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### President Elect:

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## MOCMS

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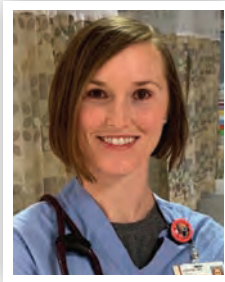
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## From the President

### Greetings fellow MOCMS members!

As 2022 comes to a close, I hope you and your families are staying well as we navigate our entry into our winter. To reference a cute, southern meme - "Wash your hands and say your prayers because germs and Jesus are everywhere!" In addition to our viral visitors, these short days can take a toll. I shamelessly admit to a countdown to Winter Solstice each year! Almost there - Thursday, December 22 will have more daylight than December 21!

I'd like to provide a brief summary and preview on our happenings since the last newsletter. MOCMS had the Fall General Meeting in September at Oliver Winery. This was the first event in three years that allowed us to gather and socialize with other physicians and guests. See article and photo inside.

Also inside the newsletter, you will see a list of new MOCMS members, in fact 32 since the last newsletter! We believe this to be a new record; welcome to all the new MOCMS members!

We would like to thank all that responded to the email about approving, or not approving, the three incoming physicians to the MOCMS Board of Directors. We are happy to add Drs. Kimberly Benham, Lawrence McBride and Jackie Trueblood, and look forward to working with them. We have included the slate of 2023 MOCMS Officers and Board of Directors in the newsletter. Thank you to all of the physicians that are retiring from the BOD, we appreciate your time and talents to the medical society.

MOCMS Quarterly Physician Book Club is scheduled for January 27, 2023. See details in the enclosed invite and come and join your peers in discussing *The Book Woman of Troublesome Creek*.

We have also included information on two upcoming ISMA events. One of the events is an ISMA Women in Medicine event, the first one in about three years. In the past, this event has been at West Baden, this year it will be at the Bottleworks Hotel in downtown Indy. It should be a great event!

There is going to be a transition in MOCMS Executive Directors. Susan and Kim will be leaving at the end of the month. Their commitment, consistency, and commitment to our organization just melts my heart. As a new leader in our community, I felt so well supported along the way! The new Executive Director is not a new face to the medical community; Dave Burnworth will be taking over on January 1, 2023. As we say goodbye to Susan and Kim, we welcome Dave with open arms!

Have a wonderful holiday season and stay well! If there is anything you would like to see happening at MOCMS, please let us know.

Take care and stay in touch!

**Christal L. Greene, MD**

*President*

*Monroe Owen County Medical Society*

## New Members

MOCMS would like to welcome the following new members:

