

Bill Leslie to headline Wright's 2015 Gala

Wow, twenty-six years of serving frail elders, disabled adults and veterans in our community. We are proud of our accomplishments and excited about next year's celebration. Bill Leslie, journalist and news anchor for WRAL-TV, will help us celebrate our success at our Gala on Thursday, April 23, 2015.

Bill Leslie is a native of Morganton, NC and a graduate of the University of North Carolina. He is a journalist and anchors the morning and noon newscasts for WRAL-TV in Raleigh, North Carolina. Mr. Leslie, a gifted guitar player, is also known as a new age record artist who, along with his World Music band, Lorica, perform traditional as well as Celtic fusion music composed by Leslie.

Mr. Leslie, an accomplished journalist, has been widely recognized for his work. He has won two George Foster Peabody Awards, five Emmys and has also been awarded the Society of Professional Journalists National Distinguished Public Service Award, Robert F. Kennedy Journalism Award, National Headliner Award, Gavel Award, RTNDA Edward R. Murrow Award, UPI National Award for Features and twice won the North Carolina Journalist of the Year.

New Age Reporter named Leslie "Best New Artist" and his Christmas in Carolina album was named "Best Holiday Album" in 2005. 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.



Bill Leslie, journalist and news anchor for WRAL-TV, will keynote the 2015 Wright's Center Gala.

Mark your calendar for Thursday, April 23, 2015 as we celebrate the service we provide frail elders, adults with disabilities and veterans in our community. Gala sponsorships are available. For additional information, contact Doris Howington, The Wright's Center executive director, at 252.442.8363 or by email at dhowington.twc@embarqmail.com.

SAVE THE DATE

Thursday, April 23, 2015
Wright's Center
Gala Celebration

Helpful Holiday Hints

Holidays can be a wonderful time to visit and reconnect with family, friends, and neighbors for people with Alzheimer's and caregivers. Balancing special holiday activities with everyday care for a person with Alzheimer's disease may also seem overwhelming. Here are some tips for making things a little easier:

- Set your own limits. You don't have to do everything you used to do.
- Encourage friends and family to visit even if it's difficult, but limit the number of visitors at any one time.
- Explain to guests ahead of time that memory loss is the result of the disease and is not intentional.

During the hustle and bustle of the holiday season, be sure to take care of yourself. Guard against fatigue and find time for adequate rest.

For more tips on how to prepare and find a good balance during the holidays, download Alzheimer's Caregiving Tips: Holiday Hints at 1.usa.gov/1Fjbna1. This free tip sheet is available as a PDF and an eBook.

Source: NIH



The Wright's Center Board of Directors, staff and participants appreciate your continued support.

We wish you and your family a

Merry Christmas and a Happy New Year!

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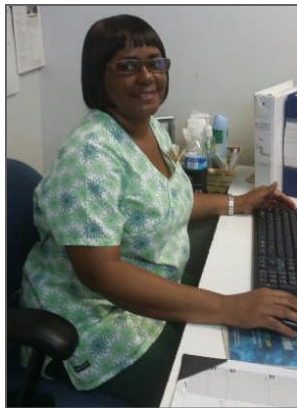
*Would you like to give
of your time, wisdom and talents to
enhance the lives of frail elders,
adults with disabilities and veterans?
If so, The Wright's Center is seeking
people to serve on our Board of
Directors. Contact Doris Howington,
our executive director
at 252.442.8363 today
for more information.*

*"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

Recognizing staff and new participant

Regina Davis, LPN at The Wright's Center, has worked in healthcare for the past twenty years and has been with The Wright's Center for the past two years. As the on-staff LPN, Regina is responsible for a variety of duties. For our participants she



administers medications, monitors blood pressure, monitors weight gain or loss, and coordinates special diet needs with our food service coordinator. In addition to corresponding with healthcare providers, Regina provides information to staff and caregivers about health concerns, educates staff members on emergency procedures and assists with daily program planning.

