

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.



30 Years of Caring the "Wright Way"

This year **The Wright's Center** celebrates **30 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. Transportation is a major expense; we need vans to transport our participants. We are doing our best to keep our doors open not only for our participants, but for the full-time caregivers who need to maintain employment outside of their homes. (See caregiver quote at bottom of page 2)

We invite you to join us
as we celebrate 30 years of serving our community.

Troup to keynote Wright's 30th Anniversary

Teresa Johnson Troup will keynote The Wright's Center's 30th Anniversary celebration.

Ms. Johnson is a graduate of Campbell University with an undergraduate degree in Social Work. She 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, thus making her the perfect person to address The Wright's Center's thirty years of service to our community. Among her several publications, Ms. Johnson 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 **30 Years of Caring the "Wright Way."** Contact **Doris Howington**, executive director of The Wright's Center, at **252.442.8363** for sponsorship and ticket information,

Save the Date!

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

Tickets—\$35.00/person
— Sponsorships Available —



Rasheeda Rogers is The Wright's Center's new Food Service Coordinator. Rasheeda says that she wakes up every day and thinks about how life can change in the blink of an eye. She states that life has taught her to prioritize and take responsibility for the things that help her to grow and prosper. She loves animals, learning new things and challenging herself. She is a people person and loves meeting new people. Rasheeda is grateful she is now part of The Wright's Center family.

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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 it there."

Mary Valentine, Caregiver

Caregiver anxiety—coping suggestions

Source: AgingCare, Info pulled from article by Carol Bradley Bursack

We all live with a certain amount of worry, much of which is caused by fear of the unknown. Since health issues can change without warning, caregivers and the people they care for often live with elevated levels of anxiety.

While extreme cases may call for the expertise of a therapist or primary care physician, there are steps that you, as a caregiver, can take on your own to lower your anxiety level.

- **Accepting** the reality of your situation can work wonders for your mental state. Acceptance doesn't mean that you like the way things are going currently, it simply means that you are not mentally fighting against them.
- **Journaling** is a cathartic and low-cost activity that helps many people express and examine their emotions. When we write down our feelings for our eyes only, we can be totally honest without fear of judgement. Journaling about positive experiences is important, too, as it can remind you to embrace gratitude and help you achieve a more balanced attitude in your daily life.
- **Learn to forgive yourself** for perceived shortcomings in caregiving and other areas of your life. Remind yourself that, while you may have flaws, you are giving your very best.
- **Breathe.** Have you ever noticed that when you are very, very anxious you are barely breathing? Try this simple breathing exercise: Exhale completely through your mouth, making a whoosh sound. Close your mouth and inhale quietly through your nose to a mental count of four. Hold your breath for a count of seven. Exhale completely through your mouth, making a whoosh sound for a count of eight. This is one breath. Now repeat the cycle three more times for a total of four mindful breaths to help you feel refreshed.



Communicate with touch



As we get caught up in the day-to-day tasks of caregiving, we sometimes forget to show affection. Everyone needs some human touch. Giving a hug, holding your loved one's hand, or patting them on the arm can make a world of difference. Attention and affection make your loved one feel reassured and important.

The pleasure of music and dancing, creativity, and just plain fun



Participants enjoy music and dancing. Music is a helpful enrichment tool for people living with Alzheimer's disease. Studies have shown music may reduce agitation and improve behavioral issues that are common in the



During the Christmas Holiday, part of our celebration included participants creating personalized frames. Once created, staff then took photos for participants to have as a keepsake.

middle-stages of the disease.



Art projects create a sense of accomplishment. Creativity triggers memories, produces joy and is beneficial for the mental health of our participants.



Displaying Christmas hats was a fun time for participants. Some were silly, some were routine, all were fun!

— The Wright's Center—Celebrating 30 Years of Caring the "Wright Way" —

- \$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, adults with disabilities 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)

Thank you for all that you do!

Caregivers—How to minimize anxiety in your loved one

Following are a few tips to help your loved one feel less anxious, which, in turn, should cycle back to benefit you as well.

- Try to keep their environment calm and pleasant.
- Stick to a routine.
- Make sure your loved one has plenty of one-on-one attention so they feel safe and loved.
- Don't argue with someone with dementia. Learn to use approaches like validation and redirection to handle difficult behaviors.

Treat your loved one as an adult and a whole person. No matter how many health issues a senior has, they always deserve to be treated with respect and dignity.



Source: AgingCare, Info pulled from article by Carol Bradley Bursack



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