

# The Wright's Stuff

The Wright's Center, Inc. is an adult day health care center for frail elders and disabled adults living in Nash, Edgecombe and Wilson counties and the surrounding areas.

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## Saulsby to keynote 24th Anniversary Gala Celebration

*"The story I'm most proud of documenting is South Africa's Nelson Mandela's first speech in the United States after being freed from prison after 27 years."* So states Pam Saulsby, The Wright's Center keynote speaker for our 24<sup>th</sup> Anniversary Gala Celebration to be held on Thursday, April 25<sup>th</sup> at the R.T. McCarter Fellowship Hall in Rocky Mount.

Pam Saulsby is an Emmy-award winning journalist and recording artist. She has enjoyed a distinguished 32-year career as a television journalist, and for 20 years was one of Raleigh's most well-known and trusted local news anchors.

Ms. Saulsby is a graduate of the University of Florida in Gainesville where she earned a B.A. in Broadcast Journalism. She chose Political Science as her minor.

In 1980, Ms. Saulsby began her journalism career in West Palm Beach, Florida where she worked as a general assignment reporter. In 1981 she moved to Miami where she spent ten years as a reporter and news anchor. Her career led her to Raleigh, North Carolina in 1991, where she joined the news team at WRAL-TV. Today, Ms. Saulsby is a news anchor for NBC 17 News covering the Raleigh/Durham, North Carolina area.

Throughout her career, Ms. Saulsby received numerous honors and awards including one National Emmy Award, and two regional Emmy awards. She was also named Distinguished Woman of North Carolina in 1986 and Best Local News

Anchor by Metro Magazine in 2010 and 2011.

In 2010, Ms. Saulsby was the Honorary Chairwoman of the Komen Race for the Cure in Raleigh. She has received

numerous honors for her participation in the fight against breast cancer. She was recognized for using her own video camera to document the journey of two local women fighting cancer.

In 2005, Ms. Saulsby took a leap of faith and began vocal studies that would in short order lead to the realization of a dream: to sing and record music. In 2010, Ms. Saulsby released an album of jazz covers called "The Full Measure of a Woman." She is now working on a new music project that will include a collection of songs to honor the military.

Please join us on Thursday, April 25<sup>th</sup> as we celebrate the service we provide frail elders in 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.



Pam Saulsby, journalist and recording artist, will keynote The Wright's Center 24th Anniversary Gala Celebration.

## Save The Date

**The Wright's Center**  
**24th Anniversary Gala**  
**Celebration**

**Thursday, April 25, 2013**

**Sponsorships Available**

**Tickets: \$30.00 each**

## A tough decision: taking the car keys

Caring for a person with Alzheimer's disease at home is a difficult task and can become overwhelming at times. Each day brings new challenges as caregivers cope with changing levels of ability and new patterns of behavior. Following are a few tips on taking the car keys from your loved one with Alzheimer's who is no longer able to drive.



- Making the decision that a person with AD is no longer safe to drive is difficult, and it needs to be communicated carefully and sensitively. Even though your loved one may be upset by the loss of independence, safety must be the priority.

- Look for clues that safe driving is no longer possible, including getting lost in familiar places, driving too fast or too slow, disregarding traffic signs, or getting angry or confused.
- Be sensitive to the person's feelings about losing the ability to drive, but be firm in your request that he or she no longer do so. Be consistent—don't allow the person to drive on "good days" but forbid it on "bad days."
- Ask the doctor to help. The person may view the doctor as an "authority" and be willing to stop driving. The doctor also can contact the Department of Motor Vehicles and request that the person be reevaluated.
- If necessary, take the car keys. If just having keys is important to the person, substitute a different set of keys.

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## Monitor signs of caregiver burnout

**Question:** I care for my mother who has Alzheimer's. How can I avoid burnout?

**Answer:** Although your attention is focused on your loved one, be sure to mind your own physical and mental health. Make time for sleep, exercise, proper nutrition, socializing with friends, and moments when you can be alone. This may require asking for help, which is not always easy to do. Remember that helping yourself will ultimately help your loved one.

