



## **LSUHSC POSTDOCTORAL ASSOCIATION**

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## **New Postdoctoral Fellows Welcome Committee**

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Members:

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Christian Bender, Contact: [cbend1@lsuhsc.edu](mailto:cbend1@lsuhsc.edu)

### ***Mission Statement***

The goal of the Welcome New Postdoctoral Fellows Committee is to help new postdocs settle comfortably in their new environment (both 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 for new members.

## **City of New Orleans**

### **Welcome to New Orleans!**



Here, in this little corner of the American South, where European traditions blend with Caribbean influences, the history is as colorful as the local architecture; the food is the stuff of legend. Haitian and African creoles developed an exotic, spicy cuisine and were instrumental in creating jazz and zydeco. Our street names are French and Spanish, our Creole architecture comes in a carnival of tropical colors and our voodoo is Caribbean import. The magic is

irresistible! We celebrate almost anything in the Big Easy. *Laissez les bons temps rouler*- let the good times roll- is more than a reminder of our French heritage; it's a way of life that began three centuries ago.

The cultural riches, sensual indulgences and unparalleled service that define the New Orleans experience continue to flourish as they have for centuries. The most celebrated and historic core of the city- including the Faubourg Marigny, French Quarter, Central Business District, Warehouse and Arts District, Magazine street, Audubon Park and Zoo, Garden District and St. Charles Avenue is thriving.



New Orleans is a community of growth, love, hope, beauty and neighbors helping neighbors. Below are a few useful links to help you get started.

I. Map of New Orleans: <http://mapneworleans.com/maps.html>  
<http://www.neworleanscvb.com/cvbmap/default.cfm>  
[http://travel.yahoo.com/p-map-191501939-map of new orleans la-i](http://travel.yahoo.com/p-map-191501939-map_of_new_orleans_la-i)

## II. New Orleans Housing Info:

The best way to obtain information about a neighborhood (where you might potentially live) is to ask people around, colleagues and friends. You could also correspond with members of this committee who will try to help you as best they can (but there is no guarantee, as not all of us are experts about New Orleans neighborhoods!). Also it is a good idea to visit the place in broad daylight and also at night before you make a decision to live there.

Useful housing websites:

<http://www.makeneworleanshome.com/>

[www.craigslist.com](http://www.craigslist.com)

<http://bestofneworleans.com/gyrobase/> - website that has information about New Orleans provided by GAMBIT.

[www.rent.com](http://www.rent.com) and <http://www.tontiproperties.com>

## III. Useful city info:

1. The City of New Orleans (City government): <http://www.nola.gov/>

2. State of Louisiana: <http://www.state.la.us>

3. Public Transportation: [www.norta.com](http://www.norta.com) and <http://www.jeffersontransit.org/>

4. Audubon Nature Institute: <http://www.auduboninstitute.org>

5. New Orleans museums: <http://www.neworleansmuseums.com>

6. New Orleans Jazz and Heritage Festival: <http://www.nojazzfest.com>

7. New Orleans free public library: <http://neworleanspubliclibrary.org>

8. Additional Information about New Orleans- – Please refer to this website <http://www.wheretraveler.com> and refer to Where Magazines' October and November 2010 issues.

## 9. Grocery stores and Farmer's market:

- ❖ Walmart Supercenter Locations in New Orleans:
  - A) 1901 Tchoupitoulas, New Orleans
  - B) 5010 Jefferson Highway, Elmwood Louisiana
- ❖ Whole Foods [www.wholefoodsmarket.com/](http://www.wholefoodsmarket.com/)  
  
*Location* : 5600 Magazine St  
New Orleans, LA 70115  
(504) 899-9119
- ❖ Robert's Fresh Market: <http://www.robertfreshmarket.com/>
- ❖ Winn Dixie: 5400 Tchoupitoulas, New Orleans, LA.
- ❖ Rouses Supermarkets: <http://shop.rouses.com>
- ❖ International market, 3940 Barron St, Metairie, LA 70002-5734. In this store, you can get all international brands of spices and foods.
- ❖ Mona's Café and International Grocery, 3901 Banks St., New Orleans 70119:  
<http://www.monascafenola.com/>
- ❖ Crescent City Farmers Market: <http://www.crescentcityfarmersmarket.org/>  
(Saturday 8AM-noon, 700 Magazine, New Orleans, LA 70130 , (504) 861-5898 )
- ❖ French Market: 1008 North Peters St, NOLA, (504)522-2621

## 10. DMV locations: [http://www.safemotorist.com/Louisiana/DMV\\_Locations.aspx](http://www.safemotorist.com/Louisiana/DMV_Locations.aspx)

You can visit this website to get information about Learner's permit/Driver's License/ Change of address etc. The closest DMV to LSUHSC is located in Airline drive, Kenner.

