

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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## UNC-CH honors Rocky Mount natives

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Angela Bryant, Valerie Batts, and Bill Harrison, all Rocky Mount natives, were recently honored by their Alma Mater, University of North Carolina at Chapel Hill. All received the Distinguished Alumna and Alumnus Award during UNC-Chapel Hill's University Day. The awards, made annually, honor university alumni who have made outstanding contributions.

Valerie Batts and Angela Bryant are cofounders of VISIONS, Inc., a consulting firm that works with clients who want to understand the impact of diversity and cultural issues on their organizations; to learn to recognize, understand, and appreciate cultural differences; to reconceptualize how organizations develop and function; and to understand and value the need for both a process-and results-oriented community in the midst of an ongoing struggle for civil, cultural, and economic rights. As they entered their professions, they and their colleagues developed VISIONS as a way to pass on what they had learned from their elders. In particular they sought to



Left to right: Valerie Batts and Angela Bryant, both co-founders of The Wright's Center and UNC-CH Alumni Award recipients, Bill Harrison, chairman of the Board of JP Morgan Chase, UNC-CH Alumni Award recipient, and keynote speaker for 2007 Wright's Center 18th Anniversary Gala Celebration, Doris Howington, executive director of The Wright's Center, and Louise Coggins, chair, The Wright's Center's board of directors.  
*(See page three for article on Louise Coggins)*

honor a legacy of respect for group and individual differences and faith in the potential for creating just and equitable institutions.

William Harrison is chairman of the Board of Directors of JPMorgan Chase. He attended Virginia Episcopal School in Lynchburg, where he excelled in basketball and won a scholarship to Carolina to play for Coach Dean Smith. As chairman and chief executive officer of JPMorgan Chase, Harrison piloted the financial services giant through a merger with Chicago-based Bank One corporation to create the

nation's second largest bank.

Louise Coggins, Wright's Center's board chair, states, *"It is amazing that Bill Harrison's father was mayor of Rocky Mount and helped to fight racism and integrate the schools; his father played a part in Angela Bryant being the first Black female to attend Edwards Jr. High School. We are grateful that Bill is taking time out of his busy international schedule to be the speaker at our 18th Anniversary Celebration next year to honor the work that his parents started over 40 years ago to make Rocky Mount a better, healthier integrated community."*

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## Caregivers Corner – Managing Stress

Caregivers take on enormous responsibilities, financially, physically and emotionally. Following are a few strategies to help you take care of yourself as you deal with the stress of caring for a loved one.

- Recognize warning signs early. These might include irritability, sleep problems, and forgetfulness. Know your own warning signs,

and act to make changes. Don't wait until you are overwhelmed.

- Identify sources of stress. Ask yourself, "What is causing stress for me?" Sources of stress might be too much to do, family disagreements, feelings of inadequacy, inability to say no.
- Identify what you can and cannot change.

Remember, we can only change ourselves; we cannot change another person. When you try to change things over which you have no control, you increase your sense of frustration. Ask yourself, "What do I have some control over? What can I change?" Even a small change can make a big difference.

- Take action. Taking some action to reduce stress gives you a sense of control. Stress reducers can be simple activities like walking and other forms of exercise, gardening, meditation, having coffee with a friend. Identify some stress reducers that work for you.

## Holiday gift giving ideas for your loved one—gifts that absorb attention

Finding the right gift is sometimes difficult when you have to buy a gift for someone with dementia.

The main thing to remember is that the attention span of a person with Alzheimer's or dementia is usually short, so choose a gift that is either useful or one that absorbs their interest. For instance:

- Tea Towels – Alzheimer's patients love feeling different textures. They love to

fold and unfold items over and over again.

- A Basket of Yarn – Again, texture. Your loved one will enjoy winding and unwinding the balls of yarn.
- Stuffed Animals – Again, texture.
- Sippy Cups – A good choice for the loved one who has trouble holding a glass or cup. Also a good idea for someone with Parkinson's Disease.

- Videos – Especially ones that feature old movies. An old movie may spark a memory of your loved ones past.
- Photo Album – You may want to make your loved one a "memory" album. The small photo books are a good choice. Old pictures seem to spark the best memories for dementia patients.
- Electronics – You may

want to purchase a radio, or a CD or Cassette player. Alzheimer's and dementia patients seem to love soft music.

- Slipper Socks – Many times it is difficult to keep a dementia patient in shoes. Slipper socks with the rubber grippers on the bottom are an excellent choice.



