



welcome

Welcome to our first edition of NOMC Rhythms! It's hard to believe that the New Orleans Musicians' Clinic is now in its 4th year of operation or that we have had more than 700 individual musician patients! Since our opening in 1998, our dedicated consortium of service providers and music community resources continue to empower and enhance our NOMC mission—to provide access to primary and preventative health services, addressing the total needs of the musician: body, mind, and spirit.

In the month of July the NOMC was able to secure funding from the LSU Biomedical Research Fund through the generous support of Pfizer Inc and Pfizer Foundation for \$100,000 over two years to Improve Healthcare Access and Outcomes in the New Orleans music community. This has allowed me the opportunity to become the NOMC's first full time paid employee and the first NOMC Administrative Director. During these challenging times, each of us questions our priorities, music's healing power continues to be an inspiration and source of comfort.

Our conviction is stronger than ever to provide wellness and promote prevention in our community. The NOMC has been featured in numerous articles all over the country, and is spotlighted in a segment for the Discovery Science Network to air in January 2002.

—Michelle Gegenheimer, NOMC Administrative Director

the nomc challenge

"Since September 11 so many of our local musicians are offering to do benefits for others, yet they are having many of their own paying gigs canceled," explains Bethany Bultman, Chairman of NOMC Outreach Activities. "It is heartening that the grassroots support for our musicians' health services continues. Just recently it was reported that the tourist industry in Louisiana was down \$150 million. This is catastrophic to those who make their livings entertaining guests to our city."

Just recently the family of the late, great Rusty Kershaw, Louisiana-born guitarist and recording artist, approached NOMC about setting up a memorial fund to donate a percentage of the publishing rights to his songs to help support needy musicians. We hope that other musicians and record labels will allocate percentages of songs and albums to the NOMC.

—Tish Williams, NOMC Development Chair, twilli8@lsubsc.edu (504) 568-3712 Fax: (504) 568-3460

A not-for-profit occupational medicine service sponsored by Daughters of Charity Services of New Orleans | The LSU Healthcare Network | The New Orleans Jazz & Heritage Foundation



Ken Burns

Jazz, as America's only indigenous art form, embodies democracy, freedom of expression, and the perfect harmony of unity and individuality. It triumphs over adversity with joy.

On December 10, 2000 we hosted our first gala fundraiser when Knopf Publishers, Ken Burns, and Garden District Book Shop chose the NOMC as the local charity to benefit from the launch of the book, *Jazz*. The evening included a live concert broadcast on WWOZ by many of the legends of local jazz.

upcoming events

A new NOMC Patient Needs Assessment survey is being conducted by marketing research students from the University of New Orleans' MBA Program.

A local music venue data base is being created and NOMC health service outreach posters are being distributed to all the music clubs and music departments at local schools by Loyola University Music Business interns.



**The New Orleans Musicians' Clinic
Gratefully Acknowledges the Support of
Our Donors for Keepin' our Music Alive!**

1998 - 2001 Founding Donors
(Cumulative group as of November 1, 2001)

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(Due to limited space, we only list the \$500+ donors)

**PLEASE JOIN OUR HEALIN' PADNAHS
SEND YOUR PAPA NOEL CHECK TO THE
NOMC TODAY!!!!**

philanthropic support for nomc is keepin' new orleans music alive

The New Orleans Musicians' Clinic (NOMC) is not only the first of its kind to offer comprehensive medical services and occupational research for musicians, but it is also a unique collaboration of many not-for-profit, mission-driven institutions and organizations. In addition to serving musicians, NOMC works with the musician patients to affect an agenda of health and wellness, which reaches beyond the musician population through health screenings, concerts, and media advertisements. With these outreach programs, NOMC reaches both the musicians and their vast audiences, which ultimately reach a larger population regarding health and wellness issues.

To compliment, not compete, with fellow non-profits, NOMC has sought support through philanthropic innovation. Our first fundraising project was to produce the critically acclaimed, Grammy-nominated CD, *Get You A Healin'*. Dr. John, Irma Thomas, Allen Toussaint and more than 100 other artists created funky, jazzy, health-related songs with 100% of the proceeds going to NOMC for patient care. The song "Look What I Got" was recently licensed for an independent film, *The Photographer*.