Monitor yourself for signs of caregiver burnout, which can include irritability, anger, anxiety, depression, sleeping problems, withdrawal from social activities, and denial about your loved one's diagnosis or your responsibilities as a caregiver.

If you're having a lot of difficulty coping, consider seeking mental health care from a professional who has expertise in Alzheimer's and has experience treating issues related to caregiver burnout, depression, and grief. Mental health professionals with this kind of expertise can also provide consultation and training in the management of challenging behaviors.

## Just for fun

### Bragging Is Not for Wimps

An Oklahoma rancher, Fred, visiting a South Jersey farmer friend, Glenn, asked him to show him his farm. After seeing the many-acre spread, Fred bragged that down home he could get into his car, drive all day, and by evening would not have gotten to the distant point of his ranch. Glenn simply replied, "You know, I had a car like that once."

### Will Rogers advice—on growing older:

- > When you are dissatisfied and would like to go back to your youth, think of Algebra.
- > Long ago when men cursed and beat the ground with sticks, it was called witchcraft. Today it's called golf.
- > Being young is beautiful, but being old is comfortable.
- > The older we get, the fewer things seem worth waiting in line for.
- > Eventually you will reach a point when you stop lying about your age and start bragging about it.

Spring is wonderful. It makes you feel young enough to do all the things  
you're old enough to know you can't. — Franklin P. Jones

## Volunteers provide entertainment and valuable information

The Wright's Center is fortunate to have community volunteers who give of their time and energy to assist staff and enhance the lives of program participants. Many have formed one-on-one relationships with our participants. Highlights during the first quarter of this year include the following:

- **The Lamplighters**, a husband and wife karaoke team, launched 2013 with a New Year's Bash, getting participants and staff off to a great start.
- A presentation on Diabetes and maintaining a



healthy heart – The Wright's Center regularly provides helpful information on ways to enhance the quality of life for participants and their caregivers.

- **Laura Hines**, former Wright's Center program director, continues to provide educational exercises to all participants who are interested in maintaining or improving their skill levels in math and reading.
- Black History Month was celebrated with participants being quizzed on black history trivia.
- Devotional sessions

are held weekly. Songs and short messages are routinely delivered by **Mr. & Mrs. Danny Eason, Evangelist George Bell, Reverend Elmer Edge, Reverend Dennis Battle, and Reverend Apellas Hart.** Churches also providing support include **Open Door Ministries, Oak Level Baptist Church and Truth Tabernacle Ministries.**

We are grateful for the love and support from all of our volunteers.

The Wright's Center provides participants social interaction and physical activities to help keep minds and bodies fit.

### \$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.

### \$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., 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)
- Tile for bathrooms, kitchen and foyer
- Carpet for all carpeted areas
- Small trash bags
- Volunteers (Monday through Friday)

*Thank you for all that you do!*

## Myth vs Fact

**Myth:** Most people with Alzheimer's are oblivious to their symptoms.

**Fact:** Typically, those in the early stage of Alzheimer's disease or other common forms of dementia do realize, at least part of the time, that something is wrong. (Whether they recognize it as Alzheimer's is another matter.) Most people with the disorder are aware that they're experiencing memory lapses, for example, or that they're starting to have trouble doing certain familiar tasks (following a favorite card game, cooking a particular recipe). Insight varies by individual, and the degree of awareness can shift from day to day.

Depending on their level of awareness and attitude toward correction, people with Alzheimer's may appreciate being gently told when they make a mistake due to memory loss, disorientation, or another disease symptom. On the other hand, self-awareness of symptoms can make someone frustrated, angry, scared, or socially withdrawn. As the disease progresses and symptoms worsen, awareness of the situation is likely to decline.

Source: Paula Spencer Scott, *Caring.com* senior editor



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