Happy 11th year of Keepin’ the Music Alive!

HOW WE HAVE GROWN TO MEET THE CHALLENGES FACING OUR BELOVED MUSICIANS

The New Orleans Musicians Assistance Foundation (NOMAF)

The New Orleans Musicians Assistance Foundation is a charitable not-for-profit whose mission is shepherded by a board of directors and a network of providers, staffers and volunteers who oversee our two programs: the NOMC and the NOMAF Gig Fund.

The mission of the New Orleans Musicians Assistance Foundation is to keep music alive by sustaining New Orleans musicians and tradition bearers in body, mind and spirit by providing access to health and social services through the New Orleans Musicians’ Clinic, regardless of the ability to pay, and by fostering cultural opportunities that advocate for and support this effort.

Our vision statement, May we at the New Orleans Musicians Assistance Foundation have...
...the eyes to see those musicians, tradition bearers and cultural workers who are rendered invisible by the American health care system;
...the compassion to open our arms and hearts to reach out to include them;
...the wisdom to create and partner with others to offer programs and services to ensure the survival and well-being of those we serve;
...and may we serve as a voice for those whose voices are not heard.

The New Orleans Musicians’ Clinic (NOMC)

The New Orleans Musicians’ Clinic was founded in 1998 by a team of medical providers and musician advocates to address the challenges affecting local musicians. Our innovative health model was created to heal not only physical illnesses, but also wounds caused by bias, poverty, prejudice and indifference. Over the past eleven years, our services have evolved and expanded to be the medical home for all New Orleans musicians, performing artists, tradition bearers, cultural workers and the members of their households over the age of seventeen.

We provide a full range of comprehensive medical services to the uninsured, the underinsured and the insured, regardless of their ability to pay.

NOMC is a unique occupational health care partnership in conjunction with the LSU Healthcare Network, the Daughters of Charity Services of New Orleans, Tulane Medical School, The Performing Arts Medicine Association and the Louisiana Cultural Economy Foundation.

(story continues on inside page)
Post Katrina, the New Orleans Musicians' Clinic expanded its mission of keepin’ the music ALIVE by funding gigs.

The mission of the gig fund is to safeguard the musical heritage of New Orleans through co-sponsorship of local musicians at community events. By serving as proactive advocates to keep our culture alive, we are creating employment opportunities to ensure that the legacy of New Orleans music thrives into future generations.

The NOMAF Gig Fund depends on “investments” from individuals and private foundations that share NOMAF’s belief that viable employment for musicians is a key component in their overall health and well-being.

In the last three years, in excess of $640,000 of donor funding has kept the music alive in New Orleans! More than 1200 local musicians have benefited from funding of $100 per man per gig.

Empowering our musicians to be cultural icons to educate their audiences, their families and their communities to make better lifestyle choices and healthy behavior is a vital component in KEEPIN’ THE MUSIC ALIVE!

Distributions from NOMAF Gig Fund
2006 = $332,801.00
2007 = $101,009.00
2008 = $125,620.00
2009 (Jan.- April) = $88,367.00

Musicians’ Postural Harmony

Many New Orleans musicians, including concert artists, music students, studio players, chamber musicians, orchestral players and amateurs, are part of a special at-risk population that develop repetitive motion injuries based on poor postural and ergonomic mechanics. As a musician, it may be difficult for you to assess your postural mechanics while you play. Incorrect posture, non-ergonomic technique, excessive force, overuse, stress, and insufficient rest contribute to injuries that can cause great pain and disability, and end promising musical careers.

Chronic injuries caused by faulty body mechanics include, but are not limited to: Neck Pain, Back Pain, Cervical and Lumbar Radiculitis, Sciatica, Carpal Tunnel Syndrome, Tendinitis, Bursitis, Tenosynovitis, DeQuervain’s Syndrome, Tendinosis, Thoracic Outlet Syndrome, Cubital Tunnel Syndrome, and Trigger Finger/Thumb.

Most of these injuries are avoidable. Taking the time to follow good postural principles, review performance technique, and warm up before practice or performance will help to prevent many injuries over time. In addition, taking breaks to stretch and relax your body as well as pacing your practice sessions and concerts will help to avoid painful disabilities.

A visit to the NOMC is beneficial in establishing the nature of your problem. The NOMC may refer you to a Physical Therapist in order to address your pain symptoms. The Physical Therapist is uniquely suited to evaluate your case by conducting a thorough evaluation of your posture and body mechanics in order to develop therapeutic strategies to correct your problem and help you to avoid future injuries. The result? More efficient body mechanics and optimized overall performance.

Raj Sohi is our featured specialist from the NOMC. Patients can be referred to him for services through the clinic.

Raj Sohi, PT
Administrator & Clinical Director of The GR Group
Physical Therapy & Rehabilitation Facility
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Article Written & Photo Credit to Raj Sohi
Join the 1000 New Orleans Musicians, Mardi Gras Indians, and Tradition Bearers who get their Health Care from the NOMC!

“NOMC means the world to me! Two years after my leg amputation, they continue to provide me with support to stand up and keep singing. Had it not been for the NOMC’s assistance I would be dead. My insulin is at $80 a bottle, and I could not afford it without the NOMC.”

“Get over to the NOMC! There is nothing to it, but it can save your life.”

