

## Bishop George E. Battle, Jr. to keynote Wright's 2016 Gala

On April 28, 2016, The Wright's Center will celebrate twenty-seven years of serving frail elders, persons with disabilities and veterans in our community. To help us observe our successes, Bishop George E. Battle, Jr. will be the keynote speaker at our 2016 Gala Celebration.

Bishop Battle, a Rocky Mount native, is the senior bishop of the A.M.E. Zion Church and the presiding prelate of the Piedmont Episcopal District.. He is a 1967 graduate of Clinton Jr. College in Rock Hill, SC with an Associate Degree, and a graduate of Livingstone College in Salisbury, NC with a B.A. degree. He also holds a Master of Divinity degree from Hood Theological Seminary, also in Salisbury. He earned a Doctor of Ministry from Howard University in Washington, D.C. and has received honorary doctorate degrees from Clinton Jr. College, two from Hood Theological Seminary, two from Livingstone College, Queens College, and University of North Carolina at Charlotte. He was elected a Bishop of the African Methodist Episcopal Zion Church in 1992, 84th in the line of succession. He presently serves the Piedmont Episcopal District of the African Methodist Episcopal Zion Church.

Bishop Battle has numerous professional achievements and has worked diligently serving his community. Just to name a few, his achievements include: CEO of the Battle Corporation; former member, Wachovia (now Wells Fargo) Bank Board; member, Boy Scouts Advisory Board; member, Executive Board of the World Methodist Council; member, Billy Graham Evangelistic Association Board; member, Board of Directors for Carolinas Healthcare System, serving as Chair of the Pension and Retirement Committee; member, Board of Directors for Carolinas Healthcare System Foundation; Chair of the Connectional Budget Board of the A. M. E. Zion Church.

Bishop Battle's civic and community involvements include: Founder of the Greater (formerly known as the Gethsemane) Enrichment Program that received a national award for the best program of its kind utilizing Federal

Funds (now in existence for over 38 years);

Founding Committee

Member of the Teen

Health Connection;

member, River Run

Club; member,

Leadership Breakfast

Group in Charlotte,

North Carolina; One of

the Founders of the

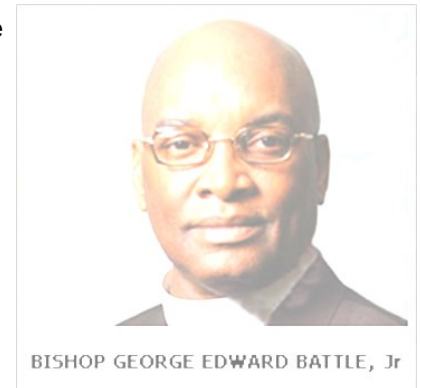
Urban League of Central Carolinas; organizer of the

Biddleville Five Points Community, such as boy scouts which led to major improvements in housing, parks, sidewalks;

member, National Association for the Advancement of Colored People.

The Bishop is affiliated with the following organizations: Charlotte City Club; Alpha Phi Alpha Fraternity; Sigma Psi Phi; and the National Council of Churches.

Bishop Battle is married to Iris Miller Battle (43 years). They have two children and four grandchildren.



## Save the Date

The Wright's Center  
27th Anniversary Gala Celebration  
Thursday, April 28, 2016

R.T. McCarter Fellowship Hall  
Rocky Mount, NC

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Would you like to give of your time, wisdom and talents to enhance the lives of frail elders, adults with disabilities and veterans? If so, The Wright's Center is seeking people to serve on our Board of Directors. Contact Doris Howington, executive director, at 252.442.8363 today for more information.

*"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 will provide 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 Burney, caregiver

## CAREGIVERS CORNER

### Coping with challenging behaviors in Alzheimer's (Part II in a series)

One of the more difficult aspects of Alzheimer's disease is that it changes the way an individual thinks and reacts to every-day situations. Whether you're providing physical care, bringing your loved one to a doctor's appointment or just spending time with them, you may experience a variety of behavioral challenges, including agitation and physical or emotional aggression. Here are 8 practical suggestions for coping with these behaviors:

- **Approach with a smile.** It's easy to expect a negative response from your dad if the day before was not a good one. However, individuals with Alzheimer's or other dementias often react to our facial expression and non-verbal signs, so watch what you project. The words you speak may not always make sense to them, but if you're smiling and gentle each time you approach them, this can help calm them and reassure them.
- **Explain before doing.** While your daily routine may always be the same as you care for your loved one, don't assume that they know why you're there and what you want them to do. Using simple words and short sentences, explain that it's time to get dressed and that you would like to help them. You can also try using a picture flashcard to visually display what you would like him or her to do.
- **Focus on the feeling behind the behavior.** Do you ever feel like it's a battle between opposing teams just to get your spouse ready for the day? Try to validate, or acknowledge, the feelings he has rather than focusing on the behavior he exhibits. For the person with Alzheimer's, sometimes hearing you put into words what he's feeling can put you both on the same team in his mind. You might identify his frustration or pain, empathize with him, and reassure him that you love him.

