



Rhythms: Summer Edition 2013

Edition: XLIV

Myths about Fitness

Myth: You burn the most fat when working out hungry.

Fact: Exercise on an empty tank and your body will tap its stores of fat for energy, right? Nope. A 2011 study in *Strength and Conditioning Journal* found that the body burns the same amount of fat whether the stomach is full or empty. "Exercising without eating is not good," Maryland nutritionist Sue James says. **A small snack can help fuel muscles.**



Christophe Jackson (see our spotlight on him to the right) and Erica Dudas, NOMAF Development Manager at Crescent City Classic

Myth: The best way to burn fat is to work out longer

Fact: Exercising more does not help you lose more weight; in fact, a new study finds that it's the intensity of the exercise that has the most impact - running five miles burns more calories than walking five miles does. Why? High-intensity exercise boosts your metabolism, says author Paul Williams, Ph.D. of Lawrence Berkeley National Laboratory.

Myth: Doing Crunches will get rid of your belly fat.

Fact: Targeting a specific area of the body for fat reduction, called spot training, just doesn't work, says exercise physiology professor James Hagberg, Ph.D of the University of Maryland. "When you

NOMAF STAFF Updates



Christophe Jackson, Ph.D with the New Orleans delegation last week at the International Performance Arts Medicine Conference in Snowmass, where he presented NOMAF's on-going Safe Sounds research.

Christophe E. Jackson Ph.D. earned bachelors and masters in Biology and Piano Performance and recently completed an interdisciplinary PhD in Performance Arts Medicine at the University of Alabama at Birmingham. Christophe works across the disciplines of biology, physiology, physics, engineering, and music and

exercise, you're burning up whatever glucose and fat that's supplied by the bloodstream," he says, "not the fat that's right there on your body." The best way to get rid of belly fat? Eat smart and exercise consistently.

Myth: You shouldn't exercise if you're sick.

Fact: When it comes to exercise and illness, your neck is the dividing line. If your symptoms are at above the neck - sore throat, nasal congestion, watery eyes - a workout is fine. (Unless you have a fever, then take a few days off.) If your symptoms are below the neck-Chest congestion, hacking cough, stomach flu - it's better to rest for a few days.

Thanks to [**AARP**](#) for the above information.

received funding from the prestigious National Science Foundation (NSF) and Ford Foundation to conduct seminal research on voice fatigue of singers. Jackson's research focuses on specialized care to performing and the design of portable acoustic devices. In addition to all this, Jackson is a "musician at heart" who maintains an active classical and jazz performance life. Growing up in the heart of Montgomery, Alabama, Christophe Jackson made his first public piano concert at the age of eight at the First United Methodist Church's Nellie Burge Community Center, and never stopped playing thanks to the support of his grandmother and the congregation. Christophe can be found working with the students of the Warren Easton Marching Band, NOCCA and around town encouraging hearing preservation through [Safe Sounds](#).

Blood Drive

On May 22nd NOMAF held a blood drive in response to the Mother's Day Second Line Shooting. With the help of many key partners and amazing musicians, we collected 117 pints of blood and enrolled 30 new patients for the New Orleans Musicians Clinic. We wish to thank all who participated, either as a volunteer, a blood donor or a sponsor. We plan to produce the drive annually with The Blood Center with the goal to engage more African Americans in our community to become donors.



If you want to help organize or support please email EricaDudas@nomaf.org and put **Blood Drive** in the subject line.

[Read More HERE.](#)

Our Clinic is Evolving: Becoming a Patient Centered Medical Home (PCMH)

Our clinic is evolving! If you haven't heard from us for a while, it's because NOMC&AF is currently applying to become a federally recognized Patient Centered Medical Home (PCMH). The Patient Centered Medical Home is a health care setting that facilitates partnerships between



**NEW ORLEANS
MUSICIANS' CLINIC
& ASSISTANCE FOUNDATION**



Gmail users!

Keep NOMC's emails visible!
To keep us in your primary tab,
drag and drop this newsletter
there, or just star the email!

individual patients and their physicians. Care is facilitated by registries, information technology, health information exchange and other means to assure that our patients get high quality care when they need it.

NOMAF volunteers and staff have been painting the town NOMC - at events signing up musicians and tradition bearers to enroll in our clinic. Today NOMC is proud to have 2,500 patients and we're still growing.

Changes to the NOMAF Gig Fund

Recently we have made some small adjustments to the NOMAF Gig Fund, the Gig Fund offers up small grants to area

non profits. These grants are to be used to employ musicians for Music Arts Advocacy, Music Education/School based mentorship programs, Senior Citizen/Elder Programs and those with Health, Prevention and Outreach. To find out more about the Gig Fund go [HERE](#). You can even make a donation directly to the gig fund to continue economic opportunities for our musicians.



Happy 102nd Birthday to Lionel Ferbos!



NOMC&AF were on hand to wish Mr. Ferbos a very Happy Birthday as he sang and played his trumpet like he did when he was young. Check out the link from NBC Nightly News with Kevin Tibble. They were on hand to interview Lionel on how he is able to keep the music alive!

[Watch the Interview HERE!](#)

Continued Support from New Orleans Speech and Hearing Center



We are thrilled to announce New Orleans Speech and Hearing Center will continue supporting us in 2013 by donating ten hearing evaluations, ear protection and two hearing aids for participating musician patients, thanks to a grant from the EENT Fdn. More details to come in our upcoming newsletter.

Donor Spotlight: Drew and Brittany Brees' Brees Dream Foundation



(As part of the Super Service Challenge and our partnership with [Snug Harbor Jazz Bistro](#))



Want to give monthly with no hassle? We now have a sustaining donor option! When you donate, just check the "recurring donation" button to set up a monthly withdrawal. Other planned gifts (weekly, bi-weekly) are available as well.

Last spring the Brees Dream Foundation supported our community efforts to the tune of \$20K! THANK YOU - We are so thrilled to be a part of the WHO DAT nation and GO SAINTS! First Preseason Game is August 9th!



For assistance, call 504-415-3514 or email EricaDudas@nomaf.org.



Join Our Mailing List!

New Orleans Musicians' Clinic

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



Hours: Monday-Thursday 10am to 4pm
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