**William J. Brackett, MD**

*Vascular & Interventional Radiology*

**Drew T. Carlton, MD**

*Emergency Medicine*

**Arturo D. Castro-Diaz, MD**

*Internal Medicine*

**Eran V. Chen, MD**

*Dermatology*

**Yunwei Chen, MD**

*Anesthesiology*

**Avee P. Champaneria, MD**

*Psychiatry/Geriatric Psychiatry*

**Brian C. David, MD**

*Internal Medicine*

**Shreena Dhawan, MD**

*Family Medicine*

**Cassandra N. Dishman-Kessler, DO**

*Family Medicine*

**Michael Doherty, DO**

*Internal Medicine*

**Mohamed H. Elgendy, MD**

*Pediatrics*

**Bryan A. Edwards, MD**

*Anesthesiology*

**Luke P. Fife, MD**

*General Surgery*

**Leslie A. Foxlow, MD**

*Obstetrics/Gynecology (transfer from Indianapolis)*

**MinXin Fu, MD, PhD**

*Pediatrics*

**Taylor G. Hero, MD**

*Emergency Medicine*

**Ameer Kambod, MD**

*Internal Medicine*

**Kevin Kessler, MD**

*Neurology*

**Molly B. Kitley, MD**

*Dermatology*

**Tiberiu Moga, MD**

*Gastroenterology/Internal Medicine*

**Christina A. Motzkus, MD**

*Emergency Medicine*

**Ivy Paw, MD**

*Family Medicine (resident transfer from Vanderburg Co.)*

**Mollie Powell, DO**

*Emergency Medicine*

**Ashish H. Sadolikar, MD**

*Internal Medicine (transfer from Morgan Co.)*

**Karen Sayad, MD**

*Pulmonary Critical Care Medicine*

**Rana Tariq, MD**

*Cardiovascular Disease*

**Pradeep Thodima, MD**

*Neurology*

**Paul J. VandeKoppel, MD**

*Emergency Medicine*

**Matthew D. Weirath, DO**

*Family Medicine*

**Bryan Wohlfeld, MD**

*Neurosurgery*

**Jordan Wood, MD**

*General Surgery*

**Rhushi Ziradkar, MD**

*Sports Medicine/Family Medicine*

## MOCMS 2022 Fall General Meeting

On September 29, after three long years, MOCMS physicians and guests were able to visit and catch up with each other at Oliver Winery. Before this event, October 2019 was the last social event with physicians and guests. Thanks to Hurlow Wealth Management's generous donation, the gathering was made possible to gather and socialize. MOCMS appreciates the support from Joe Manley and John Hurlow over the past few years, and would like to remind MOCMS members:

- Hurlow Wealth Management Group is the largest independent Fee-Only Fiduciary in Bloomington.
- They are celebrating their 20th Anniversary this year!
- They serve many physicians in the Bloomington and Indianapolis area, as well as have clients in over 26 states.
- For IUH Physicians, Hurlow now has access to actively manage IU Health 401(k) accounts at Empower. In the past, physicians who had private practices could get full financial planning and pay for it through the practice. The ability for Hurlow to manage 401(k)s and again pay for services with pre-tax dollars is a game changer.
- For MOCMS members Hurlow is waiving their typical \$500,000 minimum account size.

There was a short program with ISMA staff presenting a summary of the resolutions filed at the ISMA annual convention. 99 resolutions were filed and considered. Of the 99 resolutions, 51 were adopted, 24 amended, 8 not adopted, 14 referred for study and 3 referred for action. Information on the resolutions can be shared by contacting [director@mocms.org](mailto:director@mocms.org).

Dr. Christal Greene announced that Susan Richardson and Kim Rudolph are retiring at the end of the year, and the new MOCMS Executive Director, will be Dave Burnworth.

Dr. Greene also made a plea for physicians to join the MOCMS board of directors. Please see the 2023 slate of the board of directors in this newsletter.



# MOCMS Book Club

Hosted by Christal Greene, MD

You are invited to join your fellow physicians for the next MOCMS Book Club, **Friday, January 27, 2023, 6:30 pm to 8:30 pm**, at the Landmark Medical Center Board Room, second floor, 550 S. Landmark Ave (enter through the North doors). The selection for this book club is ***Book Woman of Troublesome Creek***, by Kim Michele Richardson.

This historical fiction was inspired by the “Blue people of Kentucky” and how Cussy, a pack horse librarian, attempts to bring books to the Appalachian community. The author discusses the power of literacy to overcome bigotry, hate and fear during the Great Depression.

- A NEW YORK TIMES BESTSELLER
- A USA TODAY BESTSELLER
- A LOS ANGELES TIMES BESTSELLER
- A PBS BOOK PICK
- And, recommended by Dolly Parton in PEOPLE MAGAZINE

Light refreshments will be served. Please RSVP to Dave at [director@mocms.org](mailto:director@mocms.org).



## ISMA NEWS

### Sign up to be Physician of the Day at the Statehouse

Each year, ISMA members have a unique opportunity to take part in our advocacy by volunteering as Physician of the Day at the Statehouse while the General Assembly is in session. In addition to being available to treat minor ailments of legislators and their staffs, you'll be introduced before the legislature and can observe the lawmaking process.

To volunteer, visit [www.ismanet.org/PhysOfDay](http://www.ismanet.org/PhysOfDay).