## 11. Visitor's bureau: <http://www.neworleanscvb.com>

## 12. SSN office

<http://socialsecurityhop.com/offices/social-security-office-new-orleans-la-70112-louisiana>  
Suite 500 Poydras ST, NOLA 70130,  
Monday-Friday 9AM-4PM

## 13. Tax filing information

- ❖ <http://www.nationalpostdoc.org/component/content/article/69-postdocs/187-overview-of-tax-issues-for-postdocs>.

This web-page from National Postdoctoral Association provides general information and guidance about Tax Withholding with a section on International postdoctoral fellows and some additional information like about IRS Form, W-4 etc.

- ❖ New Orleans Tax services provided at, 1555 Poydras Street  
New Orleans, LA 70112, Monday - Friday - 8:30 a.m - 4:30p.m,
- ❖ Phone #: (504) 558-3344

## LSU related

### 1. List of holiday schedules

<http://www.lsuhs.edu/no/administration/pm/pm-5.pdf>

### 2. Human resources (New Hires instructions)

<http://www.lsuhs.edu/no/administration/hrm/operations/NewHires.aspx>

- Directions to hospital for blood tests etc. – Touro Hospital, 3525 Prytania St.  
New Orleans, LA.
- **International office-** Contact person
- ❖ **Rose Chatelain, Director**  
International Services Office, LSUHSC/NO  
433 Bolivar Street, Suite 206B  
New Orleans, LA 70112-2223  
(504) 568-4802 phone -- (504) 568-7632 fax  
email: [rchate@lsuhsc.edu](mailto:rchate@lsuhsc.edu)
- Get an email address/ LSUHSC ID - Go to Benefits and HR office.  
<http://www.lsuhs.edu/no/administration/hrm/benefits>
- **Compliance training- Contact person:** Kelly Guth, Compliance Educator, 504 331-5054  
, Email: [kguth@lsuhsc.edu](mailto:kguth@lsuhsc.edu)
- **Join LSUHSC Postdoctoral Association!**- link:  
<http://www.lsuhs.edu/no/administration/academic/pda/>
- Insurance related issues can be obtained from Benefits office

## Auxiliary Services

### **3. Campus assistance program:**

<http://www.lsuhs.edu/no/organizations/campushealth/ceap.htm>

This program provides assistants for issues with

- Crisis Management
- Mental Health
- Interpersonal/Family Relationships
- Child/Adolescent Development
- Workplace conflict Resolution
  
- Job Productivity
- Career Satisfaction
- Alcohol and Other Drug Use
- Loss / Bereavement
  
- Legal or Financial concern

-Free short-term confidential counseling and referral services for student/staff and their significant other, and/or immediate family member and, when needed, referral will made to specialists within the community for the most cost effective services.

Campus assistance #: **(504) 568-8888**

### **4. LSUHSC Health and Fitness center** <http://www.lsuhs.edu/no/administration/wellness/>

### **5. Hurricane information and evacuation plan:**

- ❖ <http://www.lsuhs.edu/no/administration/cm/cm-51.aspx>
- ❖ National Hurricane Center: <http://www.nhc.noaa.gov/>

- ❖ **Campus Alert System**, Alert by msn:

This electronic program is one of our primary tools for communicating in the event of a major event -- not limited to hurricanes. Please refer to the following website for more info and sign up at: <http://www.lsuhs.edu/alerts/>

### **6. IT services**

Microsystems Support Services:

This services support exists to provide the Health Science Center community with professional level technical assistance in procuring and maintaining personal computer software, hardware and accessories.

<http://www.auxent.lsuhscc.edu/mss/support.htm>

MEB-4<sup>th</sup> floor, 8AM – 4PM,

Contact: [AEMSS@lsuhsc.edu](mailto:AEMSS@lsuhsc.edu)

## 7. Cable services and discounts

Discounts for LSU staff offered by:

- ❖ Cox Communications. Cox has updated the terms of their Cox high speed internet discount offered to LSUHSC faculty, staff, and students. Revised terms are posted on the website at: <http://www.lsuhscc.edu/discounts/>
- ❖ AT & T

## 8. LSUHSC Library information

- ❖ Innopac: access online journals
- ❖ Pubmed
- ❖ Online resources: Current Protocols, subject and course research aids
- ❖ Wireless/ Smartphone setup instructions

Webpage: <http://www.lsuhscc.edu/no/library/>

Address: [Isché Library](#) (Main Branch)

433 Bolivar Street

New Orleans, LA – 70112

Phone # (504) 568-6100

***Disclaimer:** All the information provided here are quite general and should not be considered as the only source of getting information about New Orleans and LSUHSC! Please feel free to explore and if you find anything better than what this welcome packet offers you, you are welcome to share it with us!!*