Gospel singer for 46 years

JO COOL DAVIS

“NOMC is a rare privilege. It’s a safety net for musicians who work in unhealthy environments.”

“Being a musician on the road a lot, knowing that I have electronic medical records via the NOMC/LSUHN is very reassuring. I have, in the past, had the misfortune to fall ill overseas. Knowing that my NOMC doctors willingly communicate with other doctors the world over on my behalf is nothing short of a gift.”

Keyboardist & guitarist for 29 years
Plays with Bonnie Raitt & The Absolute Monster Gentlemen

JON CLEARY

“The NOMC is a lifeline for musicians with or without proper healthcare coverage. Those who would normally hesitate to seek medical attention because of long lines and expensive fees can easily go to the NOMC where they receive immediate attention at a low cost.”

Vocalist for 15 years

RICK JONES

“My husband [Rick Jones] has high blood pressure. The NOMC takes care of him by monitoring his blood pressure and offering free medications.”

“The NOMC is helping us out, so why not help yourself?”

Drummer for 20 years
Plays with Marva Wright, Big Al Carson, & Gina Brown

GINA BROWN
The New Orleans Musicians’ Clinic is a primary health care service providing affordable medical care and referrals to a full range of wellness and social services to those musicians, tradition bearers, and their family members over 17 years of age. Our goal is to keep New Orleans music and culture ALIVE!

For more information please visit www.NewOrleansMusiciansClinic.org
"I could say so much about the NOMC. It’s the best thing that happened to us musicians in New Orleans."

"I feel comfortable going to the NOMC. I trust them to do what is in my best medical interest, and they show lots of love and care. Healthy musicians mean healthy music and culture. It is our responsibility to take care of ourselves."

"NOMC gives me the promise of good health care, which is a wonderful thing. Those musicians who are not patients are missing the great benefits of being part of the NOMC community."

"The NOMC saved my life! About 10 years ago I was at a real low point with little work, and I was feelin’ bad, so my friend, Mark Adams, told me about the clinic. I went and was diagnosed with Hepatitis C. When things took a turn for the worse, the NOMC was there for me and got me on an experimental treatment program. I would be dead if it wasn’t for this help. Also the medicine was really expensive and I couldn’t have afforded it otherwise. The clinic closely monitored me; I had to come in every few weeks for 11 months! But they cured me, and I have nothing but praise for the clinic."

"It’s a wonderful, wonderful thing the clinic does, keepin’ New Orleans musicians, the most underpaid and under-recognized in the world, alive! Whether you are sick or not, or poor or not, go to the clinic! It’s the real thing."

NOMC Primary Medical Care and Social Services

2820 Napoleon Avenue, Suite 890
at the LSU Healthcare Network

For appointments, call (504) 412-1366

In celebration of NOMC’s 10th Anniversary, a clinic visit costs $10!

Founding Director
Ellis Johann Bultman

Medical Director
Dr. Cathi Fontenot, MD

Clinical Services Director
Catherine Lasperches, FNP

Social Services Intake
Megan McStranick

Patient Coordinator
Brandi LeBlanc, LPN

Quality Improvement
Rose Mancini, RN

Patient Outreach
Kelsey Herman

Trombone & tuba player for 28 years
Bonerama, Treme Brass Band, & Storyville Stompers

Professional harpist for 38 years

Vocalist for 50 years

Bassist for 39 years
Plays in the Subdudes & Brent Anderson Band

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NOMAF is a 501(c)(3) not-for-profit charitable corporation.

Please Keep New Orleans’ Music and Culture Alive by Supporting Our Mission

www.NOMAF.org
www.NewOrleansMusiciansClinic.org

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1525 Louisiana Avenue
New Orleans, LA 70115
(504) 415-3514

New Orleans Musicians Assistance Foundation (NOMAF) and Clinic (NOMC)
1525 Louisiana Avenue
New Orleans, LA 70115

New Featured Staff Members

Megan McStravick
NOMC Social Services Intake Coordinator

As a new member of the NOMC Social Services team, I am grateful for the opportunity to work with such dedicated musicians’ advocates. I first came to New Orleans two years ago from my home in Philadelphia as part of a “History and Culture of New Orleans” class I was taking in college. As I went to jazz clubs for the first time, I never imagined myself to be as lucky as I am today to be working with this unique organization as part of the knowledgeable and dedicated group who truly show their love for New Orleans by keeping the music ALIVE. Having just graduated in Social Work from Tulane University, I strive to utilize my contacts to create a welcoming resource center within the clinic to assist musicians.

You can reach Megan at (504) 452-5870 or mmcstr@lsuhsc.edu

Rose Mancini, R.N., M.N.
NOMC Medical Outreach & Quality Improvement

I first became aware of the NOMC nine years ago when my husband and I lost Frannie (Francis Harding), our dear British friend and co-owner of Fritzel’s European Jazz Club on Bourbon Street. After his passing, we set up an NOMC memorial fund for Frannie.

As a nurse working at the VA for more than thirty years, I had been involved with infection control and improving the outcomes of patients. Finally stabilizing my life after the death of my husband and Katrina, I wanted to become actively involved in improving the health of New Orleans’ musicians, who are truly the leaders in cultural recovery of the city.

You can reach Rose at (504) 493-2076 or rmancini@lsuhsc.edu