Source: About.com

### Tips for disaster preparedness for caregiver's

Following are tips for caregivers of family members who have Alzheimer's Disease.

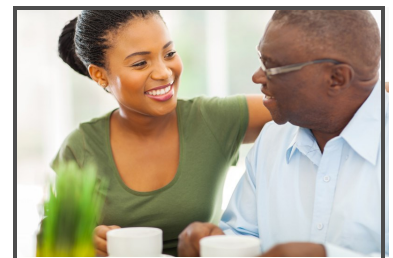
**Gather supplies**—Consider the needs of the person with Alzheimer's disease when you assemble a disaster kit. Include medications, copies of medical information, and a recent photo.

**Plan for an evacuation**—Know where the nearest emergency shelters are and pack items that may provide comfort to the person with Alzheimer's.

**Prepare for wandering**—Make sure the person wears an ID bracelet, and label

clothes to help aid in identification,

Share this information on social media with the following message:  
#Alzheimers #caregivers—get tips on preparing for a natural disaster:  
<http://1.usa.gov/1LVe6dl> #Ready2015 #disasterprep



Source: National Institute on Aging

## HAPPENINGS AT THE CENTER

# Community partner, Nash Community College, enhances participant activities

Where do you go when you need help taking care of a family member, who because of physical impairments or other ailments, should not be left alone during the day? The Wright's Center, of course. Our program and activities address the nutritional, educational, recreational, social and health needs of all participants. Following are some of our activities for this past quarter.

### October

The Center staff and participants had a "Pretty in Pink" celebration for Breast Cancer Awareness month. Activities included the wearing of pink ribbons and wearing pink every Friday during the month. All ladies had their fingernails painted pink by volunteers from the **Nash Community College Service Learning Program**, and door prizes were received by all.

### November

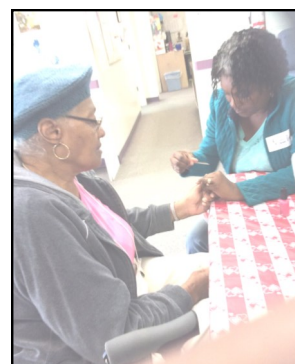
Participants engaged in various social and physical activities on a daily basis at the Center. One craft activity that the participants enjoy involved making personalized necklaces and bracelets. Participants also created "Thinking of You" cards that were mailed to volunteers and peers who were sick. This activity always puts a smile on the faces of participants; they enjoy making cards that will brighten someone's day.

### December

Participants enjoyed playing various board games and reminiscing about the games they played growing up. Musical chairs, pin the tail on the donkey, jack rocks, spelling bees, and hop scotch, are a few of the games they were able to remember. Remembering the past is always an

enjoyable past-time activity on days when energy is low.

December is always a short month for the Center because of the Christmas Holiday. The Wright's Center staff works tirelessly throughout the year to enhance the lives of participants. The holiday season allows staff the time to renew and refresh for the coming year.



Wright's Center participant getting her nails painted by volunteer from Nash Community College Service Learning Program.

#### \$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 \_\_\_\_\_

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*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 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)
- Carpet for all carpeted areas
- Small trash bags
- Volunteers (Monday through Friday)

*Thank you for all that you do!*

## Skip the Resolutions and Create Intentions

Studies show that only 9% of people ever follow through on their New Year's Resolutions. So instead of setting yourself up for failure, why not take mindful action instead by setting intentions? Following are some tips to help you stay healthy, strong and focused in the New Year and beyond.

- Celebrate small wins. If you haven't worked out in years, and you go for a walk, go ahead and pat yourself on the back. That's an achievement.
- Keep your eye on the bigger picture of health and happiness. This will help to keep you motivated. Life is about living and thriving, not just surviving. Connect with and help others, which in turn will positively add to your life.
- Be willing to let go of your old ways of doing things, and try new experiences. Run experiments. Life is all about ups and downs and it's important to enjoy the journey. This is how we get stronger, grow and learn, not just physically but mentally and emotionally as well.
- Live in the moment as much as possible. Be aware of the miracles of your body and how much it gives to you, even as you age. Practice an attitude of gratitude for what you do have and see how that feels.

WISHING YOU AND YOUR LOVED ONES A  
JOYOUS CHRISTMAS AND A HAPPY NEW YEAR!



Visit us at  
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