

William B. Bynum, Jr. returns home to keynote Wright's 2018 Gala

On Friday, April 20, 2018, The Wright's Center will celebrate twenty-nine years of serving frail elders, adults with disabilities and veterans in our community. To help us observe our successes, William B. Bynum, Jr., president of Jackson State University in Jackson, Mississippi, will be the keynote speaker.

Dr. Bynum was born and raised in Rocky Mount along with five sisters and two brothers. "States Bynum, *"My mother was a great role model and example and showed us the way by first being 'born again' and then by pursuing and earning two associate degrees at Edgecombe Community College. She taught us early on that it wasn't about the material things we had in life that was important, but rather how we loved, supported and challenged each other."*

Dr. Bynum is a graduate of Davidson College and holds a master's degree and a Ph.D. in sociology from Duke University. Bynum formerly served as president of Mississippi Valley State University and vice president for enrollment management and student services at Morehouse College in Atlanta. Earlier in his career, he was the Covington Distinguished Professor of Sociology and assistant dean of students at Davidson College in North Carolina. He also served as dean of students at Clark Atlanta University.

Please join us on Friday, April 20, 2018 as we welcome Dr. Bynum and celebrate twenty-nine years of serving our community.



Welcome Maria Battle



Maria Battle is the newest member of The Wright's Center staff. Maria is our Senior Health Aide/CNA I and has a wealth of experience working with the elderly.

Excited about working with our staff, Maria states, *"It gives me pleasure to help the elderly maintain their independence. I feel that the participants at The*

Wright's Center have a lot of wisdom to share with the community. I am thankful to the staff, the directors and the board for giving me this opportunity."



**FRIDAY, APRIL 20, 2018
THE WRIGHT'S CENTER
29TH ANNIVERSARY
GALA CELEBRATION!**

**THE IMPACT CENTER
821 WORD PLAZA
ROCKY MOUNT, NORTH CAROLINA**

**SILENT AUCTION—6:00 PM
PROGRAM—6:30 PM**

*The Wright's Center Board of Directors, staff and participants,
wish you a very
Merry Christmas and Happy New Year!*



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"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

Secrets to help make caregiving easier

Part two of a series of helpful caregiver tips by Marlo Sollitto, AgingCare.com

Caregivers struggle with their responsibilities every day. As one problem is solved, a new challenge often arises. There isn't a tell-all book that covers how to approach all the issues you may face, but the following concepts can help get you in the right mindset and make your life a little easier.

Have Patience

Patience really is a virtue when it comes to caregiving. There will be times when you are at your wits' end, but don't take it out on the person you are caring for. Remove yourself from the situation for a moment, take a deep breath and do not try to address the issue again until you calm down. This is a very important exercise for maintaining your own mental health in stressful situations. Pent-up frustration can take a big toll on caregivers over the long term.

Trust

When you are providing the most intimate care to an elderly person, they must trust you completely and you must trust yourself. Have faith in your ability to care for them. No one is perfect. You're in unknown territory, and there are no rule books to prepare you for this role. It can be frightening, but you must have the courage to do the best you can. And most importantly, seek help and information when you need it!

Arm Yourself with Knowledge

Learn all that you can about your loved one's health conditions and how you can provide the best possible care for them. Seek out information from their physicians, nurses, the internet and friends who have had similar experiences. Knowledge is power; it can guide you and instill confidence. Furthermore, when you demonstrate that you are competent to make decisions about their care, the person you are caring for will likely relax and become more accepting of your help.

Prepare the person with Alzheimer's for the family gathering

Preparing your loved one for the upcoming holiday events can allow both of you to enjoy the warmth of the season. Smart gift giving:

- ◆ Encourage family and friends to give useful, practical gifts for the person such as identification bracelet (available through Medic Alert® + Alzheimer's Association Safe Return®).
- ◆ Other gifts may include comfortable easy-to-remove clothing, audiotapes of favorite music, videos, and photo albums.
- ◆ Advise others not to give gifts such as dangerous tools or instruments, utensils, challenging board games, complicated electronic equipment, or pets.
- ◆ If possible, involve the person in giving gifts. For example, someone who once enjoyed cooking may enjoy baking cookies, or buy the gift and allow the person to wrap it.



Reminiscing is therapeutic for people with Alzheimer's

Do you remember Tootsie Pops, Squirrel Nuts, Now or Later, Baby Ruth, and Sugar Daddy? Candies we enjoyed in our youth. *Reminiscing* is a familiar activity to us all, but for people with Alzheimer's disease, encouraging the act of reminiscence can be highly beneficial to their inner self and their interpersonal skills. This past quarter participants enjoyed reminiscing about childhood candies, favorite foods, special friends, holidays and toys. Reminiscence activity and therapy is frequently used in therapeutic settings and residential care to give patients with Alzheimer's disease a sense of value, importance, belonging, power, and peace.



Pink balloons were tossed in the air to celebrate Breast Cancer Awareness Month activities.



Participants enjoy one of their favorite games—musical chairs.

During October we celebrated Breast Cancer Awareness Month. Our health care coordinator provided information on breast examination and preventive care. Our ladies were pampered with a spa day – painting their nails with various shades of pink. We also enjoyed a fall festival with games galore, and who doesn't enjoy musical chairs!

Participants continue to work on our quilt and creating one-of-a-kind mosaic art. Dominoes has become a staple, enjoyed by both men and women. We're looking forward to a playoff to establish a Queen or King of Dominoes.

\$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)
- Small trash bags
- Volunteers (Monday through Friday)
- Referrals for enrollment

Thank you for all that you do!

A Caregiver's Story—Tailoring Christmas

(Source: theconversation.com)

Tom was diagnosed with dementia about three years ago.

"My memory is not so good now," he says. But Nola, his wife and caregiver, says that he's still sociable and enjoys food and company.

"Tom's difficulty is that he can't follow most conversations, remember people's names and needs help finding his way around. He likes me to be around all the time because he seems to be worried about something happening, and can't make even small decisions such as what he wants to eat from the fridge."

After a stressful and exhausting experience last year, Nola has decided not to host Christmas this time around.

"This year we're going to break with tradition and not have the extended family over for lunch," Nola says.

"Tom doesn't cope well when there's a group of more than four people, especially when the conversation is going fast and people are excited. He either talks out of turn and says something inappropriate, or wanders off, and I know he finds it frustrating not fitting in. He gets tired after an hour and asks to go home." Christmas lunches don't always have to be a group affair.

"If I'm stressed, Tom senses this and gets anxious too. So it's better for both of us if we have quieter celebrations this year."



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