



# Monthly Healthy Supper Bowl Jam

By Stacey Morigeau



**Next Dinner:**

Thurs. November 8th, 6-8 PM  
Ashe Cultural Arts Center  
1712 Oretha C. Haley Blvd

New Orleans-September 18th, 2012- The New Orleans Musicians' Clinic and Assistance Foundation is proud to announce their collaboration with Slow Food New Orleans to promote the Slow Food International mission of Good, Clean & Fair Food.

Slow Food New Orleans was launched in true New Orleans style on October 1, 2012 at Rock 'N' Bowl in New Orleans. With music by Onward Brass Band and food available for purchase from Rock 'N' Bowl's Straight Stick Ranch, La Divina Gelateria, Rue Chow, Frencheeze, My Time Coffee, a Slow Food Demonstrations by Gary Granata, PhD, RD the party moved inside at 8 pm with dancing and music provided by Full Steam Jazz Band with special guests, Leroy Jones, Rick Trolsen, Katja Toivola and more!

We encourage all chefs, restaurateurs, waiters, cultural workers, musicians, artists, health advocates and the community at large to come out to our next event and join the new **Slow Food New Orleans Chapter**.

This is part of NOMAF's Prevent Death by Lifestyle initiative. The greatest way to keep New Orleans music alive is by tempting the taste buds of our patients with healthy organic produce.

## Featured Staffer



Eva Hurst San Martin has evolved from NOMAF donor and service provider to vital member of the NOMAF outreach team.

Eva was born in Honduras, moving to New Orleans when she was five. As a young adult, she began to feel disconnected from her Honduran culture, so she began attending, then volunteering, which grew into promoting and eventually co-producing Hispanic/Latino events. Eva embraces both cultures, especially as she experiences the "only in New Orleans" fusion of locals who Second Line to Salsa music and dance Salsa to Second Line music.

She first began helping us in



December 2007, through her work at Catholic Charities where she worked in Hispanic Outreach. Today Eva serves as NOMAF's coordinator of outreach efforts to Hispanic musicians and churches. Her main areas of focus will be education about hearing loss and diabetes through NOMAF's Save Sounds Initiative and the Prevent Death by Lifestyle Program. Additionally, she is a Louisiana licensed ADS and registered trainer in (Ear Acupuncture/NADA Protocol) so she can help musicians manage stress.

## Ways You Can Support NOMC&AF in October:

**I. DONATE** - With every \$1 you donate, we provide \$3 in medical services for New Orleans Musicians.

**II. EAT POBOYS:** This weekend, October 19-21, Parasol's Bar and Restaurant will benefit the NOMC&AF by donating a portion of their food proceeds. Their goal is to sell 1,000 po-boys to mark their 60th Anniversary in the community. Patrons are encouraged to call in take-out orders ahead at 504-302-1543, as all po-boys are made fresh to order.

**III. ON OCTOBER 20TH**, 20% of proceeds from sales of Dirty Coast New Orleans T-Shirts and Apparel will go to NOMC&AF. Hundreds of fun New Orleans themed designs to choose from - stock up and support!

**IV. ReStrung by NOLA Design Studio** is a new line of hand-crafted jewelry created with recycled guitar strings from some of the South's most talented musicians. The line believes in supporting artists, musicians and the creative spirit in everyone - and ReStrung's unique handmade jewelry helps do just that by donating a portion of their profits to benefit the New Orleans Musicians' Clinic.



Thank you to Parasol's, Dirty Coast, and ReStrung for their generous donations to NOMC!

November 1st kicks off NOMC&AF's donor appeal campaign. Thus far, since August, we've raised \$40,000 towards our \$300,000 year-end goal to make up monies we've lost due to policies of La. Governor Bobby Jindal!

**DONATE**  
Please donate today and help support the New Orleans Musicians Assistance Foundation

 

**Join Our Mailing List!**



In October, NOMAF welcomed over 60 Swiss Visitors on an American Tour. The group was led by Full Steam Jazz Band, a group which has over 10 years raised over \$80,000.00 to support our organization.  
**THANK YOU!**

## Lessons From a Power Outage

By Felice Guimont, RN



Being a native New Orleanian, cautious and prudent during weather events, I decided to "Hunker down" to ride Isaac out. Since it seemed to be a "minor" hurricane, I never expected to be power-less, literally for over 5 days. It was the first time in my life I ever feared dying from my diabetes, EVER. It was a hard lesson.

Each of us responds differently to hardship. Under stress, very bad decisions can be made, and poor, unhealthy coping methods can come into play. With no power in hot areas for extended time, overexertion accelerates health problems. After 4 days, I began having headache, nausea, increased thirst, and was about to go into heat exhaustion. Being a nurse, I knew to submerge myself in cold water, drink cool water, and rest, to recover. Here are simple things I learned:

1. Evacuate whenever you can!
2. Inform others of your health issues
3. Stay well hydrated and look for safe, cool, shaded areas if possible
4. Stock up on Gatorade, water, and ice. It's like gold in a power outage. People panic, stores create a frenzy, and long lines of frustration elevate stress.
5. TAKE YOUR MEDS, stay on top of blood sugars/blood pressure
6. If water is on, take frequent showers/baths
7. Most of all, keep a cool head. Headache, nausea, thirst, fatigue, dizziness, and muscle weakness are some of the signs of heat exhaustion, which can happen quickly and be fatal.

# SAVE THE DATE!

**Fri. 10/19 - Sun. 10/21**

Parasol's 1,000 Thank You's  
Buy a Po-Boy and Support the Clinic,  
call 504-302-1543 to place your order

**Thursday 11/8**

Healthy Supperbowl Jam

6-8pm at Ashe Cultural Arts Center

1712 Oretha C. Haley Blvd.

**Saturday, 11/11**

Diabetes Walk

Contact

[felicern@neworleansmusiciansclinic.org](mailto:felicern@neworleansmusiciansclinic.org)

for details on how to join our team.

## New Orleans Musicians' Clinic

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



**DONATE**

Please donate today and help support the  
New Orleans Musicians Assistance Foundation