"We are grateful for all of the support we receive, both in-kind and financially from individuals, foundations and corporations. This partnership between the business, philanthropic and medical communities makes improving health care access and outcomes in the New Orleans music community possible," said Johann Bultman, co-founder and managing director of NOMC. "As tourism is New Orleans' No.1 industry, and our music is the backbone of tourism, many funders see helping us treat musicians as a win-win proposition!"

The Palm Court, the Howlin' Wolf, and Fritzels regularly host concerts to support the wellness of both their musicians and all the NOMC patients. At Jazz Fest 2000, an internationally noted silk screen printer, Rick Roth of Mirror Image in Pawtucket, R.I. was so impressed by what he heard about the NOMC that he decided to create a source of revenue for us. With just a few phone calls, Roth obtained support from Hanes to donate thousands of t-shirts. The owner of Tower Records, Michael Solomon, stepped forward without hesitation to offer some of his renowned photographs as the artwork for the shirts. The t-shirts are on sale through Tower Records, with 100% of the proceeds donated to NOMC.

NOMC DENTAL CARE NOW AVAILABLE THROUGH THE LSU SCHOOL OF DENTISTRY

NOMC/LSU School of Dentistry services have been made available for NOMC patients through grants from the Pierre Fourchard Foundation, Orthodontic of America, Musicares and The Sweet Relief Foundation. As part of the NOMC mission, we strive to keep musicians smilin', and that means including dental services as part of our overall wellness program. Seriously, Bunk Johnson, legendary jazz horn player and mentor of Louis Armstrong, lost his career when he lost his teeth. It is an occupational risk faced by all horn players and singers. Consider these startling statistics: *Employed adults lose more than 164 million hours of work each year due to dental disease or dental visits.*

Recent research has also pointed to possible associations between chronic oral infections and diabetes, heart and lung disease, stroke, and premature and low-birth-weight births.

Let's face it, dental care has long been associated with pain. However, things have changed. The improved technology now available in dentistry can help make the experience painless while transforming your smile. More importantly, good oral health care affects your ability to eat, the foods you choose, how you look, the way you communicate, and your economic productivity. Modern-day scientists have discovered that the mouth is the mirror of a person's health...a claim that ancient eastern medicine has made for thousands of years. The recent report on oral health by the U.S. Surgeon General states that oral health and general health are inseparable.

NOMC patients call 412-1111 to set up an appointment.

There are many ways to make a tax deductible gift. Giving is possible through cash contributions and pledges, gifts of royalties, stocks and other securities, corporate matching programs and gifts of real estate. Gifts through the estate plans of individuals are also welcomed and encouraged. Useful vehicles for estate commitments include wills, charitable remainder trusts, life insurance policies, retirement fund assets and others

Mail donations to: The New Orleans Musicians' Clinic P.O. Box 58126 New Orleans, La. 70158-8126

Through your continued support, you are helping NOMC KEEP THE MUSIC ALIVE!

The NOMC operates under the auspices of the Foundation for the LSU Health Sciences Center, a 501(c)3 organization.



NOMC MUSICIANS' HEALTH NOTES

from the desk of Carol Schwaner, NP-C, NOMC Clinical Coordinator, LSUHSC
Department of Medicine, Section of Comprehensive Medicine/Internal Medicine

Flu shots are now available to NOMC patients for \$5 thru March 1. To receive the vaccine, please call the Musicians' Patient Line, 412-1111, to ask for your "nurse only" appointment for a flu shot. Influenza, commonly called "the flu" is an infection of the respiratory tract caused by the influenza virus. Symptoms include fever of 100-103F, cough, sore throat, runny or stuffy nose, headache, muscle aches, and often extreme fatigue. Some people develop life-threatening complications such as pneumonia. Much of the illness can be prevented by annual flu shot. It is specifically recommended for people over the age of 50 with chronic diseases of the heart, lung or kidneys, diabetes, immunosuppression, or severe forms of anemia. *Flu season usually occurs from about November until April*, with activity peaking between late December and early March. Incubation period for the flu is from 1 to 4 days. You can spread the flu from the day before to about five days after your symptoms appear. *Influenza vaccine cannot cause the flu* (which is a common misconception), but it does take about 2 weeks after you get your flu shot for your immune system to combat the flu.



