

Dr. William B. Bynum, Jr. to keynote 29th Anniversary Celebration

"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 here 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 B. Bynum, Jr.

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, Dr. William B. Bynum, Jr., president of Jackson State University in Jackson, Mississippi, will be our 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



Dr. William B. Bynum, Jr.

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. Call **Doris Howington**, executive director of The Wright's Center, at **252.442.8363** for sponsorship and ticket information.

Save the Date!

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



- ◆ Scientists in Japan and Australia have developed a blood test that can identify people who have high levels of a protein associated with Alzheimer's disease. If confirmed by further research, this long-sought test could help in the increasingly desperate search for therapies that halt the progression of

dementia, which affects tens of millions of people worldwide.

—Source: alz.org

- ◆ Demand for elder care will also be fueled by a steep rise in the number of Americans living with **Alzheimer's disease**, which could nearly triple by 2050 to 14 million, from 5 million in 2013.—Source: Population Reference Bureau (PRB)

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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

What to do when a person with Alzheimer's hides things

A person with Alzheimer's disease may start rummaging or searching through cabinets, drawers, closets, the refrigerator, and other places where things are stored. He or she may also hide items around the house. This behavior can be annoying or even dangerous for the person, caregiver, or family members.



Here are some tips to help cope with this behavior:

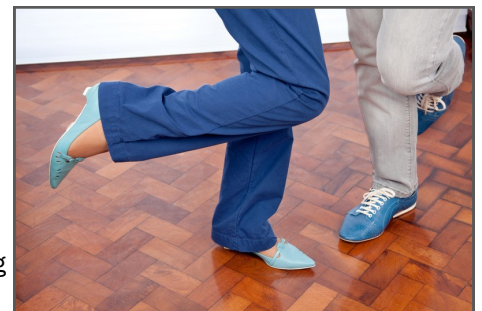
- Keep the person with Alzheimer's from going into unused rooms. This limits his or her rummaging through and hiding things.
- Search the house to learn where the person often hides things. Once you find these places, check them often, out of sight of the person.
- Keep all trash cans covered or out of sight. People with Alzheimer's may not remember the purpose of the container and may rummage through it.

Check trash containers before you empty them, in case something has been hidden there or thrown away by accident.

Source: National Institute on Aging

Music and dancing — Two-step, Charleston, Hokey-Pokey — let's get down!

- ◆ Recent studies indicate that listening to music while engaging in physical exercise helps the elderly maintain their balance while walking, and ultimately reduces their risk of falling.
- ◆ The risk of falling is a huge threat to the elderly; nearly a third of all senior citizens fall at least once during each year.
- ◆ A recent Swedish study shows that engaging in physical activity, like dancing or working out, to piano music benefits the elderly more so than engaging in the same activities without music.
- ◆ Listening to music in general is associated with providing health benefits to the elderly.
- ◆ It increases their psychological health by promoting good feelings, like a happier outlook on life, and suppressing bad feelings, like anxiety.
- ◆ Music listening also increases the elderly's physical health; it has been found to diminish pain and increase cognitive capacities.



Music, dancing, arts & crafts — having fun while stimulating the brain

Alzheimer's slows down a person's cognitive skills, affects their memory and makes the person withdraw. One activity that proves to be a benefit for the person with Alzheimer's is arts & crafts.

Emotions and creativity are the last things to be affected by Alzheimer's; arts and crafts stimulate those areas of the brain. Needless to say, arts and crafts are a staple at The Wright's Center.

This past quarter participants created one-of-a-kind master pieces of artwork for their families along with



Music and dancing are favorite activities at The Wright's Center. See the article at bottom of page two.



Pajama Day at the Center is always enjoyed by all. Participants wore their favorite PJs.

necklaces and bracelets made from colorful beads. Our patchwork quilt is coming along quite nicely; participants enjoy sewing different patterns of cloth together. Board games such as Trouble and Scrabble, along with dominoes,

stack the chairs and memory games continue to keep minds and bodies active. Music therapy, offered by husband and wife team, the Lamplighters, is always an enjoyable activity participants look forward to. We also had a Pajama Day where several participants and staff wore their favorite PJs.

Over the recent Thanksgiving and Christmas holidays, several area churches distributed gifts to participants and staff. And, as usual, our food coordinator, Ingrid Hospedales, prepared tasty holiday meals with all the trimmings.

\$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!

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

(This is the beginning of an ongoing series of caregiver comments and the challenges you face caring for a loved one—you are not alone)

Wandering

- ♦ "I found a resource called the Caregiver's Guide to Understanding Dementia Behaviors on the Family Caregiver Alliance website that helped explain why wandering occurs: 'People with dementia walk, seemingly aimlessly, for a variety of reasons, such as boredom, medication side effects or to look for something or someone. They also may be trying to fulfill a physical need—thirst, hunger, a need to use the toilet or exercise. Discovering the triggers for wandering is not always easy, but they can provide insights to dealing with the behavior.'" - Mia Madre
- ♦ "My dad had a fixation with 'going home.' I kept telling him, 'Daddy, we are home.' which only served to frustrate him. Finally, I thought to ask, 'what home are you talking about?' He looked at me if I were nuts and said, 'Hollywood, of course.' He was 79 then and hadn't lived at his parents' home in Hollywood since he was 28." - Carol Lynn



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www.thewrightscenter.com

wrightscenter.inc@embarqmail.com/Email

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