For more information about the Physician of the Day program, email Hollie Willard at [hwillard@ismanet.org](mailto:hwillard@ismanet.org) or call her at 317.261.2060 or 800.257.4762.

### ISMA Women in Medicine Conference

Registration is now open for the first ISMA Women in Medicine in 3 years: **On February 25, 2023** at the art deco Bottleworks Hotel in downtown Indianapolis, located in what was once the largest Coca-Cola bottling plant in the world. If you have questions, contact ISMA Continuing Medical Education staff at 800.257.4762 or [seminars@ismanet.org](mailto:seminars@ismanet.org).



Indiana University Health

The Monroe Owen County Medical Society Newsletter is designed and printed courtesy of Indiana University Health Bloomington. The Society extends our heartfelt thanks to IU Health Bloomington for their support and assistance.



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# **GENDER, SEXUALITY, AND MEDICINE**

## An Introduction to LGBTQIA+ Competent Care

April 28 - 29, 2023



## Leaving Practice or Retiring Soon?

Please let MOCMS know where your medical records will be stored.

One of the most common phone calls received at the MOCMS office involves locating patient medical records for physicians who have moved or retired from practice. MOCMS keeps a database of that information for a number of physicians but certainly not for all former or current members. If your medical records are not housed at Storage Unlimited or with an ongoing practice from which you have retired, please contact the office to update that information for our database. You may email to [director@mocms.org](mailto:director@mocms.org) or call 812.332.4033. Thank you very much!

# MOCMS Executive Director Transition

Greeting MOCMS members and Board of Directors,

As 2022 comes to a close, so does our time with the Monroe Owen County Medical Society. We would like to take this moment to say THANK YOU to all of you for allowing us to serve you for the past 5 years. It has been a pleasure working with so many wonderful, dedicated physicians and also the opportunity to meet your families. We especially want to thank the Officers and Board of Directors, past and present. We know you are busy and appreciate the extra time you give to your medical society. Combined, we have worked with local physicians for over 60 years; we feel like that qualifies us to say that Monroe and Owen Counties have awesome physicians (maybe the BEST)!

We are excited to turn over the reins to the new MOCMS Director, Dave Burnworth who will do a fantastic job as your new MOCMS Director and wish you all the best in 2023 and beyond!

Sincerely,

Susan Richardson and Kim Rudolph

## Thoughts From Your New Executive Director - Dave Burnworth

As your incoming Executive Director of the Monroe Owen County Medical Society, I want to thank you for allowing me to serve all of you. Although I have been beating around healthcare since 1973 this position is distinctly different from other jobs I have had. One of my first goals is to determine what's important to you and then how I can best move forward with making sure your voices are heard. I am keenly aware of the demands your practices have on you. I also respect the work that has been done for many years by those of you who are retired. By combining both these groups I believe you can have a positive impact on your profession. Our Society, along with the other seven state societies, is one of the foundations for the ISMA and the AMA to promote your profession. Having already had the opportunity to meet with the staff of the ISMA I can confidently say they are the best to represent your interests in the Indiana Statehouse. I look forward to serving you. Don't hesitate to e mail me with any suggestions or ideas.

I want to acknowledge the efforts of Susan and Kim to help orient me to this role. They have been very patient with me while I continue to pose questions to them. I am sure they are eager to see December 31st come.



## Kudos

Dr. Strickler became interested in growing giant vegetables in 2011, when he saw a giant tomato at the State Fair. He began growing tomatoes competitively for size. He then got sucked into growing giant pumpkins & squash in 2015. He calculated that he and his wife have spent roughly 1,600 hours this year taking care of 3 Giant pumpkins, 28 Giant tomatoes and the rest of the garden.

This year his pumpkin won first prize, weighing in at 1,739 pounds. The vine grew for 5 & 1/2 months. When the pumpkin was lifted, it was 114 days old. His wife, Kathy, was a huge help and supported him in this endeavor, and he could not have done it without her. Also, in 2018 he set the state record for giant green squash at 1035.5 pounds.



