

The Wright's Stuff



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

Troup to keynote 2019 Wright's celebration

Thirty years ago, VISIONS, Inc. (our parent company) had a vision of serving frail elders in our community. Today, we continue to fulfill that dream. To help us celebrate, Teresa Johnson Troup will be the keynote speaker at our 30th Anniversary Celebration.

Upon graduating from Campbell University with an undergraduate degree in Social Work, Theresa Johnson Troup began her work in the service sector "in the trenches" of an adult day center. During her thirty year career in adult day services she earned a Master's Degree in Business Administration from Gardner-Webb University, as well as additional certification in Health Care Administration. In June 2017 Teresa expanded her horizon with a transition to assisted living when she accepted a position on the administrative team at Oak Hill Living Center in Angier where she now serves as Director of Operations.



Having managed multiple adult day centers, state associations and the National Adult Day Services Association, Teresa is very familiar with the daily tasks, routines, challenges and victories that are associated with aging services. She published the nationally recognized newsletter *The Information Source for Adult Day Centers* until its retirement in December 2006. Teresa's experience and leadership help address and favorably shape the social and economic implications of healthcare worldwide.

Join us on Thursday, April 25, 2019 as we celebrate thirty years of serving our community. Contact Doris Howington, executive director of The Wright's Center, at 252.442.8363 for sponsorship and ticket information,



Next year **The Wright's Center** will celebrate **Thirty Years** of service to Rocky Mount and surrounding communities. Adult Day Centers are struggling — that includes The Wright's Center. The funding we receive from state and federal sources is limited; we are doing our best to keep our doors open. Transportation is a major expense. In addition we need additional vans to transport our participants.

To kick off our thirty year celebration, we are planning a capital campaign to help offset our expenses and keep our doors open. Stay tuned for more information. (See caregiver quote at bottom of page 2)

Save the Date!

The Wright's Center
30th Anniversary Celebration
Thursday, April, 25, 2019
R.T. McCarter Fellowship Center
Rocky Mount, North Carolina

Opportunities for gift-giving this holiday season

Please consider The Wright's Center on your December checklist. You can make a pledge, leave money in your Will or estate to The Wright's Center, donate stock, donate a vehicle, become a monthly shopping sponsor (purchase supplies for kitchen or crafts), or volunteer. Your generous support is very much appreciated!

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"My mother, Lendora Earley currently attends The Wright's Center. My mother looks forward to coming everyday. Everyday 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 the place."

Mary Valentine, Caregiver

My plan for a simple, cheerful holiday season

by Marlis Powers, in AgingCare.com

I've been brainstorming ways that I can make the holidays happy for Charlie and easier on me, but in doing so, it seems that simplicity and tradition always wind up being at odds.

A big Christmas tree will not be part of our décor. I have opted for a small tabletop tree with colorful decorations and lights. This means there's no furniture to move around and no cleaning up sap and pine needles when the holidays are over.

The mandatory eight different kinds of Christmas cookies have been whittled down to our two favorites. The other recipes have been passed down to younger generations so they can use them to create their own family traditions.

Then there are the gifts. Between us, Charlie and I have seven children, twelve grandchildren and five great grandchildren, many of whom also have spouses. Finding



and exchanging presents for a group that size has become physically and financially impossible. Things reach a point where you have to draw a line and say no more. My Christmas shopping days are over, except for a few necessary items for Charlie. Thanks to the Internet, I can purchase those things from the comfort of my easy chair.

I used to stress over mailing upwards of 100 Christmas cards each year, but not anymore. The list has been whittled down to a handful of people who live far away from us and just need to know that we are still alive and relatively well. The lengthy, handwritten notes have given way to a typed, one-size-fits-all letter to keep our distant friends and family informed. **Emily Post probably wouldn't approve, but then she never walked in my shoes.**

Everyone likes to contribute, feel needed, be valued

People with Alzheimer's disease still enjoy participating in a wide variety of activities. Are you looking for things to do with a person with Alzheimer's?

