

# NAACP

“Of all the forms of inequality, injustice in healthcare is the most shocking and inhumane.” Martin Luther King jr.

## Mark Your Calendar

-“The Milly Project”. 5/3/19  
7:30 pm at Willard High School.

-Ujima Family Literacy Night .  
5/8/19. 6-7:30 pm. Connecting Ground Church on Commercial St.

-NAACP Youth meeting.  
5/11/19. 3 pm at the Midtown Library.

-Juneteenth. 6/15/19 all day at Silver Springs Park.

## Civic Engagement

- If the black community doesn't vote, other people will continue to make decisions that affect our lives without our input.
- We need elected officials who appoint police commissioners and run the criminal justice system to know the black community and will not tolerate police brutality.

## Meet Melesha Bailey: Health Coach



*What brought you to the field of health coaching?* I was suffering from several chronic pain conditions and I was taking medication to relieve the pain. Realizing my health would continue to decline I changed my diet and my body began to heal. I enrolled in the Institute for Integrated Nutrition (IIN), and realized my passion for helping people improve their health. I became a certified

holistic health coach. *Tell us about your background and your family.* My mom was a preschool teacher and activist for civil rights. She was a part of the Southern Christian Leadership Conference and as a part of her work for that organization she came to know Jesse Jackson. My mom died at the age of 74 and my dad lives in California with his wife Yvonne. My dad loves to grow flowers, fruits, vegetables and herbs. He is 85 years old and careful to eat food that he grows himself. He is a deacon in his church and loves to serve people and his family. I am thankful for his guidance. I have three brothers; Jeff, Todd and Christopher. I have been married to my husband Amos for 24 years and we have one son,

## NAACP (Washington) Response to Church Burnings...April 11, 2019

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" In African American communities in the South, church burnings are historically linked to expressions of racism and domestic terrorism. This is the same domestic terrorism that has been the hammer and chisel to chip away at the humanity of Black Americans and the suppression of our political power. Since Trump has taken office, we've seen a rise in white supremacy and hate crimes so much so that we issued letters to the Judiciary and Homeland Security committees of the House of Representatives to hold hearings for the resurgence of hate and race-based crimes that are overcoming the nation."

"Change must come from the top and we will continue to push Congress for additional hearings and concrete steps to thwart acts of terrorism against communities of color."

Tyler, who works for Boeing Aircraft in the contracts department. Tyler earned degrees in International Relations and Business Finance from Missouri University. *What did you do before becoming a Health Coach?* I had some training in business finance from Xavier University in Cincinnati. I worked in a variety of jobs including sales, as a manager in customer service, foster parenting and wedding consulting. Until discovering IIN I ate poor food and it caused me many problems. At IIN I learned about different diets, yoga, alternative therapies and exercise. I now only take a little blood pressure medication. *What advice would you have for young people?* It's never too early to think about your health. A good diet, exercise and getting adequate sleep are important building blocks to achieving good health. Education is very important because a high school diploma is not adequate. Avoid video games and participate in extracurricular activities. *What are your long term goals?* I would like to open a shop for African Americans to be able to get nice clothes for a job interview or professional settings. The clothes would cost little or no money in order for them to interview or enter the workforce with confidence. This shop would be called "Betty's Closet" in honor of my mother. I would like to grow my business as a health coach and do retreats that would include yoga and meditation. *Have you ever had to deal with racism?* Yes, where I grew up in Cincinnati during the MLK era. It was not uncommon to be called the "n" word or have people say they didn't like me because of the color of my skin. We are still experiencing racism in 2019. Here people are friendly but there is an undercurrent of racism. Effective strategies for dealing with racism include helping youth to be secure with who they are and be comfortable with their own values. Strive for excellence. Militancy is not helpful. *Do you have any heroes?* Yes, Quincy Jones for never giving up, Barack Obama for overcoming racism to become president, Michelle Obama for pulling herself up by her bootstraps and Martin Luther King and his wife for overcoming their issues thus allowing him to be what he was.