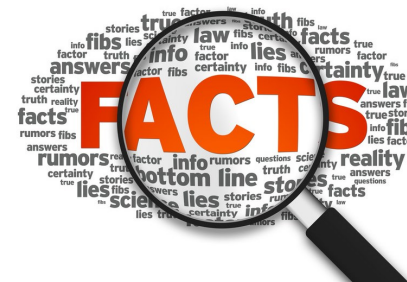


Where would we be without the support of our community? Where would our participants be? More than likely they would be isolated, lonely. The Wright's Center provides them the opportunity to forge new and lasting friendships. We also provide caregivers the opportunity to maintain employment outside of the home without worrying about the care of their loved ones. Thank you for all that you do! You truly make a difference!



A photograph of two women standing indoors. The woman on the left is Black with short, curly brown hair, wearing a red sleeveless vest over a dark top and a gold watch. The woman on the right is white with long dark hair, wearing a white t-shirt with a small logo on the left chest. They are both smiling and holding a white rectangular certificate or document together. The background shows a wall with some framed items and a blue object, possibly a chair or couch.

Michelle Chewning, treasurer of the Junior Guild of Rocky Mount (right) presents Doris Howington, executive director of The Wright's Center with a donation of \$912 from their Trust Budget for fiscal year 2017-18.)

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. We must increase our enrollment, and 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)*

- Today, more than **5 million** Americans are living with Alzheimer's disease.
- By 2025—just seven years from now—the number of people age 65 and older with Alzheimer's dementia is estimated to reach **7.1 million**, an increase of almost 29% from 2018.
- This year the total national cost of caring for people with Alzheimer's and other dementias will reach **\$277 billion**.
- Two-thirds of Americans over age 65 with Alzheimer's (**3.4 million**) are women.
- Every **65 seconds**, someone in the United States develops Alzheimer's. By mid-century, someone will develop the disease every 33 seconds.

Source: Alzheimer's Association 2018  
Alzheimer's Disease Facts and Figures  
Report—Download full report at  
[www.alz.org](http://www.alz.org)

## Board of Directors

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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

## Caregivers—lessen holiday stress with the six S's

The upcoming holiday season, if true to form, will be stressful, but when you add caregiving to the mix, the season for love and sharing can become almost too much to handle. When I find myself sitting with my hands tightly clenched or realize I am grinding my teeth until my jaw aches, I know I need to find a way to relieve the stress. Worse yet, I occasionally find myself giving into the strain of caregiving and taking it out on my loved ones. You may snap at your spouse or kids over things that you would normally overlook. Sometimes we just can't cope with one more disruption or request for our already scattered attention.

If you're like me, you do not want this special time of year to be overshadowed by unrealistic expectations and unnecessary pressure. This is when we must take a good hard look at our life and how we are coping with the added responsibilities of caring for another person. I rely on the "six S's" to bring my life back into perspective during the holidays, and it also works year-round.

### The Six S's

1. **Select:** Try to identify non-negotiable tasks that must be done for the holidays and let the rest go.



2. **Simplify:** Get yourself organized to save steps and time. Make lists of things you need to do and set deadlines for shopping, decorating, wrapping, mailing, cooking etc. Spreading your progress out in smaller chunks over a few weeks will help you stay ahead of the game and feel less overwhelmed.

3. **Seek:** Look into all options that can help minimize your work load. Consider shopping online instead of in stores, choosing the giftwrap option to save on time, getting a pre-decorated tree, or ordering all or part of your holiday meal from your local grocery store.

4. **Strengthen:** Find inner strength through eating well, exercising, getting plenty of sleep, going to church, journaling and other

healthy stress-reduction techniques. You'll be better equipped to handle anything if you're feeling physically and mentally well.

5. **Silence:** Take a few moments of quiet time each day to relax, read or meditate. Some peaceful me time will calm and refresh you.

6. **Savor:** Look for ways to share some quality moments with your loved ones. If you've prioritized and simplified your responsibilities, you should be able to take time to sit back and enjoy your accomplishments with the important people in your life.

Source: AgingCare.com—Article by Marlis Powers

## Memories triggered, a semblance of control

***"The most beautiful things in life are not things.  
They're people, places, memories and pictures.  
They're feelings and moments,  
and smiles and laughter."***

When engaged in art activities, Wright's Center



Participants decorate bowls and tin cans using cotton balls, colorful stickers and ribbon.

participants display positive emotions. Art helps them focus on the beautiful side of life. Being creative triggers memories and produces joy. Participants drift from something they can't control to feeling in control again. Art is beneficial for their mental health.

Creating **Get Well** cards has become a routine activity — in part due to the ages of our participants. Friendships have been developed over the years; when a friend is out sick, participants miss them and hope a card will bring a smile and brighten their day.

On this past **Father's Day**, male participants were treated to cookies and lemonade.

Summertime brings ice cream sundae socials and **cookouts**. Terrence Robinson, senior health aide, cooked hot dogs on the grill for staff and participants. Yummy—who doesn't love a grilled hot dog!



Terrence Robinson, senior health aide at The Wright's Center, cooks hot dogs on the grill for staff and participants.

*The Wright's Center – "The Right Place with the Right Care for Serving Your Loved One."*

### **\$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!**

## *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 (An ongoing series addressing the issues of being a caregiver)

### Emotions you may experience as a care partner

Providing support to a person living with Alzheimer's disease or a related dementia is an ongoing and sometimes emotional process. 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. Learning to recognize your emotions may help you move forward and help the person with dementia live the best life possible.



**Denial.** The diagnosis may seem unbelievable or difficult to accept. Short-term denial can be a healthy coping mechanism that provides time to adjust, but staying in denial too long can prevent you and the person with the disease from making important decisions about the future. It also can delay his or her ability to live a quality life. If you are experiencing denial about the diagnosis, your ability to help the person with dementia will be hampered until you can come to terms with the diagnosis yourself.

Source: alz.org



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