

Pittman returns home to headline Wright's Center's 28th Anniversary Gala Celebration



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

Alvin Pittman, Whitakers native and owner of Alvin L. Pittman Law Offices, will keynote The Wright's Center's 28th Anniversary Gala Celebration. The Gala will be held on Friday, May 12, 2017 at the R.T. McCarter Fellowship Center located at 225 S. Glendale Avenue in Rocky Mount.

Pittman graduated Salutatorian of both his elementary and high schools before attending North Carolina Central University

where he obtained his Bachelor of Arts Degree in Political Science/Public Administration, graduating Magna Cum Laude in 1975. From 1975 to 1978, Alvin attended Howard University Law School where he was an honored member of *The Howard Law Review*.

During undergraduate school, he served summer internships as Lobbyist Assistant with Common Cause (a public interest lobbying organization) and the National Institute of Environmental Health. Pittman was admitted to the State Bars of North Carolina and Pennsylvania in 1978 and 1979 respectively. He became staff attorney with the National Labor Relations Board (NLRB) at its Pittsburgh, PA, Regional Office in 1978, and practiced there until transferring to California in 1984. In 1985, Alvin was a Trial Specialist and Supervisor at the NLRB, when he resigned and became Vice President and General Counsel to Pointer-Forbes Enterprises, while simultaneously serving as litigation consultant to the Law Offices of Leroy S. Walker, a law firm concentrating in the areas of Employment and Civil Rights Law.

In 1978, Alvin was admitted to the State Bar of California and opened the Law Offices of Alvin L. Pittman, specializing in employment discrimination and civil rights litigation.

Beyond his legal practice, Alvin is Chairman of the Board of Directors of ReNew Solar, a North Carolina company engaged in the construction, production, management and sale of clean energy generating facilities and providing clean and renewable energy to the public. Community activities include: an active member and Past President of the John M. Langston Bar Association, the National Bar Association and Sigma Pi Phi Boule, just to name a few.

For many years, Alvin has been active in sharing with the youth and the Whitakers community through name and participation at the Alvin L. Pittman Youth Day, aimed at motivating youth to see and strive to realize their potential.

A firm believer in God and Family, Alvin married Carla Durham in 1987, and they have two children, Corinne Alicia and Colburn Alvin Pittman.

Join us on Friday, May 12, 2017 as we celebrate twenty-eight years of serving our community. Call Doris Howington, executive director of The Wright's Center, at 252..442.8363 for sponsorship and ticket information.

Improve Your Memory

Remember the Number 7

As you try to store information in your short-term memory, consider that scientists have concluded that our brains can store approximately seven things in our short-term memory. Trying to remember a list of twelve things to purchase at a store will be a challenge.



THE WRIGHT'S CENTER 28TH ANNIVERSARY GALA CELEBRATION

Friday, May 12, 2017 — 6:00 P.M.
R.T. McCarter Fellowship Center
225 S. Glendale Avenue, Rocky Mount NC
Tickets: \$30.00
Sponsorships Available

Board of Directors

Louise W. Coggins, L.C.S.W., Chair
Licensed Clinical Social Worker

Lamont Wiggins, Esq., Vice Chair
Wiggins Law Firm

Marilyn Evans, Secretary/Treasurer
Retired, Vocational Rehabilitation Counselor

Rita Barnville
PNC

Ann Batts-Sye, Ed.S.
Retired, Educator

Cheryl Bryant, M.S.W.
Retired

Linda Coley
PNC

Patricia Davis-Penn
Designer Events, Inc.

Lisa Joyner
CenturyLink

Beverley Riley
BB&T

Antonio C. Stephens
Saint Augustine's University

Doris Howington
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 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

Creativity—arts and crafts give participants a sense of worth and contribution

As we age, cognitive and physical exercises are imperative not only to our health, but to our overall life expectancy. Creating things engage the elderly both cognitively and psychologically. Cognitively, they are utilizing a part of their brain that they probably wouldn't ordinarily use.

According to findings in a Journal of the American Medical Association study, **exercising the brain** is as important to keeping the brain alert and strong as physical exercise is important to keeping the body strong and able.