Household chores: Wash dishes, set the table, prepare food, sweep the floor, dust, sort mail and clip coupons, sort socks and fold laundry.

Pets: Feed, groom, walk, sit and hold a pet.

Gardening: Take care of indoor or outdoor plants, plant flowers and vegetables, water the plants when needed, talk about how much the plants are growing.

Exercise: Take a walk together, use stretching bands, throw a soft ball or balloon back and forth, lift weights or household items such as soup cans.



Pretty in pink!

Withdrawal is a common symptom of Alzheimer's. Socializing instills a sense of belonging which is vital for good mental health. The Wright's Center reduces social isolation and loneliness for your loved one.

The Wright's Center is fortunate to have numerous community volunteers and interested individuals enhance the lives of our participants.

Whether it's the husband and wife team, **The Lamplighters**, who encourage participants to sing and dance to tunes that bring back memories, or local churches who provide daily devotional services, participants are uplifted routinely not only by staff but the kindness of others. **God's House of Prayer and Deliverance, Ebenezer Baptist Church, Refreshing Springs, Open Door Ministries, Truth Tabernacle Ministries, Lifeline Christian Center and Oak**



Regina Davis, Wright's Center health care coordinator, presents information on breast cancer awareness to staff and participants.

Level Baptist provide devotional services on a routine basis.

In observance of Breast Cancer Awareness, **Regina Davis**, health care coordinator at the Center, presented information on breast cancer. Our female participants also enjoyed a nail painting session and had their nails painted various shades of pink.

Our annual Thanksgiving meal, prepared by **Ingrid Hospedales**, food service coordinator, was enjoyed by all.

Stay tuned for next year as we celebrate thirty years of serving our community. The Wright's Center — *"The Right Place with the Right Care for Serving Your Loved One."*



Wright's Center participant, left, gets nails painted pink by staff member in recognition of Breast Cancer Awareness Month.

The Wright's Center staff and participants wish you a very Merry Christmas and a Happy New Year!

\$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!

Local Grants Received

Do you have a hero, a champion? We have many here at The Wright's Center. Recently two of our heroes presented us with grants to enhance the services we provide frail elders, adults with disabilities and veterans.

We are the recipient of a \$2,000 grant from the **Futrell-Mauldin Community Fund for Greater Rocky Mount**, an affiliate of the North Carolina Community Foundation. The funds will be used for general operating support.

The Hunger Grant Network of the Presbytery of New Hope also awarded us a \$2,000 grant for our Nutrition Program thanks to Rev. Raymond Privott and the members of Mt. Pisgah Presbyterian Church.

Thank you both for your kindness and generosity.

Being a caregiver and your daily challenges (An ongoing series addressing the issues of being a caregiver)

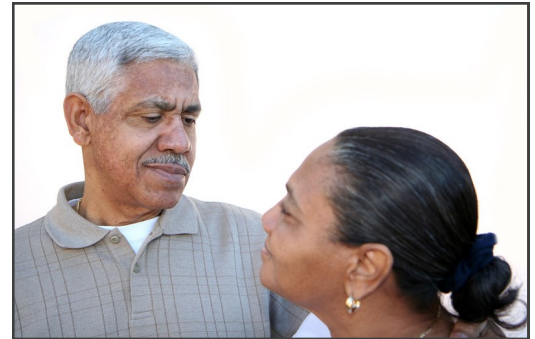
Emotions you may experience as a care partner

As care partner, you may be feeling overwhelmed by emotions that range from fear to hope. Emotions may be triggered by thoughts about how this diagnosis will impact your life, but also the anticipation of future challenges.

Fear. Fears about the progression of the disease and the challenges in providing future care can be overwhelming and can prevent you from focusing on the present.

Stress/Anxiety. Uncertainty about what to expect as the disease progresses and how to support the person with the diagnosis can lead to increased stress.

Learning to recognize your emotions may help you move forward and help the person with dementia live the best life possible.



Source: alz.org



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