

NAACP

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

Freedom Fund Banquet

The 2018 Freedom Fund Banquet which will include fundraiser for our youth programs will be October 20th from 5:30 pm to 11:30 pm. Tickets are \$40 apiece. Semi-Formal attire. Contact us at (417) 873-6386.

Deadline for Voter Registration Approaching

October 10th is the last day to register for the upcoming midterm elections. Register at the County Clerk's Office. Make your voice heard in November.

Elected Officials Need to hear Your Voices

Healthcare, Social Security, Education and our environment are at risk in our current political climate. Contact our local officials with your thoughts, and then vote.

Meet Reuben Ruvakule, BSN



Tell us about yourself: I was born and raised in Tanzania. I attended High school in Tanzania and learned English there. My first language is HA (tribal language) and Swahili. The English I learned in high school was taught by people who really didn't speak English very well so sometimes difficulties arise with language. My uncle was an importer of oil and gas in Tanzania and really wanted me to get an education in the United

States. I worked for my uncle in his business to pay for my education. I initially went to William Jewell College in Liberty Mo. and earned an undergraduate degree in accounting. When my uncle died, without a will indicating his desire to see me educated in the States, life became difficult. In 2005 I graduated but couldn't find a job, I had to move multiple times and during that process I met my ex-girlfriend and we were blessed premature baby who was very sick. During the process of caring for our ill baby, an LPN (Licensed Practical Nurse) told me I did a good job managing her medical needs. I decided to go to LPN school and started at OTC graduating in 2009. During the LPN program, our daughter died and I was very discouraged and nearly quit the program. The Dean of the program encouraged me to stay with it in order to help other people find answers. I

To Improve Your Mental Health, Find the Good Things

From: blackhealthmatters.com

Six things listed here can help you deal with the common (and uncommon) stressors we all face.

- Focus on the good in a tough situation, what things are working? What things do you have the ability to fix?
- Don't sweat the small stuff. Pick your battles and let the small things brush right off of your shoulders.
- Block out toxic people and things. Negative people take a toll on your spirit and self-esteem.
- See your own greatness but love yourself enough to make the changes needed to achieve your full potential.
- Be open to professional help. The notion that depression and mental illness are white people's problems is a myth. Seeing a therapist doesn't make you weak.
- Be aware of what your triggers are so you can better control your emotions when they occur.

continued my education and earned my RN Degree through Southwest Baptist University and then my Bachelor of Science in Nursing Degree through UMKC (University of Missouri Kansas City) in 2017. I am currently in the BSN-Doctoral program through UMSL (University of Missouri St. Louis). I have worked in a nursing home, Christian Health Care, Lakeland Hospital and now Mercy since 2013. While at Mercy I have been able to work with Dr. Brenton Coger (who was in a previous NAACP newsletter) and sometimes Dr. Stanley Wiggins who are both African American physicians.

Tell us about your family. I am now married and have two children, a two year old boy and a four year old daughter. I lived in Springfield since the early 2000's, went to Kansas City for school and have been back here since 2005. I met my wife who is also African, in 2013. She works at Lakeland Regional Hospital.

Have you ever had to deal with racism? I refuse to be a victim. I refuse to be angry if someone calls me the "N-word". I learned at a young age that sometimes people like to make you angry so you will act inappropriately. It helps to wonder if they have done something similar to a white person. I have seen black people, who think they are targeted, make more mistakes like being angry or quitting a job. I have worked as a travel nurse in Tulsa, OK and perhaps because of greater diversity there, it felt like there was less racial tension. My wife sometimes feels racism in a stare, when people watch her or look at her funny.

What are your goals? I will work for three years to earn a DNP (Doctor of Nursing Practice) and then work as a Nurse Practitioner. I would like to start a clinic in Africa because the health of unhealthy populations can affect the entire world. I would like to help Africans become more educated and less superstitious.

What advice do you have for young people? If you are in a bad cycle or situation, break it by thinking differently than those around you. Work hard, go to college, work smart. If you are a victim, don't cry or fight, work hard. Find jobs or careers where you cannot be denied a job like being an RN or a physician. Always have a "plan B". I am wary of sports in college because I don't see doctors or lawyers who played sports in college.

