



Featured Staffer



Local author, artist, and graphic designer Katherine Klimitas was first introduced to the NOMC & AF by NOMC's Feldenkrais practitioner, Evelyn Rodos, who knew her to be a passionate music fan. NOMAF staffer, Chris Haney, had also attended high school at Ben Franklin and college at Loyola University with Katherine, so he helped convince Katherine that she'd be an ideal fit with the others on our NOMAF team.

Thus, we now have K2, our second Katherine. (Catherine Lasperches, FNP NOMC Clinical Director, being our Catherine I) Katherine now develops NOMC's flyers, brochures, e-newsletters, referral forms and NOMAF recipe cards, as well as educational materials to keep New Orleans' music alive.

To see Katherine's work, visit her [website](#). Also view the news story Angela Hill did on

Steps for Good M.U.S.I.C. (Musicians United So Illness Ceases)

By Felice Guimont, RN NOMC Chronic Disease

Management Nurse

Diabetes can be challenging. Some practices that have helped me manage it includes:

1. Focusing on being positive.
2. Looking at glucose monitoring and meds as routine tasks akin to grooming or chores.
3. Making healthier versions of favorite meals.
4. Communicating with other diabetics, along with the NOMC medical team, means feeling more in control.



Each month NOMC hosts a Healthy MUSIC luncheon for our diabetic patients with fresh local seasonal produce being prepared by top local chefs.

To learn more about managing diabetes, go [here!](#)



Combating Head & Neck Cancer in Memory of Roscoe

By Melissa Goldin, MPH

NOMAF Herman Ernest Screening Initiative Coordinator

A year ago, Herman "Roscoe" Ernest lost his heroic battle to oral cancer. Roscoe's legacy as a world-class diesel funk drummer lives on through music recordings that cover his four decade span in the music industry. His loving spirit and kindness towards others lives on through Healing Hands Across the Divide (HHAD) and the Herman Ernest Screening Initiative, both formed to honor Roscoe's wish that head and neck cancer awareness, prevention, and early detection spread throughout his community.



Katherine's new book,
Looking Up, [here!](#)

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The second annual Herman Ernest Memorial Screening will take place on March 18 at his church, the Greater Liberty Baptist Church (1230 Desire Street). During the sermon, 9am-11:15am, Pastor Woods will call on some of Roscoe's friends to talk about what Roscoe meant to them and the importance of awareness, prevention, and early detection of head and neck cancers. The special guests include: Dr. Paul Friedlander (Roscoe's surgeon/director of HHAD), Dr. John (lifelong friend/bandleader), and Gregory Davis (friend/oral cancer survivor/HHAD spokesman). Following the service, a brass band will play while congregants receive a free head and neck cancer screening, a healthy smoothie, and comfort knowing that their participation helped fulfill Roscoe's legacy of Healing Hands Across the Divide.

To learn more about the Herman Ernest Memorial Health Screening Initiative, visit our [website](#).

Practice Safe Sounds

By Stacey Morigeau

Co-Director of NOMAF's Save New Orleans Sounds Initiative

February 26th, 2012 served as the kick-off to the New Orleans Musicians Assistance Foundation "Save NOLA Sounds" Initiative.



Held at Snug Harbor, a local jazz club,

NOMAF brought together local and national entities to launch of the initiative which will provide education and tools to protecting musicians, music lovers, club owners, employees of clubs, sound engineers and more from noise induced hearing loss.

NOMAF with the help of WWOZ, offBeat and New Orleans Speech and Hearing Center welcomed a panel of experts; Aryn M. Amlani, Ph.D., an Associate Professor on the faculty of the Department of Speech and Hearing Sciences, University of North Texas, S.Benjamin Kanters Associate Professor and Associate Chair, Department of

Audio Arts & Acoustics Columbia College Chicago, and Laura Kauth, MA (President, NHCA). This panel was moderated by Kris Chesky, Ph.D., a jazz trumpeter and Associate Professor in the College of Music at the University of North Texas. This group shared with the audience of local musicians, club owners, music lovers and advocates the importance of protecting ones hearing. It was an eye and ear opening experience for many. A question and answer period has spawned many ideas for all involved in which this initiative will continue to explore and share with all.

We will be premiering a terrific web resource [here](#) on March 14th for Safe Sound! Check it out!

New Orleans Musicians' Clinic

New Orleans Musicians' Clinic (NOMC) and Assistance Foundation (NOMAF)

Hours: Monday-Thursday 10am to 4pm

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