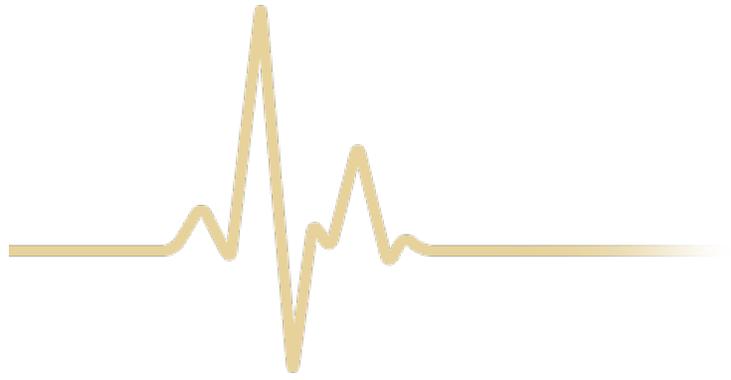


The Pulse

The Voice of Medical Partners

Winter 2021



A Note from the President...

I am in my sixth year of being a member of IMP, fifth year of being an officer and second year of being president. IMP has played such a huge role in my life since my husband started residency. We moved to Iowa from Texas in 2016 with an 8 month old baby. Now I have a 6 year old and a 3 year old. A lot of life has happened, and IMP has undoubtedly helped me find home here in Iowa City.

One of the things I was most curious about IMP when I first joined was how IMP operates with annual dues only \$40 a year. IMP has about 80-90 members annually; so when you crunch the numbers, things don't add up! That total might cover the welcome brunch and a picnic, yet IMP provides events and activities for members throughout the entire year! Annual dues only account for about 20% of IMP's yearly budget. Part of the budget comes from work behind the scenes done by IMP officers, such as the sale of housing listings on our website. Ultimately, our sponsors, including GreenState Credit Union, Tundi Brady, Bobby Scott and Nanci Kohl are the reason we are able to host so many activities throughout the year. They value the importance of creating community among the families of residents and fellows; they are authentic in their support for us because they recognize the challenges families face during medical training.

Furthermore, the reason IMP even exists is because members volunteer to create this community. Officers are not compensated for their time and IMP is not an organization sponsored through UIHC. IMP's existence is only possible because of volunteers, and I am endlessly grateful to everyone who has been able to donate their time and talents to serve the greater group. Planning events, operating within a budget and doing work behind the scenes isn't always easy, especially when juggling family, jobs and daily life - but it is 100% worth it!

In January, we will begin recruiting new officers for the upcoming year. IMP officer transition happens in February with new officers taking over in March. If you have an interest in being an officer, connections that may assist with a future event, or helpful input for upcoming activities, please do not hesitate to reach out to a current IMP officer, including myself, or send an email to iowamedicalpartners@gmail.com.

Megan Pai

Iowa Medical Partners President



Tundi's Realtor Round Up



Tundi Brady, REALTOR®

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Easy & Affordable Winter Curb Appeal

As winter kicks into full gear, it is tempting to throw in the towel on exterior upkeep of our homes. But the beauty of this time of year is that winter curb appeal is pretty easy to accomplish, way less work to maintain than it is in the summer, and very affordable (or free)! To start, rake leaves off your walkway and driveway so those are clean. There is a movement to keep leaves and dry plant stems in yards for our essential bug, bee, and butterfly larvae that over-winter and hide in them. So if you want to do less work and do a good deed for the environment, you can skip bagging up your leaves, and instead rake them around tree trunks, under shrubs, and into flower beds. This saves those little pollinators which also are an important food source for our birds, and the decomposing leaves will give nutrients to your plants and trees. For more information to give you an excuse to skip the raking chore, [here](#) is an article to check out.

This is also a very good time to prune many trees and shrubs. A rule of thumb in the midwest is that you want to prune only in months that have the letter "R" in them, while plants are dormant. You will be amazed what a difference tidy, trimmed trees and shrubs make even when they do not have leaves when there is little else to see in a yard. And finally, my favorite way to spruce up the front of a home is to fill a pot next to your front door with evergreen boughs, red dogwood or white birch tree branches, berry branches and pinecones. These are sold at landscaping stores, but you may also happen to have trees in your yard that could spare a few branches. You will want to get those branches poked into the pot soil soon though. Once the temps stay below freezing, that soil will turn into a solid block. Here is a link with more [ideas for exterior winter maintenance and curb appeal](#). And if you need a helping hand to get these or other home projects completed, reach out to Tundi Brady, our IMP Realtor Sponsor. She and Urban Acres keep a list of resources to share with her clients and IMP members.

Bobby's Financial Facts

Happy Holidays IMP Members

As 2021 comes to an end, I thought I'd take a minute and remind you of something that I think of quite often. Money. Yep, Money. I think about it a lot. After all, it's my job! And, if my experience working with residents, fellows & practicing physicians tells me anything, I'm guessing that many of you think about money a fair amount as well. But should you?

Don't get me wrong, it's not bad to think about which Roth account to maximize this year, or how in the world you'll pay down your student debt. Just don't forget that **true wealth** is about much more than your balance sheet. **True wealth** is about much more than eliminating student loans or amassing the biggest 401(k) imaginable! Those things are good, but focusing on them too much can cause you to lose sight of the great things you have all around you right now! So, this season, stop thinking about money so much and be sure to "be where you are." Enjoy what you have. Enjoy your kids. Enjoy your friends. Enjoy your family.

Probably not the message you thought you'd get from a financial advisor, eh?

Happy Holidays!

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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 and Illinois so we can handle your needs if you move to one of those states after Iowa City. Wishing you all a very merry holiday season. If you are looking for a fun event go to 'Holiday Lights at the Lake'! The State Farm agents in the area are sponsoring this event and the proceeds are going to The Bird House (hospice). It is at Coralville Lake and you can drive through or on Wednesday you can walk through the twinkling lights! It is the inaugural year.



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!



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