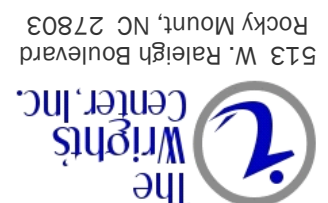
Several countries, including the United States, have developed national plans to address Alzheimer's disease and other dementias, focusing on research, clinical care, and long-term services and supports. "We have been running behind the curve with dementia for a long time," said WHO Director-General Dr. Margaret Chan, "but several recent events tell us that we are catching up. We must weave these multiple new initiatives into a comprehensive plan that can work in all countries."

Source: nih.gov



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