Giant Pumpkin

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1. Strickler 1,739 #

# The Silver-Lining to Market Declines: Tax-Loss Harvesting

By Hurlow Wealth Management Group

Investors can employ several techniques during market downturns to improve long-term returns. One of those techniques is called “tax-loss harvesting.”

Tax-loss harvesting is the process of selling a security at a loss while simultaneously buying into a highly correlated security. The idea is to keep the same strategic position in the market while gaining the benefit of booking the loss on your taxes.

For example, suppose you harvest \$30,000 of long-term losses this year and that you have no other sales. You could deduct \$3,000 of those losses from ordinary taxable income and “carry forward” the remaining \$27,000 of losses to future years to offset gains or deduct from ordinary income.

Continuing the example above, let’s say you are married, file a joint tax return, and in the 24% tax bracket for federal income tax, and 20% rate for long-term capital gains tax. In 2022, your potential tax savings is \$720 ( $\$3,000 * 24\%$ ). Then, in 2023, you sell an investment for a long-term capital gain of \$24,000, so you could save \$4,800 ( $\$24,000 * 20\%$ ) in tax liability and use the remaining losses to offset another \$3,000 in ordinary income, saving another \$720. So in this example, the tax-loss harvest strategy in 2022 saves you \$6,240 over two years.

One hazard of tax-loss harvesting is that the IRS prohibits booking a loss if you repurchase something “substantially similar” within 30 days of the sale. This is called the “wash sale” rule. Therefore, it is imperative that you buy a substitute security that is highly correlated with the original security, but still dissimilar enough to avoid the wash sale rule. For example, a person who sells an actively managed Large Cap US Equity Mutual Fund might purchase a Large Cap Index ETF.

Another point to remember is that this strategy only applies to taxable brokerage accounts, not retirement accounts. One cannot deduct losses generated in a tax-deferred account such as an IRA or 401(k).

Although we cannot control the markets, it is possible to take advantage of tax savings opportunities when they arise. If you need help harvesting your losses, it might be time to work with an advisor. By choosing to work with a fiduciary advisor, you can feel confident that all advice is given with your best interest as the goal.



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## Research Study Examining Music Therapy In Healthcare

Claire Mahoney is a senior undergraduate student studying Neuroscience & Behavior at the University of Notre Dame and is asking for physician participation. She is conducting a research study examining the prevalence of music therapy in clinical settings, barriers to music therapy, and the perception of music therapy among healthcare professionals in Indiana. You are invited to fill out a 10-minute online survey. Participation is voluntary, and your identity as a participant will remain anonymous during and after the study. After completion of the survey, you will be entered into a raffle to win a \$15 gift card. The study has been reviewed by the University of Notre Dame IRB. If you would like to participate, you can use the following link to access the survey ([https://nd.qualtrics.com/jfe/form/SV\\_7U4GuDUF2Hf5Zk2](https://nd.qualtrics.com/jfe/form/SV_7U4GuDUF2Hf5Zk2)). If you have any questions, please feel free to contact her at [cmahone6@nd.edu](mailto:cmahone6@nd.edu).

# PLEASE KEEP US UPDATED

In our increased effort to “go green”, MOCMS is hoping to communicate with you through email. If you would like to help MOCMS use less paper, please be sure we have your updated email address by sending an email to [director@mocms.org](mailto:director@mocms.org) and check that your spam blocker will allow communications from MOCMS.

## MOVED LATELY?

Please forward your new address for your **home** and/or your **practice** to MOCMS right away. You may call MOCMS at 812.332.4033, write to us at PO Box 3211, Bloomington, IN 47402 or email: [director@mocms.org](mailto:director@mocms.org). Please help us keep your information current/correct in the MOCMS database, Physician Directory and on our website at [www.mocms.org](http://www.mocms.org).



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*Approved by the Executive Committee on June 5, 2007.*

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