

Pittman charms audience at Wright's Center Gala Celebration

"The Wright's Center knows that older people need to keep moving, rather than being left on the sidelines. The more a person keeps moving and feels engaged, the more they feel like they matter." These words were delivered by **Alvin Pittman**,

Whitakers native and the keynote speaker for The Wright's Center's 28th Anniversary Gala Celebration. Alvin Pittman is a practicing attorney and resides in Los Angeles, CA. He returned home to a host of family, friends and guests to address the audience at The Wright's Center's annual fundraiser. Pittman's law firm, Alvin L. Pittman Law Offices, specializes in civil rights and employment discrimination.



Alvin L. Pittman, keynote speaker for The Wright's Center's 28th Anniversary Gala Celebration.

Although Pittman lives on the other side of our country, he stays involved with the youth in our community. Via the Alvin L. Pittman Youth Day held in Whitakers, Pittman motivates and encourages youth to recognize and strive to reach their potential.

The Wright's Center's annual celebration is our major fundraiser. This year's goal was \$50,000. With the help of our supporters, we raised over \$44,450.00. If you were unable to attend our celebration and would still like to contribute, it is not too late to do so. Mail your check to The Wright's Center, 513 W. Raleigh Boulevard, Rocky Mount, NC 27803. Thank you to all of our supporters. Your confidence and trust in our program is immensely appreciated!

MetLife study addresses significance of funding for adult day services

In the last MetLife National Study of Adult Day Health Services (ADS), study participants expressed that funding was by far the most pressing challenge they face. MetLife findings and those of other studies indicate most ADS centers are operating on a break-even basis, and many are struggling to remain afloat. Maintaining the number of participants and marketing were also frequently mentioned as challenges for ADS centers. This may be indicative of the fact that ADS continue to struggle with **educating the public** as well as other health and social service professionals **about who we are and what services we provide**.

At The Wright's Center, our program is designed to benefit frail elders,

adults with disabilities and veterans who, because of physical impairments or other ailments, should not be left alone during the day. We appreciate our supporters for your investment in the lives of the participants we serve and helping to sustain our program.

Caregivers express gratitude

At The Wright's Center's recent fundraiser, two caregivers expressed their need and gratitude for the services we provide.

Zora Harris, caretaker for her brother and sister-in-law touted the blessing of having discovered The

Wright's Center in her time of need. Stated Harris, ***"I am new to Rocky Mount and I took my time looking for a place where I felt my family members would be safe and loved. I found that at The Wright's Center. I am happy because they are happy."***

Savannah Lewis, who along with her husband are caretakers for her sister-in-law, stated, ***"My husband and I appreciate the break The Wright's Center provides us. If it were not for The Wright's Center, I don't know where we would be. We need some "me" time every now and then and The Wright's Center allows us to have that. I am also impressed with the activities I see at the Center."***

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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, 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 provides a greater variety of 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 H. Burney, Caregiver

Happenings at the Center

Music, games, pampering — Wright's Center activities enrich lives of participants

Keeping our participants active in hobbies and interests that gave them pleasure in the past is part of our program at The Wright's Center. Memories elicit happy moments and the desire to again participate in those joyful activities.

This past quarter, participants enjoyed creating "Thinking of You" cards for one of our volunteers who had been sick. Music therapy remains one of our most rewarding activities. Participants take great delight – as we all do – in moving and grooving to the songs they enjoyed in their youth. Board games, such as bingo, and our daily dominoes game played by skillful ladies, continue to be a source of entertainment.

A Mothers' Day lunch, prepared by Ingrid Hospedales, our food service coordinator was savored by all. As a special treat, ladies received manicures by staff using the brightest nail colors they could find. Don't worry guys, we've got you covered for Fathers' Day!

Minds are enriched, bodies are active, and friendships developed. The Wright's Center – "The Right Place With the Right Care For Serving You Loved Ones."



Spa Day activities included Wright's Center participants getting their nails painted by staff during.

Caregiver frustration—useful hints

As a caregiver, you might feel impatient when the person with Alzheimer's struggles to find words or forgets what they want to say. Here are some ways to communicate more effectively with your loved one:

- Ask questions that require a yes or no answer. For example, you could say, "Are you tired?" instead of "How do you feel?"
- Limit the number of choices. Try, "Would you like a hamburger or chicken for dinner?" instead of "What would you like for dinner?"
- Use different words if he or she doesn't understand the first time. For example, if you ask the person whether he or she is hungry and you don't get a response, you could say, "Dinner is ready now. Let's eat."
- Try not to say, "Don't you remember?" or "I told you."



And remember—if you become frustrated, take time out for yourself. Go for a walk or practice deep breathing.



We sincerely appreciate our supporters who have been with us throughout the years and we welcome our new advocates. Your contributions are an investment in the lives of the Wright's Center participants. We cannot thank you enough for helping us continue our mission!.

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Table

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Commissioner Fred Belfield
Delta Sigma Theta Sorority/Rocky
Mount Alumnae Chapter
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The Wright's Center reduces social isolation and loneliness for participants.

\$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 _____

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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, disabled participants and veterans. Following is our Wish List.

- FINANCIAL SUPPORT
- Lockable filing cabinets
- Supplies for Arts/Crafts activities
- Paper products (towels, napkins, tissues, cups, plates)
- Small trash bags
- Volunteers (Monday through Friday)
- Referrals for enrollment

Thank you for all that you do!

How it feels to have Alzheimer's

Rick Phelps was diagnosed with early-onset Alzheimer's disease in 2010, at the age of 57. Below are some of his comments about the disease.

I am worthy of respect. *"I need to feel that what I say and do matters. I have much yet to offer the world. In many ways, I have more to offer than someone who has not read the final chapter of their life yet. I have lived my life, and I am just as worthy of respect now as I was before."*

Please comfort me. *"I am scared of the unknown. I do not know if I have six months left to communicate or six years. I worry about going to bed at night and whether I am going to wake up even worse tomorrow. This disease is with you 24/7. It is my own brain, and I can't get away from it. It is a scary thing."*

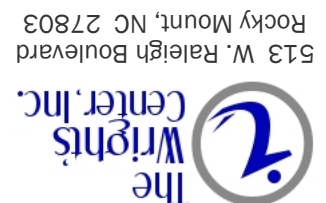
I need you to understand and accept me. *"We all know what it's like to forget. Understand that what is happening to me is so much more than just forgetting. I have lost the timeline of life. I have no yesterdays and no tomorrows. I only have now. I cannot recognize things, even when they are right in front of me. I struggle to choose my socks in the morning. I struggle to even remember where my sock drawer is. I struggle to remember what your name is. I know this is hard for you, too. I wish neither of us had ever heard the word 'Alzheimer's.' I need you to accept this and get through this with me."*

Source: alz.org



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