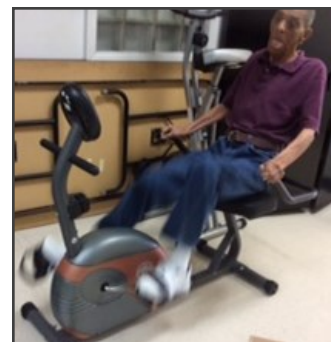


## Nash Health Care Foundation awards Wellness Grant to Wright's Center

The Wright's Center received a \$5,000 grant from the Nash Health Care Foundation. The designated funding will be used to initiate a wellness program within the Center to help improve the overall health of participants. We will provide onsite workshops presented by a State Certified Nutritionist to coach participants and their caregivers on practicing good eating habits.

Nash Health Care provides funding, when available, to qualified tax-exempt organizations when the request meets the overall mission of providing superior quality health care services and helping to improve the health of the community in a caring, efficient and financially sound manner. Nash Health Care strives to partner with those non-profit organizations that promote healthy communities within its service area; provide Health and Medical programs that will support the uninsured or underinsured individuals within the hospital service areas, and Educational programs that support professional health care careers.

The Wright's Center Wellness Program will provide measurable outcomes such as improvement in blood pressure levels and an increase in stamina and overall balance functioning.



Joe Hedgepeth, Wright's Center participant, enjoys his workout on the exercise bike purchased with grant funding awarded to The Wright's Center by Nash Health Care Foundation.

### Key facts about Aging in NC

- North Carolina remains in the midst of a significant demographic change as the state's 2.4 million baby boomers (persons born between 1946-1964) have begun to enter the retirement age.
- In 2013, 1 in 5 were age 60 and over in the state. In 2033, 1 in 4 will be age 60 and over.
- In the next two decades, 75-84 will be the fastest aging group of persons age 65 and older. After 2030, the fastest aging group will be persons age 85 and older.
- By 2018, the state as a whole will have more population 60 and over than age 0-17.

Source: NC Coalition on Aging

### Wright's Center and OIC Connect

This past summer, The Wright's Center hosted two youth from the OIC *Youth Connect* program. *Youth Connect* is OIC's eight week summer program geared towards connecting area youth to the "world of work." We are pleased to have had the opportunity to partner with OIC and provide area youth hands-on work experience.

The *Youth Connect* participants spent four hours daily on classroom activities at OIC,

then traveled to our facility to spend four hours with our participants. They assisted with arts and crafts, games and routine activities involving The Wright's Center participants.



Pictured left to right are Zi'Asia Hines and Deajha Anstead. Both are participants in the OIC Youth Connect Program.

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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 One 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.

### 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 husband is saying hateful things or your mom is refusing to speak to you today. No matter the situation, it's your job as a caregiver to keep in mind who your loved one truly is as a person.



### Rethink Personal Boundaries

When it comes to personal boundaries regarding what can be talked about and what physical assistance can be provided, flexibility and complete honesty are key. Topics that may seem taboo, such as toileting and bodily functions, are now a daily concern. The person you are caring for may have trouble bathing or getting on and off the toilet. However, they are probably embarrassed to talk about it or ask for help. If so, be the one to start the conversation. Be candid, empathetic and honest. Genuine concern and a matter-of-fact approach can help them feel more comfortable about communicating their feelings to you. Once the topic is addressed or they accept assistance, it will likely become less of an issue.

## Review home safety for person with Alzheimer's

People with Alzheimer's disease may not see, smell, touch, hear and/or taste things as they used to. Make life safer around the house by:

- Checking foods in the refrigerator often. Throw out anything that has gone bad.
- Put away or lock up things like toothpaste, lotions, shampoos, rubbing alcohol, soap, or perfume. They may look and smell like food to a person with Alzheimer's.
- If the person wears a hearing aid, check the batteries and settings often.

Learn more about [home safety for people with Alzheimer's](#). Remember to re-evaluate the safety of the person's home as behavior and abilities change.

Share this information with other caregivers on social media:

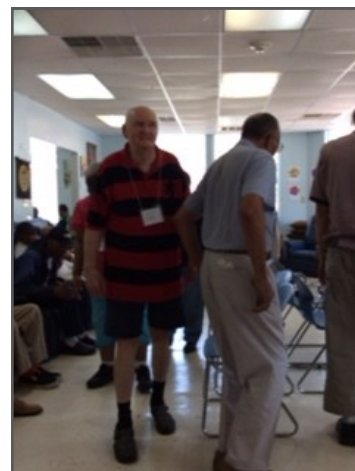
**Twitter:** #Alz #caregiving tip: Change the person's surroundings instead of their behavior. Get info on changes you can make: <http://bit.ly/2rWfvhM>

*Source: National Institute on Aging at NIH*

## Social interaction and physical activity plentiful at the Wright's Center

We think The Wright's Center is a pretty special place – a home away from home for our participants.

Dancing, music therapy, games, devotional services, exercising and workshops – every day includes rewarding interactions for Wright's Center participants. Adult day care helps preserve independence and enhances participant and caregiver relationships.



Social interaction and physical activity keep minds and bodies fit. (Above) Participants show off their dance moves during music therapy, and, (right top) musical chairs is a game everyone looks forward to playing. (Bottom right) Pictured in the forefront, Dr. Charmaine Walker, DDS, of OIC Happy Hill Medical Center, and April, dental hygienist, discuss dental hygiene with Wright's Center participants.

### **\$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 # SL001948

**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!*

## How it feels to have Alzheimer's (Part 2 — Continued from previous newsletter)

Rick Phelps was diagnosed with early-onset Alzheimer's disease in 2010, at the age of 57. Below are some of his comments about the disease.

**I have been diagnosed, not defined. See the real me.** "I am not a diagnostic or a statistic. I still have feelings, thoughts, dreams, hopes and plans. There are many things I can still do. I am not sitting in a wheelchair in a nursing home staring out the window—not yet. I am a vibrant, loving person. Always remember: I have Alzheimer's, it does not have me."

**I cannot do this alone, please help me.** "I need you to help me find ways to succeed at helping others and in doing something significant with my life. I am very capable of putting thoughts together and expressing them. I sometimes need help understanding things, but that does not mean that I cannot understand. I sometimes need help expressing things, but that doesn't mean I have no thoughts and nothing to say. Help me when I need it, and let me do all I can while I still can."

**I crave compassion. Love me regardless.** "I need to feel loved and needed, and that my contribution to life matters and helps someone else. I need to feel loved, not rejected because of my diagnosis. I need people to meet and accept me where I am at right now. It is important to understand that I may not understand. I do not have any idea why I forget some things and remember others. It's not intentional. I just don't have the ability to realize what I am doing wrong."

Source: alz.org



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