

## Council on Aging honors Nannie Garrett



The Edgecombe County Council on Aging honored "Super Seniors" as part of its Older Americans

Month Celebration on Wednesday, May 30, at the Edgecombe County Administrative Building in Tarboro. Fifteen Edgecombe County seniors, ranging in ages from 90 to 104 were honored, including Wright's Center participant, Nannie Garrett, age 95. Ms. Garrett has been a Wright's Center participant since April 2009. Reverend Kelley Andrews, pastor of Eastern Star Missionary Baptist Church of Tarboro, was the speaker for this event. Each honoree received gift bags and other gifts.

## Bynum and audience reminisce at Wright's Gala

*"Because of the great home town I grew up in and will never forget, the large family that I was raised in and the large family I co-lead, you will consistently hear me talking about Family, Team, Community and Togetherness. There is no more powerful force than a Team working in unison toward one common goal."*

Dr. William Bynum, Jr. was our keynote speaker at The Wright's Center's 29<sup>th</sup> Anniversary Gala Celebration. It was almost like a family reunion. Friends and family in the audience showered him with hugs and kisses, snapped photos and bombarded him with attention – and this was before he made it to the podium! Needless to say, Rocky Mount was enthusiastic in welcoming home one of our favorite sons.



**Dr. William B. Bynum, Jr.**

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 \$40,000. If you were unable to attend our celebration and would 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. Your confidence and trust in our program is immensely appreciated!

## Association, AIM take the Alzheimer's case to Congress

Robert Egge, chief public policy officer, Alzheimer's Association, and executive director, Alzheimer's Impact Movement (AIM), recently testified before the House Appropriations Labor-HHS Subcommittee about the need for further increases in Alzheimer's and dementia research funding at the National Institutes of Health. Egge shared stark facts – such as an estimated 5.7 million Americans are living with Alzheimer's – but also highlighted progress that's been made in large part because Congress has substantially increased Alzheimer's funding.

During his testimony, he expressed to the committee it is vitally important the NIH has the resources it needs to continue the momentum toward promising advances. AIM and the Alzheimer's Association are urging Congress to fund new research targets outlined in the Professional Judgment Budget by supporting an additional \$425 million for NIH Alzheimer's funding in FY 2019.

Source: alz.org



### The number of Americans

ages 65 and older is **projected to more than double** from 46 million today to over 98 million by 2060, and the 65-and-older age group's share of the total population will rise to nearly 24% from 15%.

Source: Population Reference Bureau report "Aging in the United States"

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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

## Do you know the price of eggs?

Have you ever felt like an outsider? Elderly adults who live in isolation feel that way every day. Attending The Wright's Center combats that feeling.

Games are fun activities that encourage social interaction and help keep participants' minds active. Do you remember the cost of a pound of bacon in 1965? Can you believe \$.70? What about a dozen eggs? Yep, \$.35. These were questions in a guessing game we played this past quarter. Other games participants enjoyed playing were word scramble, spelling bees, and discovering how many words they could find in each other's name. Word games—an enjoyable way to exercise our brains.

Ingrid Hospedales, our food coordinator, provided a special Mother's Day meal and treats for birthday celebrations in addition to daily lunches. Nail painting, daily devotion and swaying to the music of the Lamplighters rounded out our activities for the month.



Participants enjoy guessing the prices of bacon and eggs in 1965. Staff (out of sight in photo) also led participants in playing other word games.

## When getting dressed becomes an issue

People with Alzheimer's disease often need more time to dress. It can be hard for them to choose their clothes or they might wear the wrong clothing for the season. It's important to allow the person to dress on his or her own for as long as possible. Here are some tips that may help:

- Lay out clothes in the order the person should put them on, such as underwear first, then pants, then a shirt, and then a sweater.
- Hand the person one thing at a time, or give step-by-step dressing instructions.
- Put away some clothes in another room to reduce the number of choices. Keep only one or two outfits in the closet or dresser.
- Keep the closet locked if needed.
- Buy three or four sets of the same clothes if the person wants to wear the same clothing every day.
- Buy loose-fitting, comfortable clothing, such as sports bras, cotton socks and underwear, and sweat pants and shorts with elastic waistbands.
- Avoid girdles, control-top pantyhose, knee-high nylons, high heels, and tight socks.
- Use Velcro® tape or large zipper pulls for clothing instead of shoelaces, buttons, or buckles.
- Try slip-on shoes that won't slide off or shoes with Velcro® straps.

## Where would we be without you?

Thank you to our 29th Anniversary supporters. Your contributions are an investment in the lives of The Wright's Center participants.

### Platinum

Atlantic Coast Pipeline  
Cummins-RMEP

### Diamond

Law Office of Alvin Pittman  
PNC  
QVC

### Gold

Phyllis Cowell

### Silver

Rocky Mount Mills

### Bronze

Boddie-Noell Enterprises  
Church of the Good Shepherd  
Ebenezer Baptist Church  
Metropolitan Baptist Church  
Opportunities Industrialization Center  
Pfizer  
Samuel & Velma Johnson  
Tar River Transit  
VISIONS, Inc.

### Table

Ann B. Sye

Best Lawrence & Associates  
Bethlehem Baptist Church  
Beverley Riley  
Bynum Family  
Chambliss & Rabil  
Cheryl Bryant  
Edward & Ann Lanear  
Frances Gaither  
Greater Love Christian Community Church  
Honorable Fred Belfield  
Housing Authority of Rocky Mount  
J.W. Moore Assembly #57  
Jerusalem Missionary Baptist Church  
Lou Reda's An American Table  
Marilyn Evans  
Monarch Simbelyn Group Home  
Patricia Davis-Penn  
Polly P. Warner  
Project GRACE  
Rocky Mount Alumni Chapter of Delta Sigma Theta Sorority  
St. Augustine's University  
Thelma Bryant  
Truth Tabernacle Ministries  
Tyson Multimedia, Inc.  
Wells Fargo Advisors  
Word Tabernacle

## Sometimes it just helps to know that you are not alone

As a caregiver, do you sometimes feel your situation is uncommon, or that no one understands what you are going through?



If so, check out AgingCare.com.

AgingCare.com is a website geared towards caregivers. They have a Caregivers Forum and Caregivers Burnout discussions where you can ask a question and get responses from others experiencing the same caretaker issues you have. The site also provides tax tips, veterans assistance and blogs written by people relating their personal experiences, in addition to other valuable information.

Sometimes it just helps to know you are not alone. Check out the site today.

### \$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

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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 # 5L001948

**YOU can make a difference!**

We welcome your support!

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!*

## Being a caregiver and your daily challenges

### 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 frustrations can take a big toll on caregivers over the long term.



### Remember the Person Inside

The person you are caring for is likely different than they were before. This could be mentally, physically or a combination of the two. *They may recognize this change in themselves which, as you can imagine must be both frustrating and scary.* Your loved one may react by taking out this frustration on you. Maybe your loved one is saying hateful things or refusing to speak to you today. No matter the situation, keep in mind who your loved one truly is as a person.



Visit us at  
[www.thewrightcenter.com](http://www.thewrightcenter.com)

[wrightcenter.inc@embarrasmail.com](mailto:wrightcenter.inc@embarrasmail.com)/Email

252.442.8363  
252.442.6795/Fax

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