

Broadening our reach

"When the peace treaty is signed, the war isn't over for the veterans, or the family. It's just starting." Karl Marlantes - Author, businessman, decorated Marine veteran.

They are husbands, wives, fathers, mothers, brothers and sisters. They have served our country and now need us to serve them. Disabled veterans with dementia, Alzheimer's and those who, because of physical impairments or other ailments, should not be left alone at home are welcome at The Wright's Center. We are certified by the Veterans Administration to open our doors to veterans in our community. Our program is available to past veterans and retired veterans over the age of 18.

The Wright's Center provides social interaction and physical activity

to help keep minds and bodies fit. Our programs reduces social isolation and loneliness, encourages participation in physical activities, enriches lives through educational, cultural and spiritual programs, enhances your loved one's desire and capacity to perform activities of daily living, and provides opportunities for participants to develop friendships.



If you have a family member who is a veteran and is in need of the services provided by The Wright's Center, call Doris Howington, executive director, today at 252.442.8363 for more information on how we can help you and your loved one.

In the United States, there are:

5.5 million — Veterans with any type of disability

3.4 million — Veterans with a service-connected disability.

Source: 2008 American Community Survey

Key Findings from the 2010 MetLife Study

Adult Day Services Are a Growing Source of Long-Term Care

- There are more than 4,600 adult day services centers across the U.S. — a 35% increase since 2002.
- More than 260,000 participants and family caregivers are serviced — an increase of over 100,000, or 63%, since 2002. **(The Wright's Center can serve up to 51 participants per day)**
- Nearly 80% of adult day services centers have a nursing professional on staff. **(RN and LPN at Wright's Center)**
- Nearly half of all participants have some level of dementia.
- Over 80% of participants attend full days and 46% attend five days per week, enabling family caregivers to remain in the workforce.
- Approximately 90% of centers offer cognitive stimulation programs, almost 80% provide memory training programs, and more than 75% offer educational programs. **(The Wright's Center offers all of the above.)**
- The care provided may allow these individuals to delay nursing home placement.

Source: 2010 Metlife Study

save the date!

Bill Leslie will be the keynote speaker at The Wright's Center Gala next year, scheduled for Thursday, April 23, 2015. Mr. Leslie is a journalist and anchors the morning and noon newscasts for WRAL-TV in Raleigh, NC.



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*Have you considered serving
on a local nonprofit board?
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.*

*"My sister and daughter were both
participants at The Wright's
Center. The staff was so kind and
watchful to them. I thank God for
giving you the patience to care for
my family members."*

*Arecenia Hines, Caregiver
for her sister and daughter*

Health benefits of dancing

The Wright's Center encourages participants to dance as part of our program to help keep minds and bodies fit. You too, can benefit from dancing. Following are some scientific proof behind the benefits of boogieing.

- **Dance away depression:** A group of Australian researchers found that men and women with mood disorders who participated in a two-week tango instruction program felt less depressed, and experienced significant reductions in their levels of stress, anxiety and insomnia.
- **Salsaing for strength:** A few weeks of salsa dance classes can seriously increase an older adult's strength and balance, according to a study published in the journal *Gerontology*. Salsa proved to be a safe and feasible exercise program for older adults.
- **Soft shoeing to alleviate stiffness:** Older adults with knee and hip discomfort may be able to swap their pain medications for dancing shoes, a Saint Louis University (SLU) study recently concluded. After engaging in a 12-week, low-impact dance program, participants with an average age of 80 years old were able to decrease the amount of pain medication they were taking by 39 percent. They were also able to move around more easily—a key determinant in remaining independent.
- **Waltzing with your heart:** People with stable chronic heart failure may derive the same aerobic health advantages from learning how to waltz as they would from more traditional forms of cardiovascular exercise, such as cycling or walking, says a study published in the journal *Circulation*.
- **Defend against dementia with disco:** When compared to other leisure activities (e.g. playing golf, doing crosswords, reading, cycling, etc.) dancing appears to offer the best chance of helping stave off dementia. According to a 21-year study led by the Albert Einstein College of Medicine, aging adults who danced regularly had a 76 percent reduced risk for developing dementia. Experts theorize that dancing is beneficial for our brains because it combines cardiovascular exercise with split-second decision making that taxes our neural network, forcing it to create new pathways.



- **You can-can do it, in spite of health issues:** Parkinson's disease, dementia, cancer, arthritis, asthma, heart disease: What do all of these conditions have in common? They don't prohibit you from dancing. Research into using dance as a therapy for each of these ailments has unearthed a host of advantages, with very few risks. However, it's important to always be sure and check with a doctor before embarking on a rigorous dancing regime, especially for those with pre-existing health conditions.

So get out there and dance like no one's watching!

Source: Agingcare.com

“Let's Make a Deal” and an Hawaiian Luau? Okay, what's REALLY going on at The Wright's Center?

The past three months have been very active for Wright's Center participants. In addition to regularly scheduled activities, participants enjoyed planting **potted spring flowers**. When the flowers bloomed they were given to our ladies for **Mother's Day** gifts to take home and plant in their favorite garden spot. The ladies were also pampered with a **Nail Spa Day** at the Center, and got to choose their favorite nail colors.

The hazy, humid days of June led us to an **Ice Cream Social**, preceded by a satisfying and enjoyable lunch honoring our men for **Father's Day**. Everyone enjoyed the fellowship.

Participants also attended **Senior Day at the mall**. This year's theme was “Let's Make a Deal.” Participants participated in a “game show.” They all received tickets to use in exchange for

prizes. Some of the prizes were great, such as perfume. Some were booby prizes such as toilet bowl cleaner. Everyone had an enjoyable time. For participants, a trip to the mall is always a pleasant experience.

In July, participants enjoyed an **Hawaiian Luau** arranged by **The Lamplighters**. The Center was decorated to match the theme and there was music, dancing and fun had by all.

If you have a loved one who should not be left alone at home, The Wright's Center currently has funding for seniors sixty and older living in Nash and Edgecombe Counties.

Call Doris Howington, executive director, at 252.442.8363, or stop by and visit us today!



Wright's Center participants enjoy karaoke during their Hawaiian Luau with The Lamplighters.

Things my Pop-Pop Told Me

You can't unsay a cruel word.
Every path has a few puddles.

\$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 needs referrals & contributions

The Wright's Center is proud of the service we provide frail elders, adults with disabilities and veterans in our community. Our program provides full-time caregivers the ability to maintain employment without worrying about the care of their loved ones. We want to increase our enrollment and need your help to do so. If you have a loved one who can benefit from the services we provide, give us a call today at 252.442.8363 to discuss how we can help.

According to statistics from skillednursingfacilities.org, the average cost of adult day care facilities nationwide is \$61 per day, compared to assisted living at \$110, home care at \$162 and single occupancy nursing home at \$222.

We contract with Tar River Transit to provide transportation within a twenty mile radius of our facility at a cost of \$1.75 per mile per participant. The Center covers over 80% of transportation costs to participants; we charge participants a minimal fee of \$5.00 - \$7.00 per day roundtrip. If we chose to include travel in our service contract with Nash and Edgecombe Counties they would only reimburse us \$3.00 per day per participant.

Thank you for all that you do to help keep our program available to elders, adults with disabilities and veterans in our community. Whether you make a referral or give a donation, your support is always appreciated.



Visit us at
www.thewrightscenter.com

wrightscenter.inc@embarqmail.com/Email

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