the nomc welcomes a new voice specialist

Dr. Andrew J. McWhorter joins Doctors Paul Friedlander and George Lyons in the care of NOMC patients at the LSUHSC Voice Center at the Department of Otolaryngology-Head and Neck Surgery. His clinical practice covers all medical and surgical aspects of voice, from conservation laryngeal surgery to care of the professional singer. Dr. McWhorter received his Doctor of Medicine from The Johns Hopkins University School of Medicine, as well as completed both his Internship in General Surgery and his Residency in Otolaryngology-Head and Neck Surgery at The Johns Hopkins Hospital. He subsequently completed his Fellowship in Laryngology and Care of the Professional Voice at Vanderbilt University Hospital in 2001.



nomc research

Shanda Brashears, M.C.D., C.C.C.A., an NOMC volunteer, and research audiologist with LSU's Kresge Hearing Research Lab, is also a musician who serves as both a church choir director and singer for the rock band, the Subterraneans. She is seen here distributing high fidelity musicians' ear plugs (ER 20s) to students at the St. Augustine Children's Drum Clinic in the Tremé neighborhood of New Orleans as part of a research grant to measure hearing problems in New Orleans given to the NOMC by NARAS (National Academy of Recording Arts and Sciences.) For information on auditory health and safe hearing solutions for musicians, contact Shanda at (504) 568-4785.



nomc administrative director

Michelle Gegenheimer, New Orleans Musicians' Clinic's new Administrative Director, with her two-year-old daughter, Hannah. Michelle was born in Lafayette, but has lived on the west bank of New Orleans since she was a toddler. "As a New Orleanian, I grew up going to Jazz Fest and experiencing many genres of music," says Michelle. Soon after graduating from the University of New Orleans with a Bachelor's in Management, Michelle came to the NOMC as one of its most dedicated volunteers. "I am now a full-time employee and absolutely enjoy working with the clinic staff and patients especially doing the community outreach programs," explains Michelle. "Whether I am manning the booth at the Cutting Edge Music Conference or the Tremé Street Festival, being able to offer support to musicians is more than a job, it is an enjoyable project and a privilege!"

Please contact Michelle with any questions or suggestions at (504) 412-1707 or (504) 415-7551, Fax: (504) 412-1686 E-mail: mgegen@lsuhsc.edu

winter medical services

nomc general information
available at
nomc musicians
healthcare website at

www.wwoz.org/clinic
www.musiciansclinic.org

new musician patient services

- Musicians call for information and appointments 412-1111
- Flu shots @ \$5.00 until 1 February. Call 412-1111 and ask for a "nurse only" appointment
- FREE Mammograms for women musicians 50 years and over.
To schedule your mammograms Please call Michelle @ 412-1707.
- For FREE Prostate Screening please call Michelle @ 412-1707.
- Call 412-1111 to set up your NOMC Dental appointment.
- Glaucoma screenings for all musicians are offered on Fridays from 1-4PM as part of a grant given by the National Academy of Recording Arts and Sciences (NARAS) to Dr. Claude Burgoyne at the LSU Eye Center. Call Troy at 412-1111 to schedule an appointment.
- Want to become part of a musicians' substance abuse recovery support group? or Diabetes, Hep C or Asthma group,? or schedule a consultation with our NOMC dietitian? Please call Michelle at 412-1707.

The NOMC/Daughters of Charity Health Services

in Carrollton Shopping Center (3900 South Carrollton) offers all primary care services to NOMC patients as well as:

1. Wellness and healthcare services to musicians and their families
2. General pediatric care
3. Vaccinations
4. Prescription filling for \$8.00 at the pharmacy

nomc specialty services

- Addiction/Recovery Services *funded by Musicians' Assistance Program (MAP)*
- Deafness Prevention Research and Ear Protector *funded by National Academy of Recording Arts & Sciences, Inc. (NARAS)*,
- Glaucoma Research and Treatment *funded by NARAS*
- Dental Services *funded by Sweet Relief Musicians Fund, Musicares, American Orthodontics, and Pierre Fauchard Academy Foundation*

nomc clinic located at

2020 Gravier St., 7th floor, New Orleans 70112 (near University Hospital)

the nomc staff

- NOMC Medical Director: Dr. Cathi Fontenot
- NOMC Clinical Services Coordinator: Carol Schwaner, NP-C
- NOMC Patient In-take Coordinator: Troy Blanchard
- NOMC Administrative Director: Michelle Gegenheimer
(504) 412-1707 Fax: (504) 412-1686 E-mail: mgegen@lsuhsc.edu
- Musician Patient Advocate/Hep C Advocate: Timothea Beckerman
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nomc rhythms newsletter

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