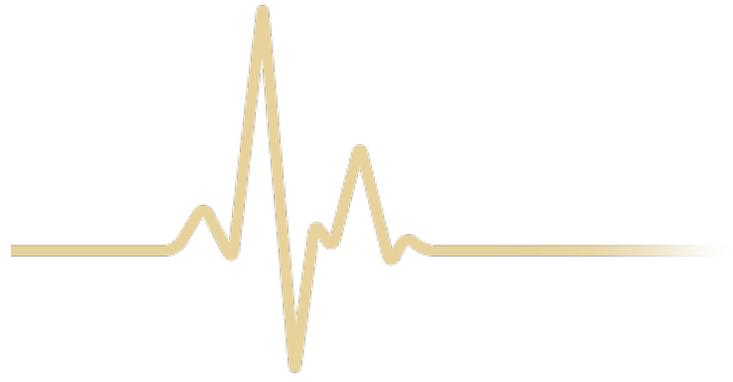


The Pulse

The Voice of Medical Partners
Summer 2021



A Note from the President...

The last couple days my husband has been at his lab until midnight taking the evening shift for his team's current experiment. Our days of him being on research are coming to an end as he will be back on clinical rotations this upcoming medical year. Research years have given our family slightly more flexibility as an intermission between his CT surgery residency years. It is weird to celebrate having more family time even when he still goes into work every day and might need to work until midnight. But this weird life is something we can all relate to.

Despite the exhausting demands of medical training on families, I have really loved living here. I am grateful that our matching to UIHC five years ago brought us to a home where we have felt welcomed and established roots. There is so much to love about living in the creative corridor, and I am excited to get back to visiting our libraries, enjoying a cup of coffee with friends, taking my kids to places like The Iowa Raptor Project, and just getting some sunshine. Sometimes I feel like the Iowa City area is a secret hidden in the midwest. It is quaint enough to enjoy that small town feeling, while I do not feel deprived of city amenities. But we do not exist in a bubble, and the patterns of the world still play out in our home whether we are aware of them or not.

One of my husband's coworkers was recently accosted with anti-Asian racial slurs by someone who was inside their secured lab. My husband is Taiwanese American, and knowing that this happened not just in Iowa City, but feet from my husband's desk is more than unsettling. A keycard protected door isn't enough to stop racism, and neither does being unaware of the problem. What defines our community is more than just our beautiful parks and trails, a charming downtown, and cozy neighborhoods. IMP is more than just a support group for families with related experiences; we are part of a community that must strive to listen to and value everyone that calls this place home.



Megan Pai

Iowa Medical Partners President

Tundi's Realtor Round Up



Tundi Brady, REALTOR®

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Preparing for a Move

Moving is hard to avoid for families with a member practicing medicine. But if you make a game plan and stay organized, some of the stress *can* be avoided. One of the best favors you can do for yourself is not to procrastinate packing. Have a stockpile of boxes, bubble wrap, packing tape and newspapers for padding on hand and start as soon as you can. Schedule time to pack and set a goal to pack one box, one closet, or one room each week. Tackle small spaces, one at a time, and the more time you give yourself to pack up your life, the less overwhelming it will be. Non-essentials, decor items, and out-of-season clothing are a great place to start and where you can make a big dent.

You will also thank yourself later if you create a "day of move" box for things you will want immediate access to right away in your new home such as toilet paper, soap, towels, scissors and some tools. Pack this box so it is easy to find once you arrive at your new home.

The other part of our lives we have to move is our services. A few weeks before your move, contact the utility providers to set up new accounts for gas, electric, internet and water at your new home. Forward your mail with the US Postal Service. Don't forget to transfer your home insurance, and if you rent, set up your new renters insurance. And if you move to a new state, put a reminder on your calendar to update your driver's license and car registration in your new state as well.

To make unpacking easier, label each box as you pack it with the name of the room it will belong in. As you unload, make sure each box is taken straight to the room where it belongs. Keep a notebook with pages for each room and plan your furniture's placement. Include diagrams of where each piece of furniture will go and lists of what will be stored in each room. To help make moving as seamless as possible check out our Urban Acres Real Estate [ultimate moving guide](#) to follow before, during, and after your move. I think you will find some great ideas and reminders to keep you sane. And if you have any questions I can help you with or are planning to buy or sell your home, contact [Tundi](#).

Bobby's Financial Facts

Hello IMP!

My name is Bobby Scott and I am an independent CERTIFIED FINANCIAL PLANNER TM here in Iowa City. I've been serving and educating physicians since 2015 and am very familiar with the unique challenges you face as a physician family.

I started Parter Wealth in 2017 to be able to provide honest, transparent and objective financial counsel at the highest level. Ok... so how does all of this impact you? As an IMP member, you can use me as a resource for your financial planning questions. How much does this cost you? Nothing. Free of charge (yes, truly)! I hope to become a trusted resource to yourselves and the medical community here at University of Iowa. Below are a few ideas on where I can help. I hope to hear from you.

- Student Loan Repayment/forgiveness solutions
- Physician Contract Review Considerations
- Budgeting & Cash Flow Considerations
- Physician Specific Disability Solutions (I don't sell insurance, but I did previously and I can point you in the right direction)
- Debt to Income Ratios

I'm an open book so if any of you have questions, feel free to contact me at info@partnerwealth.com.

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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!

Nanci Kohl — INSURANCE AGENT

Call in: 319-338-6200

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

Email: 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 Kelsey Sprowell has taken over arranging them, so please contact her if you are willing to help out. We also have a link to sign up through our website, click here for that: <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!



partner wealth



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