

# The Wright's Stuff



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The Wright's Center, Inc. is an adult day health care center for frail elders, adults with disabilities and veterans living in Nash, Edgecombe and Wilson counties and the surrounding areas.

## Troup praises The Wright's Center for our longevity

***"You have a gem here in Rocky Mount; resident's in your community should be proud,"*** so stated Teresa Johnson Troup, keynote speaker for our 30<sup>th</sup> Anniversary Celebration. Troup continued, *"The Wright's Center's longevity is something to be proud of."*

Weeks before our celebration, Ms. Troup spent a day at the Center, interviewing staff, participants, caregivers and board members gathering information to create a slide show for banquet guests. Acknowledging the joy of the participants, she reminded us all that *"people remember how you treat them,"* and Wright's Center participants look forward to attending the Center every day because of how they are treated.

Ms. Troup is the founding chief executive officer of TD Johnson, Inc. and has thirty plus years in aging services that include providing association management services to clients in North Carolina and the National Adult Day Services Association.



Teresa Johnson Troup,  
keynote speaker for  
30th Anniversary fundraiser

### 83%

of the help provided to older adults in the US comes from family members, friends or other unpaid caregivers. Nearly half of all caregivers who provide help to older adults do so for someone living with Alzheimer's or another dementia. – Source: [alz.org](http://alz.org)

Full-time caregivers need the support of The Wright's Center. Your contribution helps us to continue the service we provide caregivers and their loved ones.

## "We had a good time today!"

*"We were unhappy with the people caring for our mother. Doris Howington suggested we visit The Wright's Center; mother fell in love. Since attending the Center, mother is no longer scared or unhappy. When we pick mother up, we routinely ask her 'how was your day? Not long after attending the Center, mother responded, 'We had a good time today!' What makes that statement so special? That was the first time our mother had spoken in three years! We praise God for directing us to The Wright's Center."*



Dr. Sarah Hardy,  
caregiver whose  
mother attends The  
Wright's Center.

## 30 Years of Caring the "Wright Way"



This year **The Wright's Center** celebrates **30 Years** of service to Nash, Edgecombe and Wilson counties and our surrounding communities. Adult Day Centers are struggling to keep our doors open — that includes The Wright's Center. The funding we receive from state and federal sources is limited. Transportation is a major expense. We work diligently to keep our doors open not only for participants, but for the full-time caregivers who need to maintain employment outside of their homes. (See caregiver quote at bottom of page 2) **Your continued support is deeply appreciated.** The lives of our participants are positively affected by your kindness.

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*"My mother, Lendora Earley currently attends The Wright's Center. My mother looks forward to coming every day. Every day 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



**The Wright's Center** Board of Directors, Advisory Committee, staff and participants Thank You, the sponsors and supporters of our 30th Anniversary Celebration. Your contributions are an investment in the lives of participants and assist us in furthering our mission.

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## Make safety a priority

The kitchen is often called the heart of the home. Make it safe for a person with Alzheimer's with these tips:

- Install childproof door latches on storage cabinets and drawers designated for breakable or dangerous items. Lock away all household cleaning products, matches, knives, scissors, blades, small appliances, and anything valuable.
- Install safety knobs and an automatic shut-off switch on the stove.
- Remove artificial fruits and vegetables or food-shaped kitchen magnets, which might appear to be edible.
- Insert a drain trap in the kitchen sink to catch anything that may otherwise become lost or clog the plumbing.



## Games are not just for fun—they help keep minds and bodies active



Wright's Center participants look forward to the Senior Games held each year at the community center in Wilson, North Carolina. Bowling, horse shoes, ring toss, basketball, walker and cane races, and wheel chair races — both manual and electric — provide participants the opportunity to flaunt their skills. Medals were distributed at the end and all look forward to next year.



"Hey, where's that Easter Egg?"



"Look! I found one!"

Social interaction and physical activity keep minds and bodies fit. Attending The Wright's Center prevents premature institutionalization for many elders and adults with disabilities. The Wright's Center reduces social isolation and loneliness, encourages participation in physical activities, enhances your loved one's desire and capacity of perform activities of daily living and provides opportunities to develop friendships.

## — 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 # 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, 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—Minimize your anxiety

While extreme cases may call for the expertise of a therapist or primary care physician, there are steps that caregivers can take on their own to lower their anxiety levels.

- ◆ Find something you enjoy and make it a part of your routine. **This is one of my suggestions that results in the most eye rolling from caregivers.** How are busy caregivers supposed to find time for a break? I agree that it's not always possible to find the time to do everything you'd like to do, but setting aside even twenty minutes of me-time a day can give you a greater sense of self and peace. If you have a beloved hobby or pastime, don't let it disappear from your life because you're feeling overburdened. You may have to cut back for a time, but don't drop it completely. Indulging yourself a bit will help you feel less trapped by the needs of others. So, take that relaxing bath, set aside some time for cooking, knitting or gardening, or commit to walking in the park once a week. You deserve it.



Source: AgingCare.com—portion of article by Carol Bradley Bursack



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