

Postdoctoral Association

LSUHSC - New Orleans



Welcome to LSUHSC!

The Postdoctoral Association is open to all postdoctoral researchers and fellows (MD, PhD, MD-PhD) at LSUHSC. The goal is to encourage professional development and networking among postdocs as well as to represent a collective voice to address the needs of postdocs. We encourage new and current postdocs to join the LSUHSC Postdoctoral Association by following this link:

<https://www.lsuhs.edu/administration/academic/pda/>

Membership dues are only \$10 per semester and regular meetings and events will be scheduled, so please become a member and consider a committee position such as the Career Development Committee, Social Committee, Website and Communications Committee, or New Postdoc Welcome Committee.

Sincerely,

Elizabeth Fucich

President, LSUHSC Postdoctoral Association

The Postdoctoral Association Executive Committee:

President: Elizabeth Fucich, efucic@lsuhsc.edu

Vice President: Mark Nilges, mnilge@lsuhsc.edu

Treasurer: Amanda Pahng, apahng@lsuhsc.edu

Secretary: Danielle Levitt-Budnar, dlevit@lsuhsc.edu

Website Chair: Patricia Mott, pdehon@lsuhsc.edu

Social Chair: POSITION OPEN

New Postdoctoral Fellows Welcome Committee Chair: POSITION OPEN

Mission Statement

The goal of the New Postdoctoral Fellows Welcome Committee is to help new postdocs settle comfortably into their new environment (in their respective labs and in New Orleans). The committee is focused on making the LSUHSC postdoctoral experience a pleasant one by facilitating awareness of the LSUHSC-NO community resources. The Welcome Committee also strives to identify and work on issues that are important to new members.

Welcome to New Orleans!



This little corner of the American South is unique in boasting European tradition heavily influenced by Caribbean flare, and a vibrant history that is almost as colorful as the local architecture. New Orleans is home to some of the most exotic and spicy cuisine in the United States and is often called the birthplace of jazz. We celebrate almost anything in the Big Easy, where the phrase “Laissez les bons temps rouler” (let the good times roll) is more than a reminder of our French heritage; it’s a motto that encapsulates a way of life that began three centuries ago.

The cultural riches, culinary indulgences, and unparalleled hospitality that define the New Orleans experience continue to flourish as they have for centuries. The most celebrated and historic core of the city—which includes the Faubourg Marigny & Bywater, French Quarter, Central Business District, Warehouse and Arts District, and Garden District—is thriving.

Below are a few useful links to help you get started exploring this rich community.

Map of New Orleans: <http://mapneworleans.com/maps.html>

New Orleans housing information:

- The best way to obtain information about a neighborhood is to ask a local!! Colleagues and members of this committee are also great resources.
- There are housing options on and off campus. Living in New Orleans is closest to LSUHSC, but some postdocs choose to live in surrounding areas (Metairie, Lakeview, Kenner, Algiers). Use Google Maps to gauge distance and be prepared for rush hour traffic if you choose to live further out.
- We have parishes instead of counties. The most common parishes for postdocs to live in are Orleans Parish and Jefferson Parish (links below). Utility information is on parish websites.
- Useful housing websites:
 - <https://www.zillow.com/>
 - www.craigslist.com
 - <http://www.latter-blum.com/>
 - <https://www.lsuhs.edu/administration/ae/housing.aspx?submenuheader=2>

City information:

- The City of New Orleans: <https://nola.gov/>
- New Orleans News: <https://www.nola.com> https://www.theadvocate.com/new_orleans/
- Orleans Parish: http://louisiana.gov/Government/Parish_Orleans/
- Jefferson Parish: <http://www.jeffparish.net/>
- State of Louisiana: <http://louisiana.gov/>
- Louisiana Office of Motor Vehicles: <https://www.expresslane.org/Pages/default.aspx>
- New Orleans Public Transportation: <https://www.norta.com/>
- New Orleans emergency preparedness: <http://ready.nola.gov/home/>
- Tropical weather preparedness: <http://ready.nola.gov/plan/hurricane/>
- Tax filing information:
<https://www.nationalpostdoc.org/page/TaxIssues?&hhsearchterms=%22tax%22>
- Audubon Nature Institute: <https://audubonnatureinstitute.org/>
- City Park: <http://neworleanscitypark.com/in-the-park>
- New Orleans museums:
<https://www.neworleansonline.com/neworleans/arts/museums/museums.html>
- New Orleans Jazz and Heritage Festival: <http://www.nojazzfest.com>
- New Orleans free public library: <http://nolalibrary.org/>
- Mardi Gras: <http://www.mardigrasneworleans.com/>
- Things to do:
 - <https://www.thrillist.com/new-orleans>
 - <https://www.neworleansonline.com/>
 - <https://www.neworleans.com/>

LSUHSC-related information (much of this will be covered at New Employee Orientation):

- Holiday schedules: <https://www.lsuhs.edu/administration/pm/pm-5.pdf>

- Human resources:
 - HR website (including insurance information): <https://www.lsuhscc.edu/administration/hrm/>
 - New-hire information: https://www.lsuhscc.edu/administration/hrm/new_employees.aspx
 - International services office contact person: Remy E. Allen, Director, ral111@lsuhscc.edu, phone: (504) 568-4802
 - To obtain an ID badge, go to the benefits and HR office on the 6th floor of the Resource Center building
- Compliance training:
 - Access via <https://www.lsuhscc.edu/mylsuhscc/> and click on the “Compliance Training” icon.
 - Contact person: Kelly Guth, Compliance Educator, kquth@lsuhscc.edu, phone: 504 331-5054
- Campus Assistance Program: <https://www.lsuhscc.edu/orgs/campushealth/cap.aspx>
Provides assistance with issues such as:
 - Crisis management
 - Mental health
 - Interpersonal/family relationships
 - Child/adolescent development
 - Workplace conflict resolution
 - Job productivity
 - Career satisfaction
 - Alcohol and drug use
 - Loss/bereavement
 - Legal or financial concern
- Wellness Center (campus gym): <http://www.lsuhscc.edu/no/administration/wellness/>
- Hurricane and evacuation plan
 - <https://www.lsuhscc.edu/administration/cm/cm-51.pdf>
 - National hurricane center: <http://www.nhc.noaa.gov/>
- Campus alert system: <https://911.lsuhscc.edu/eas/>
- IT Services: <https://www.lsuhscc.edu/admin/it/>
- LSUHSC discounts: <https://www.lsuhscc.edu/discounts/>
 - Some other places have corporate discounts if you ask (e.g., Ochsner Fitness Center)
- John P. Isché Library: <https://www.lsuhscc.edu/library/information/ische.aspx>

Welcome to Louisiana State University Health Sciences Center-New Orleans. We're glad you're here!