Arubah Community Clinic

Jeff Nelson – [jeff@arubahclinic.com](mailto:jeff@arubahclinic.com)

Arubah Community Clinic

1021 W Main

Collinsville, OK 74021

918-371-3806

Nathan mclaughlin

PLC Community Service

Nathan McLaughlin  
Dr. Ford  
PLC  
4 December 2015

Community Service Project Final Reflection

**Background Information:**

For my community service project, I had planned to continue volunteering with Arubah Clinic in Collinsville, Oklahoma. Arubah Clinic offers free medical services to those who do not have access to medical care and operates primarily through outside donations. While Arubah Clinic wishes to restore health to the sick, another primary goal is to reflect and share their Christian beliefs through their actions. Arubah hosts walk-in clinics every Monday and Thursday from 6:00 to 8:00pm. These walk-in times are free to the public and no appointments are necessary. If an individual requires prescription medication and is unable to pay, the clinic offers medication for free or at a reduced cost. However, my class and work schedule changed this semester. I had a required nursing class during the afternoons – during the time I would normally volunteer. By the time my school and work schedule cleared up, Arubah was already full on volunteers for the rest of the semester and couldn’t take on anyone else. Instead, I met my required volunteer hours with other organizations. I still obtained my signature for the community service agreement form and had been in contact with Arubah, trying to find a suitable date. My contact person has been Jeff Nelson and can be reached at the following:

Jeff Nelson – [jeff@arubahclinic.com](mailto:jeff@arubahclinic.com)

Arubah Community Clinic

1021 W Main

Collinsville, OK 74021

918-371-3806

**Evidence of the needs:**

A medical clinic that provides free health services is strongly needed in the community. With the recent changes in health care, many people have found themselves without insurance and are unable to afford coverage. According to an online study, roughly 28% of Oklahoma residents do not have insurance. Without insurance, many individuals are deterred from visiting medical clinics due to high costs. As a result, many people do not receive much needed health services. Arubah Clinic bridges the gap between hurting individuals with no insurance and the road to recovery.

**Objectives and Academic Background:**

I had planned on volunteering at Arubah Clinic on Thursday evenings until I had met the 20 hour service requirement. Instead, I volunteered on the RSU campus and within the community. I helped with PLC Day, Early Enrollment Day, I worked security for an event hosted by the BCM church, I helped set up a banquet for an organization on campus, and I briefly volunteered at a drug/homeless rehab center during spring break. In all of my volunteer efforts, I wanted to benefit the community. I wanted to volunteer where I was needed and help several different groups. As a member of the President’s Leadership Class, I believe that I have the duty to act as a leader in the community, set an example for others to follow, and be a representative of Rogers State University. By volunteering, I am acting as a leader and showing other students that even through a short time volunteering, you can make an impact in the lives of others. Last semester, Arubah Clinic was a great way to gain knowledge about the nursing and medical field. It got me more excited about becoming a nurse. This semester, I was officially accepted into the nursing program! I am looking forward to the next several years of nursing school. I will be able to take the skills I learn in nursing school and apply them to other hospitals and clinics that I volunteer at next year.

**Personal Involvement with the Organization:**

The involvement of volunteers is necessary to the success of Arubah. Without volunteers, the clinic would not be able to reach as many people as they currently do. Volunteering one’s time and skills allows the clinic to provide services for free and benefit the community. Without volunteers, the clinic would have to start charging patients, or shut down completely. This is true for many organizations. Without volunteers, an organization may not have the money or staff to operate. Having willing volunteers helps take the burden off of an organization and allows them to continue to operate. During PLC Day, I spent the day talking with students and getting to know them, and I also was one of the interviewers. I enjoyed meeting so many new people and I look forward to getting to know the new PLC freshman class. For Early Enrollment Day, I was a “runner” for the Admissions department. I ran errands for the faculty whenever they needed something. I was also in charge of a large group of students and parents and gave them a tour of campus and answered any questions that they had. I was able to share my experiences as a freshman with many of the incoming students.

**Time Log:**

|  |  |  |
| --- | --- | --- |
| **Event** | **Date** | **Time** |
| PLC Day | 3/4/2016 | 8:00-2:30 |
| Faith City Mission | 3/18/2016 | 2:30-3:30 |
| Early Enrollment Day | 3/25/2016 | 8:30-5:00 |
| Set up banquet | 4/22/2016 | 6:00-7:00 |
| Security for BCM | 4/24/2016 | 9:00-1:00 |
| **Total** |  | **21 hours** |

**Conclusion:**

I am glad that I had the opportunity to volunteer with different organizations this semester. It gave me new experiences and allowed me to have a wider impact within the community. Next year I would like to continue volunteering with different organizations as the opportunity arises, but I would also like to find a new hospital, clinic, or some other medical related volunteer opportunity. I would like to choose a new hospital so that I can gain more nursing experience and learn new skills, as well as be able to pick and option that coordinates with my school schedule better.

**Works Cited**

"Oklahoma Health Insurance: Find Affordable Coverage." *Health Insurance Resource Center*. N.p., 20 Aug. 2014. Web. 11 Sept. 2015.