

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

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Johnson wows audience at 23rd Anniversary Gala

Dr. James Johnson, distinguished professor of entrepreneurship and strategy at the University of North Carolina-Chapel Hill, keynoted our 23rd Gala Celebration. To an audience of hundreds, Dr. Johnson detailed how in the next 20 years, the population scale will tip so that seniors of the baby boomers generation will overload the system with what he called the "silver tsunami" and "graying of America." The audience was riveted with his information and his entertaining presentation style.

Doris Howington, executive director of The Wright's Center, states, "Dr. Johnson was phenomenal! We thank him for agreeing to participate in our Gala celebration helping to make our evening a success. On another note, we failed to reach our fundraising goal of \$50,000, falling short by \$11,000. Although our Gala has passed, our

fundraising has not. We will continue to solicit donations throughout the year in hopes of reaching our goal. If you intended to make a donation and have not had the chance to do so, it's not too late. Stop by with

your check or mail it today to The Wright's Center, 501 Raleigh Road, Rocky Mount NC 27803. And as always, we thank you for your continued support."

(See page 2 for a listing of our Gala Sponsors.)



David Combs, mayor of Rocky Mount (right), makes a presentation from the City to Wright's Center 23rd Anniversary Gala speaker, Dr. James Johnson.

Wright's Center honors Mae Batts

The Wright's Center Gala Celebration was also a time to celebrate one of our eldest founding board members, Ms. Mae Batts. At our Gala, Louise Weeks-Coggins, board chair, presented Mrs. Batts with a plaque noting her 23 years of dedicated service to the participants at the Center. Doris Howington, executive director of the Center, presented Ms. Batts with a bouquet of roses.



Mae Batts (center), founding member on The Wright's Center Board of Directors, receives a plaque from Louise Weeks-Coggins (left), board chair, and flowers from Doris Howington (right), Wright's Center executive director at the recent 23rd Anniversary Gala Celebration.

During a previous interview, when asked what drew her to serve on The Wright's Center board of directors, Mrs. Batts stated, "I am amazed and impressed with the ambition and dedication of the young people who put so much into their dreams of starting The Wright's Center. The growth has been tremendous. This facility is a great asset to our participants and their full-time caregivers. I am proud to be a part of such a valuable organization."

It's Not Too Late

The Wright's Center is still accepting donations towards this year's goal of \$50,000. We are short of that goal by \$11,000. Send your contribution today to: The Wright's Center, 501 Raleigh Road, Rocky Mount, NC 27803.

We appreciate your continued support!

Thank You to our 23rd Anniversary Gala Sponsors

Without the help of our Gala sponsors each year, we would not have a successful Gala Celebration. Our sincere Thank You to our sponsors who were instrumental in making our 23rd Anniversary Gala Celebration a success.

PLATINUM

Cummins/Rocky Mount Engine Plane
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TABLE

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"Super Seniors" Honored at Luncheon During Older Americans Month

"Older Americans Month" is held each year during the month of May. To celebrate, the Edgecombe County Office on Aging honored Super Seniors. Fourteen Edgecombe County residents over the age of 90 were treated to a catered lunch and showered with gift bags containing goodies collected from area businesses and citizens.

The seniors were nominated by the members of the Board of the Office on Aging and other community leaders. This annual event is coordinated by Deborah Pittman Coley, director of the Office on Aging. Eric Evans, assistant Edgecombe County Manager, was the luncheon speaker. Mr. Evans ended his presentation with a poem he wrote especially for the seniors being honored. (See the adjacent column for Mr. Evans' poem.)

You're Never too Old to Play

by Rev. Eric Evans

We're gathered here to honor you
We've set aside this special day
Forget what you're told
You're not all that old
And You're never too old to play.

Your children have all grown up
Retirement is good we pray
I hope you've found wealth
Enough for yourself
Cause You're never too old to play.

Don't worry who'll be looking
Let joy fill your days
Just laugh and play games, have fun just the same
You're never too old to play

Then when your sun is setting
To Jesus you can say
'I'll save all those tears, I had life in my years
And I was never too old to play."

Tips For Caregivers — Take Charge

1. **Use your support system.** The key to building a positive support system is to know what type of specific support you need...and then ask for it or create a plan to get it. When family and friends offer support, tell them exactly what you need. Don't expect them to read your mind.
2. **See your physician.** Ask him or her how the stresses of caregiving may affect chronic conditions you may be experiencing. Also, realize that accepting the offer of medication that helps us deal with stress and anxiety is not weakness...just be careful not to overmedicate yourself.
3. **Learn as much as you can.** Take advantage of all the information resources from associations, government agencies, the media, the Internet, local libraries, support groups and other caregivers.

Create a notebook or file (paper and computer) with all the information you gather. Also, be familiar with financial and legal implications of your caregiving role. You may be able to find an attorney and/or accountant in your area who specializes in issues related to caregiving.

4. **Simplify, simplify, simplify.** Let's face it, caregiving creates a different life for you. Caregiving experts suggest that you retain as many of the life activities that make you feel like yourself, but you won't be able to do everything. Try to simplify your life in terms of activities, duties and obligations as much as possible. By clearing some of your schedule you provide more time for caregiving activities and rest.

Aging Statistics

The older population--persons 65 years or older--numbered 39.6 million in 2009 (the latest year for which data is available).

They represented 12.9% of the U.S. population, about one in every eight Americans.

By 2030, there will be about 72.1 million older persons, more than twice their number in 2000.

People 65+ represented 12.4% of the population in the year 2000 but are expected to grow to be 19% of the population by 2030.

Source: Administration On Aging
(aoa.gov)

\$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.

\$100

will provide special music, 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 _____ Work _____

Please make check payable and mail to:

The Wright's Center, Inc., 501 Raleigh Road, 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 and disabled participants. Following find our Wish List.

- FINANCIAL SUPPORT
- Lockable filing cabinets
- Supplies for Arts/Crafts activities
- Paper products (towels, napkins, tissues, cups, plates)
- Tile for bathrooms, kitchen and foyer
- Carpet for all carpeted areas
- Small trash bags
- Volunteers (Monday through Friday)

Thank you for all that you do!

Myth vs Fact — Oh My, Is Memory Loss a Sign of...?

Myth: Memory loss is a natural part of aging.

Fact: As people age, it's normal to have occasional memory problems, such as forgetting the name of a person you've recently met. However, Alzheimer's is more than occasional memory loss. It's a disease that causes brain cells to malfunction and ultimately die. When this happens, an individual may forget the name of a longtime friend or what roads to take to return to a home they've lived in for decades.

It can be difficult to tell normal memory problems from memory problems that should be a cause for concern. The Alzheimer's Association developed information to help you tell the difference. If you or a loved one has memory problems or other problems with thinking and learning that concern you, contact a physician. Sometimes the problems are caused by medication side effects, vitamin deficiencies or other conditions and can be reversed with treatment.

Go to the Alzheimer's Association website—alz.org—for additional information about Alzheimer's. They have a 24/7 Helpline — 1.800.272.3900.

Source: Alzheimer's Association: alz.org



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Rocky Mount, NC 27803

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