Psychologically, the **benefits of creating things** is fulfilling and gives people a sense of worth and contribution; as we age, having a negative outlook can cause mental and physical deterioration; creating gives people a more positive outlook on life.

Wright's Center participants are currently using their sewing skills to **create a quilt**. The creation of **necklaces and bracelets** along with **Thinking of You cards** for participants who are ill, are creative activities designed to stimulate the minds of participants.

The Wright's Center, a safe, healthful, and nurturing environment for elders and disabled adults.



Wright's Center participants sewing patches of cloth together, creating a quilt.

Helpful resources for caregivers

Caregivers—get helpful resources delivered straight to your inbox! [Sign up for the NIA for Caregivers list](#) and receive biweekly e-mails with information and tips about:

- Alzheimer's caregiving
- Long-distance caregiving
- Caregiver health, and more!

Twitter: Sign up for NIA's new e-mail list for #Alzheimer's #caregiving info sent to your inbox. <https://www.nia.nih.gov/contact/subscribe>

Facebook: Caregivers—check out the new e-mail list from the National Institute on Aging created just for you. Get the latest information and tips on topics like:

- Alzheimer's caregiving
- Long-distance caregiving
- Caregiver health

Sign up today! <https://www.nia.nih.gov/contact/subscribe>

A Caregiver's Testimony

The success of The Wright's Center is evident in the successful relationships we have with our participants and their caregivers

Dear Wright's Center,

My name is Mary Valentine. My mother, Lendora Earley currently attends The Wright's Center. My mother looks forward to coming every day. Every day I pick her up she is smiling and ready to talk about her day. My mother went to stay with my sister in Elizabeth City for a week. By Wednesday, my sister called and said "I think it is time for mom to come home because she is constantly talking about the Center."

I am so grateful that her doctor recommended The Wright's Center. My mother loves it there.



**You have
served us—now
let us serve
you!**

Disabled veterans with dementia, Alzheimer's and those who, because of physical impairments or other ailments, are welcome at The Wright's Center. If you are the caregiver of a disabled veteran, call **Doris Howington**, executive director of The Wrights Center, and find out how we can help you.
Call **252.442.8363** today!

**Thank you for your
thoughtfulness!**

We are always grateful to community volunteers for their attention, time and commitment to enhance the lives of our participants. Several churches over the Christmas Holiday presented gifts to participants and staff. Thank you for your thoughtfulness.

\$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 _____ Cell _____

Please make check payable and mail to:

The Wright's Center, Inc., 513 W. Raleigh Boulevard, Rocky Mount NC 27803
Solicitation License # 5L001948

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)
- New flooring
- Small trash bags
- Volunteers (Monday through Friday)
- Referrals for enrollment

Thank you for all that you do!

The power and necessity of adult day services

Family caregivers show an increase in the beneficial stress hormone DHEA-S on days when they use an adult day care service for their relatives with dementia, according to researchers at Penn State and the University of Texas at Austin. DHEA-S controls the harmful effects of cortisol and is associated with better long-term health.



"This is one of the first studies to show that DHEA-S can be modified by an intervention which in our case, was the use of an adult day care service," said Steven Zarit, Distinguished Professor of Human Development and Family Studies at Penn State. *"The study is also one of the first to demonstrate that interventions to **lower stress on caregivers**, such as the **use of adult day care services**, have an effect on the body's biological responses to stress. We know that caregivers are at increased risk of illness, because of the long hours of care they provide and the high levels of stress. These findings suggest that **use of adult day care services may protect caregivers against the harmful effects of stress associated with giving care to someone with dementia.**"*

The researchers studied 151 caregivers of family members with dementia who attend an adult day care service at least two days a week.

Source: Research Paper by Dr. Steven Zarit and Colleagues, Posted 2014



Visit us at
www.thewrightcenter.com

wrightcenter.inc@embarqmail.com/Email

252.442.8363
252.442.6795/Fax

Address Service Requested

513 W. Raleigh Boulevard
Rocky Mount, NC 27803



Nonprofit Organization
U.S. Postage
PAID
Rocky Mount NC
Permit No. 46