

# The Pulse

The Voice of Medical Partners

Spring 2022



## A Note from the President...

Each March, I am struck by how much life has happened since my husband Albert's Match Day in 2016. Since that time, we have faced joyful highs, terrible lows and every mundane shade of gray in between. Knowing his post medical school training would last about a decade (Surgery), we have had to deliberately prioritize thriving in the present rather than waiting until he finally lands his first \*real\* job.

Being married to a resident can be challenging. In the surgery world, the addition of weekly duty hours operates outside the laws of mathematics! It doesn't matter how many 18 & 24 hour shifts he works back to back- \*apparently\* the math always computes to 80 weekly duty hours! If only I had a magic wand and could change the systemic causes of this reality! As Match Day 2022 approaches – my best advice for significant others of incoming trainees is:

1. Be realistic about your expectations –One way I manage my frustrations with Albert's unapologetically demanding job is by distinguishing what is in our control. I also practice honest communication to express how I am impacted by his decisions while maintaining space for him to express the immense pressure he is under.
2. Don't undervalue your role in your relationship- While the roles I perform in our relationship and in our community are unpaid, that doesn't mean they are insignificant. Albert has learned to freely express his gratitude for my contributions – and I have learned I need to ask for recognition if I feel unnoticed.
3. Pursue your own interests- Do not deprive yourself opportunities and experiences because you are waiting on your spouse. Regardless of your partner's schedule – if you want to do something – DO IT!
4. Lean into your community- Find groups that give you life. Iowa Medical Partners is here to be one of those communities for you.

How this advice is actualized for you might be drastically different depending on your needs and your situation. But for me, these values have helped me survive residency life thus far. However, my disclaimer is I still have at least 2 years to go – wish me luck!

*Megan Pai*

Iowa Medical Partners President



# Tundi's Realtor Round Up



**Tundi Brady, REALTOR®**

319.621.6600

tundibrady@urbanacres.com



## What Is Going on in the Housing Market?

You have probably read the headlines over the last year about spiking home prices and the high buyer demand and competition. Why is this happening? And what does this mean for those of us who have a home to sell or for those of us hoping to buy a home?

A great deal of our current situation is the result of the lag in new home construction we have had for the last decade since the great recession. Simply put; we have fallen behind in building the number of homes needed to keep up with the number of people intending to purchase homes. And now those home buyers greatly outnumber available homes, pitting buyers against one another and driving up prices as they fight to secure a home for themselves.

The expectation that the low mortgage loan interest rates we have enjoyed for years will now incrementally increase is also considered as a factor in today's buyer frenzy, as is the pandemic-induced changes in how we use and view our homes. [This Business Insider article](#) breaks down how we arrived here and outlines the prediction that this buyer pressure will not be over anytime soon.

For homeowners, what this means is our investments in our homes are building value faster than expected. It also means that if our homes are priced correctly and marketed well right now, they should sell with ease, and sellers are more likely to have the upper-hand in obtaining terms favorable to them. But even in a "Seller's Market", sellers do still need to be careful when pricing their homes so they do not miss the mark and target the wrong audience. And when accepting offers, the highest priced offer may not always be the best offer. It is important to evaluate each one and avoid potential pitfalls that could lead to a failed contract down the road.

And as buyers look for homes to purchase, this is going to be a time to put the best offers we can on the table. It will also take some patience, flexibility, and creativity to write a winning offer. A strong Realtor has insight to guide clients to avoid pitfalls and to provide creative solutions for home sellers and buyers to reach their goals. As always, give Tundi a call if you have questions! Happy spring, everyone!

# Bobby's Financial Facts

## I have some extra cash, should I start investing?

A brief guide on deciding when to invest for physician families

In my time working with young res/fellow families, I get asked this question quite frequently: “**I have some extra cash, should I be investing into a Roth IRA or another investment?**” As is the case with most financial planning questions, it depends.

Before I recommend to anyone that they start investing, I take a look at these items to see if they truly “**have some extra cash**”.

1. I always recommend to set aside a pile of cash worth at least 3 months of fixed expenses. If you don't have this, **you don't have extra cash**.
2. I always recommend to review their current debt management plan. You don't need to have 100% of your debt paid off (although not a bad idea), but you at least need to make sure you understand your debt, it's interest rate, and your current repayment plan to see what it's costing you. If you haven't done this... **you don't have extra cash**.
3. I always recommend that families have their biggest risks insured (death, disability, liability/lawsuits). If you don't have these risks covered, saving a few thousand to your Roth IRA should be the least of your concerns... **you don't have extra cash**.

If these are all new concepts, there are a couple options that I would recommend. For the DIY'ers out there, take a moment and check out the White Coat Investor or Physician on Fire blogs. For you delegators out there, don't hesitate to reach out to me at [info@partnerwealth.com](mailto:info@partnerwealth.com).

**B O B B Y S C O T T | CFP®**  
C: [319-512-3925](tel:319-512-3925) | O: [515-635-5871](tel:515-635-5871)  
[Partner Wealth Planning, LLC](#)





The Nanci Kohl State Farm agency can help you with your Insurance and Financial Service needs whether you are buying or renting here in the Iowa City area! We have an experienced team to assist you in transferring your current policies with State Farm from another state or we can help you set up new policies with State Farm. We offer a free needs analysis and can educate you on the risks to your assets that insurance can help alleviate. Call us to schedule a time to talk or meet! I am now licensed in Missouri, Minnesota, Illinois and Wisconsin so we can handle your needs if you move to one of those states after Iowa City. Happy spring!

**Nanci Kohl — INSURANCE AGENT**

Call in: 319-338-6200

Click in: <http://nancikohl.com>

Email: [life@nancikohl.com](mailto:life@nancikohl.com)

Come in: 431 Hwy 1 W Iowa City, Iowa 52246

Don't forget to check out our website for the latest info!  
<http://www.iowamedicalpartners.org>

If you want to give service to others, signing up as part of a Meal Train is a great way to do it! Member Outreach Chairperson Gina Kemper arranges them, and we would love to help you out! Click on this link to sign up through our website: <https://www.iowamedicalpartners.org/postpartum-meal-trains.html>

Iowa Medical Partners would like to thank all of the community businesses and programs that support our resident families--in particular, Partner Wealth, Green State Credit Union, State Farm Insurance Agent Nanci Kohl, and Tundi Brady, Realtor, for their years of dedication and support to Iowa Medical Partners. We thank you!



Tundi Brady  
**REALTOR®**  
 Urban Acres Real Estate

"I have been in your shoes!"  
 Medical Partner  
 Member 1998-2001

**319.621.6600**  
[TundiBrady@urbanacres.com](mailto:TundiBrady@urbanacres.com)  
 LEARN MORE AT URBANACRES.COM

**partner wealth**



Nanci Kohl CPCU®, CLU®  
 319-338-6200