## Remember what? Are memory problems a indication of Alzheimer's Disease?

Mild forgetfulness and memory delays often occur as part of the normal aging process. Older individuals simply need more time to learn a new fact or to remember an old one. We all have occasional experiences when it is difficult to remember a word or someone's name; however, those afflicted with Alzheimer's disease

(AD) will find these symptoms progressing in frequency and severity. Everyone, from time to time will forget where they've placed their car keys; however an individual with AD may not remember what the keys are for.

Keep your brain active everyday:

- Stay curious and

involved—commit to lifelong learning.

- Read, write, work crossword or other puzzles.
- Attend lectures and plays.
- Enroll in courses at your local adult education center, community college or

other community group.

- Play games.
- Garden.
- Try memory exercises.

Research shows that people who flex their mental muscles as they age tend to stay sharp.

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## Spotlight on Louise Coggins

Louise Weeks Coggins is a long-time supporter of The Wright's Center. A Rocky Mount native, Louise has been a board member since 1989 and has served as board chair for most of that time. A graduate of the University of North Carolina at Chapel Hill, Coggins attained a B.A. in Psychology and currently conducts a private practice in psychotherapy in Wilmington, NC. Her desire to help those who are in dire need of human

services drives her service on numerous boards.

In addition to being chair of The Wright's Center Board of Directors, Coggins is chair of the School of Social Work at UNC-CH Board of Advisors, vice-chair of Make Way Partners (International organization combating human trafficking and sex slavery), serves on the board of advisors of UNC-Chapel Hill Psychology Department, chair of VISIONS board (non-profit

international multi-cultural training organization), former chair Wake County Commission on the Status of Women, and board member and personnel chair for Oak Ranch (a group home for neglected, abused, and troubled children.)

Her community activities include Planned Parenthood board member, American Cancer Society Fundraising, AIDS Service Agency of Wake County and board member of Joel Lane House.

Doris Howington, executive director for The Wright's Center, states, "If you want to meet an individual who has a unique zest and zeal for living, you must meet Louise Coggins. That same energy is translated into her hard work and dedication to the Wright's Center programs. We are so blessed to have her on our team!"

### Please note...

It is not too late to make your year-end contribution to The Wright's Center. As a supporter, you will be joining a dedicated group of people who help to reduce isolation and enrich the lives of needy elders and disabled adults in our community. Listed below are ways in which your contribution will assist participants who attend our program. And don't forget, you can also make a donation in honor of a loved one, or in memory of a deceased loved one. We extend to you, in advance, our heartfelt thanks for your kind and generous support!

#### **\$1000**

will provide 7 months of transportation for a participant from a rural area.

#### **\$500**

will provide two months of supplies and prizes for arts & crafts, games and activities.

#### **\$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 elders 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 # 5L001948

**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 a list of items on our Wish List. Your support is very much appreciated.

- FINANCIAL SUPPORT
- Supplies for Arts/Crafts activities
- Paper products (towels, napkins, tissues, cups, plates)
- Recliners for activity area
- Chairs for activity area
- Carpet for all carpeted areas
- Small trash bags
- Volunteers (Monday through Friday)

*Thank you for all that you do!*

## Did you know?

- According to the Alzheimer's Association, more than 1/3 of adults in the US have a family member or friend who has Alzheimer's Disease or another type of dementia. ([www.alz.org/Resources/FactSheets/FSAlzheimerstats.pdf](http://www.alz.org/Resources/FactSheets/FSAlzheimerstats.pdf))
- Alzheimer's and other dementias affect about 5% of people age 65 to 70, but about 50% of people age 85 and over. ([www.nia.nih.gov/Alzheimers/](http://www.nia.nih.gov/Alzheimers/))
- People who develop Alzheimer's Disease may live 8 to 10 years after diagnosis, and as many as 20 years. (Alzheimer's Association)
- Although half of nursing home residents have dementia, according to the Alzheimer's Association, the bulk of care for people with dementia is provided by their families in the community, and most families bear the cost of home care themselves.

November is National Caregivers Month and  
National Alzheimer's Awareness Month.



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### SAVE THE DATE!

The Wright's Center's  
18th Anniversary Gala  
Celebration

Thursday, May 10, 2007

**William Harrison—  
Keynote Speaker**  
Rocky Mount Native  
Board Chair of  
JP Morgan Chase