States Regina, *"I enjoy my job and caring for the participants. It is rewarding to be a part of this valuable program serving our community."*

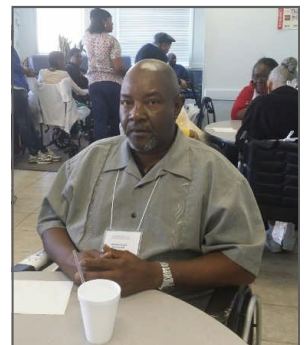
Ingrid Hospedales began her journey with the Wright's Center on September 24, 2014, as the food service coordinator. She brings a wealth of knowledge in food service. She is a professional pastry chef and currently has a home-based business preparing desserts.

Ingrid received her training from the Florida Culinary Institute. She once owned and operated a family restaurant in Trinidad, her home country.



We are fortunate to have Ingrid as a member of the Wright's Center family. The participants and staff enjoy the meals and desserts she prepares. Ingrid says, *"I really, really love my job. This is the first time in many years that I can honestly say that. I feel that I am providing a valuable service to the participants at the Wright's Center."*

Edward Davis is one of The Wright's Center's newest participants. Mr. Davis says that he loves coming to the Center. It's home away from home for him. He enjoys the activities, especially the games. He gets a "kick" out of the Trouble Game and checkers. Mr. Davis has made new friends to interact with every day. He states, *"I wouldn't have it any other way, or go any other place but the Wright's Center!"*



Dear Santa,

For this year I'm requesting a **fat** bank account and a **small** body. Please don't mix them up like you did last year!

Participants stay busy at the Center

Wright's Center participants enjoy socializing. Whether it is with each other or with our special guests and volunteers, being together laughing, singing and just enjoying life is part of the daily activity at the Center. This past quarterly activities included:

September -- On September 11th, participants celebrated "Grandparents Day" by honoring all grandparents with a special poem. Staff and participants enjoyed a wonderful lunch prepared by our new Food Service Coordinator, Ingrid Hospedales.

October -- Activities included participants and staff wearing pink in recognition of "Breast Cancer Awareness Month." The Lamplighters visited and did a fantastic job of celebrating the coming of fall with a "Harvest Dance." Halloween costumes were worn by staff and participants at the Fall Festival. Everyone enjoyed

games and food, and all went home with a prize.

November -- Various activities were planned during November. Everyone enjoyed our Thanksgiving meal with turkey and all the fixings. In addition, National Alzheimer's Disease month is always recognized during the month of November. We encourage everyone to do something special to honor your loved ones who are suffering from this disease and those who have lost their fight. During the month of...

December -- We encourage you to make a donation to the Wright's Center in memory of or in honor of a loved one, or as a gift for someone on your shopping list. Your donations are vital to ensuring that we continue to provide our much needed community service.



Area churches enhance the lives of Wright's Center participants

The Wright's Center is fortunate to have people in the community who care about our program and desire to enhance our services to participants. We would like to thank our volunteers who are committed to providing spiritual inspiration for our participants on a regular basis: **Rev. Elmer Edge, Minister Marsha Edge, Rev. Battle, Pastor Apellas Hart, Open Door Ministries, Truth Tabernacle Ministries, Oak Level Baptist Church and Deacon Walter Cherry.** Each morning our participants look forward to bible study and the singing of gospel songs. Some of the songs provide pleasant memories for many of the participants.

Thank you volunteers for your continued support!

\$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!

Caregiver Tips During the Holidays



The holidays can be stressful under the best of circumstances. For those of us caring for a loved one with dementia, the possibilities for headaches – and heartache – can multiply quickly. The desire to hold on to beloved holiday traditions pulls at us, but is often at odds with our new reality. Fortunately, there are things you can do to celebrate the season while still meeting the needs of your loved one.

Get them involved

According to the Alzheimer's Association, the weeks around Thanksgiving and Christmas bring a 10 percent uptick in calls to its national, 24-hour hot line about people who have wandered away. To keep your loved one safe, involve them in as much of your holiday activities as possible. Have them make ornaments, decorate the tree, polish the menorah, wrap presents, and stuff envelopes. Spend time with them reading holiday stories and singing songs.

Bring the party home

If you choose to entertain, invite people to the home of your loved one. This will create a more comfortable environment for them and reduce the stress of having to travel. Limit the number of people you invite. Large crowds can be confusing and difficult for those who are facing challenges.

Make time for yourself

Make sure you're taking time to do the things you love to do. Whether it's going to a movie or taking a nap, ensure you've still got time to pamper yourself.



Visit us at
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