

# 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.

## Getting from there to here has become a major expense

Transportation to attend The Wright's Center is a vital for many who attend our adult day health program. At one time we operated our own vehicles, transporting participants who lived within a twenty-mile radius of Rocky Mount. However, because of the expense (at that time), a management decision was made to secure a transportation service – Tar River Transit. Currently Tar River Transit charges \$1.92 per mile per person. The Center absorbs a majority of this cost due to the fact that we serve a population who live on a fixed income and cannot afford the minimal fees. Over the years, our participant population has grown, which in turn has increased our transportation costs.



Participants arrive at The Wright's Center via Tar River Transit system.

Because of the increase in transportation expenses, our Board has authorized a committee to explore the possibility of reinstating our own transportation program in our effort to curb costs. Securing our own vehicles would also allow more flexibility with scheduling and planning for community events for participants.

Meanwhile, to help with trips to community events, we would like to purchase two used vans from a local dealership, one of which is handicapped accessible, for a total cost of approximately \$20,000. Your contribution of any amount will be greatly appreciated. Please call **Doris Howington, Executive Director, at (252) 442-8363.**

Over the past two years, we have been able to reduce transportation costs from \$120,000 to \$80,000 by...

- teaching participants, who are able, to use public transportation; Kim Stewart, mobility manager with Tar River Transit has been instrumental in this effort;
- encouraging family members to provide transportation for their loved one.

Should our study determine it to be feasible and we reinstate our own transportation system, we anticipate further reductions.



Staff members of the Bryant T. Aldridge Rehabilitation Center donate a variety of items to The Wright's Center.

## Bryant T. Aldridge Rehabilitation Center supports Wright's participants

*"I really enjoyed learning about your Center at the 30<sup>th</sup> Anniversary Gala and immediately knew others would be interested in helping,"* so states Emily Deans with the Bryant T. Aldridge Rehabilitation Center. Pictured are staff and their donation to The Wright's Center which includes games, paper towels, cleaning products, hand sanitizer and other items we are always in need of.

Thank you to the staff at Bryant T. Aldridge Rehabilitation Center for your kindness and generosity.

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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

## Humor shared among caregivers is therapeutic

I once visited a caregiver friend and her mother, who had moderate Alzheimer’s disease. At one point during the visit, the mother abruptly stood up, held out her hand and said to me, “You can go now.” I’d been warned that this might happen and I’d had years of experience with dementia patients, so I wasn’t the least bit offended. You see, Alzheimer’s disease has devastating effects on one’s memory, but it also affects judgement and social filters. My friend and I both managed not to laugh at my brusque dismissal; I simply thanked them for the lovely visit and said that it was indeed time for me to be off.

My friend and I have since shared many chuckles over this incident. Are we wrong to find amusement where we can get it? I don’t think so. We aren’t laughing at her mom who was—and remains—a lovely person. The truth is, dementia and aging aren’t laughing matters. But if we caregivers always examine our loved ones’ predicaments through a serious lens, then the sadness of it all would be utterly consuming.



While some may consider it uncouth to find humor in elder care, **laughter is often what helps many of us—caregivers and seniors alike—get through our most physically and emotionally difficult days.** The gravity of our loved one’s situation is not lost on us, but we owe it to ourselves to find some sort of silver lining in the hard work that we do.

*Source: AgingCare, portion of article by Carol Bradley Bursack*

## Adult day services are leaders in community-based care (Source: A Metlife Nationwide Study of Adult Day Services)

- Adult day services centers provide an interactive, safe, and secure environment;
- Nearly half of all participants have some level of dementia;
- Approximately **90%** of centers offer cognitive stimulation programs, almost **80%** provide memory training programs, and more than **75%** offer educational programs;
- The care provided may allow these individuals to delay nursing home placement.

**The Wright’s Center** is proud to say that we offer all of the above—cognitive stimulation, memory training and educational programs. In addition our program reduces social isolation and loneliness, enhances your loved one’s desire and capacity to perform activities of daily living and provides opportunities to develop friendships.



## A typical day at the Wright's Center—camaraderie, conversation, creativity

The last things to be affected by Alzheimer's are emotions and creativity. Existing memories can be brought to surface with art. A loved one is encouraged to create art related to something that's close to the heart. As fond moments are brought back to life on a canvas, the area in the brain responsible for memories is rekindled.



Above: Many people with Alzheimer's remember their past better than their present. During our **Father's Day** Social, we engaged those memories by asking participants about their fathers, their childhood and siblings. Staff joined in to spur the conversation.

Below: Art projects can create a sense of accomplishment and purpose. They can provide the person with dementia an opportunity for self-expression. We held **Christmas in July** where participants created artwork, played Christmas Trivia and enjoyed holiday treats.



## — 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
- Vehicles for Transportation
- 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!*

## Remember caregivers during holiday season

Caregivers are deserving of consideration when it comes time to give. Caring for a loved one with any disability is rewarding, but it is also demanding, stressful and tiring. What can you give? Caregivers need help and a break from their routine.



- ~ Even if you don't live close enough to take over for a day, you can still provide care indirectly. If there is daycare in the caregiver's area, arrange for the person with dementia or Alzheimer's to spend a day there.
- ~ A **housecleaning service** would also be a most welcome gift for someone who has precious little time for much of anything but giving the best care she is capable of.
- ~ So would **meals delivered** to the house, a **laundry service**, and **groceries delivered**. Anything you can do to lighten the load will be greatly appreciated.



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