

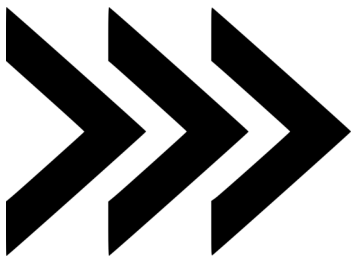


Welcome to Madison!

On behalf of the University of Wisconsin
House Staff Association (**UWHA**),
WELCOME to the University of Wisconsin Hospital and
Clinics Residency and Fellowship programs!

University of Wisconsin House Staff Association





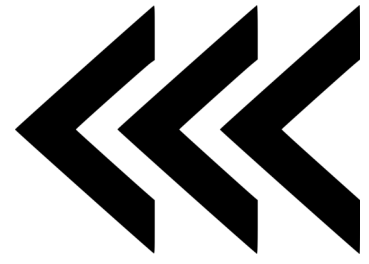
Who & What is UWHA?

The University of Wisconsin House Staff Association (UWHA) is an independent, non-profit organization managed and financed by UW residents and fellows. UWHA was established to represent the interests of YOU, the House Staff, and address issues with GME that directly affect you during your residency or fellowship. We organize fun social events and educational programs to enhance your residency and fellowship experience, while creating an atmosphere of inter-departmental camaraderie.



Members of **UWHA** have created this brochure for you, as you begin your new adventure in *Madison* to help you get to know our *wonderful city* and **organization!**

How to Join & Benefits!



Join UWHA:

To join UWHA and receive all of the great benefits and services listed below - fill out the online [membership registration form!](https://goo.gl/forms/lpVtN1KUfOpCr4oq2)
Link to join: <https://goo.gl/forms/lpVtN1KUfOpCr4oq2>

Once you submit the membership application, payroll will automatically deduct \$6 each month from your paycheck. We know you will enjoy the many benefits of being a UWHA member! As an organization independent of the hospital, ran by UW Residents and Fellows, we can't survive without your support!

Benefits:

- Represent residents and fellows on the GME Committee to negotiate issues, benefits, and policies with hospital administrators
- House Staff Lounge (TV, 2 computer work stations, exercise equipment) for all residents/fellows in room F5/606
- Social events, gatherings, and happy hour with FREE drinks/food for UWHA members and significant others at locations like The Terrace at Memorial Union, Wisconsin Brewing Company and 'Craft and Cocktails' at Revel Craft Bar; cooking classes; fitness classes such as spinning and yoga
- Financial support for resident/fellow intermural sports teams
- Monthly seminars and drop-in sessions on topics such as financial planning, contract negotiation, and purchasing or selling one's home
- Family events including Appleberry Farm and Boating at Brittingham Park
- Special events: *UWHA's Annual Winter Gala*, subsidized golf outing, March Madness bracket contest and Crazylegs Classic 8K Run

UWHA Website (<http://www.uwha.org>) that includes:

- Referral list with realtors, mortgage lenders and other local service providers recommended by current residents and fellows
- **House/condo/apartment listings (for sale/rent) by outgoing residents and fellows;**
- Classified ad section for buying and selling items between residents and fellows;
- Links to professional websites, department websites, and information about Madison, coupons;

Calendar of events hosted by UWHA, special deals and discounts for House Staff, and much more

Moving to Madison, WI

Finding a Home or an Apartment

Housing Sold, Rented or Recommended by Graduating Residents and Fellows:

www.uwha.org

Rental Housing Near Hospital and around Campus: <https://campusareahousing.wisc.edu/>

For Sale By Owner Listings: www.fsbomadison.com

Apartments in the Madison area: www.startrenting.com

and <https://madison.com/homes/rentals/>

For Rentals and Sales (search by zip code): www.hotpads.com

Before You Move

Change of Address Form: www.usps.com/moversguide/

Gas/Electric Companies:

Alliant Energy (800) 862-6222 | www.alliantenergy.com

Madison Gas & Electric (800) 245-1125 | www.mge.com

Cable Companies:

Charter Communications (800) 581-0081 www.charter.com

SBC /AT&T (866) 722-9246 | <http://att.sbc.com>

Moving:

Backlode www.backlode.com

Family/Schools/Childcare

Schools: www.greatschools.com

Childcare:

<http://dcf.wisconsin.gov/childcare/licensed/search.htm>

<https://madison.citymomsblog.com/directory/categories/childcare>

After You Move

Wisconsin Driver's License and Plates: www.dot.wisconsin.gov/drivers/index.htm

Recycling Information: <https://www.cityofmadison.com/streets/recycling/>

Trash Information: <https://www.cityofmadison.com/streets/refuse/>

Voting Information: <http://www.cityofmadison.com/election/voter/pre.cfm>

County Assessor: <http://www.cityofmadison.com/assessor/>

Library: <http://www.madisonpubliclibrary.org/>

City of Madison Parks (including dog parks): www.cityofmadison.com/parks/

Bike Paths: <https://www.cityofmadison.com/bikemadison/>

Living in Madison, WI

Information about Madison

Greater Madison Chamber of Commerce:

www.greatermadisonchamber.com

Greater Madison Convention and Visitors Bureau:

www.visitmadison.com

Guide for Residing in Madison: www.cityofmadison.com

Guide to Downtown Madison: www.downtownmadison.org

Profiles of Neighborhoods within the City of Madison:

www.ci.madison.wi.us/neighborhoods/

Grocery Stores

Hy-Vee (Multiple locations)

Metcalfe's Market (Hilldale and West Towne Mall)

Pick-N-Save (Multiple locations)

Super Target (Hilldale and Fitchburg)

Trader Joe's (Monroe Street)

Whole Foods (University Avenue)

Willy Street Co-op (Multiple locations--east and west)

Woodman's (Multiple locations--north and west)

Malls

West Towne Mall: 66 West Towne Mall, Madison

Greenway Station: 1620 Deming Way, Middleton

Hilldale Shopping Center: 702 N. Midvale Blvd., Madison

East Towne Mall: 89 East Towne Mall, Madison

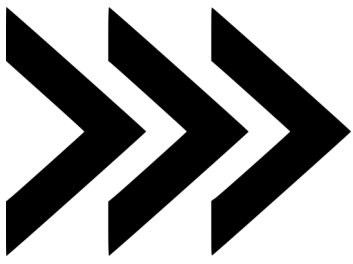
Market Square: Odana Drive, Madison

Northgate Shopping Center: 113 N Sherman Ave

Westgate Mall: Whitney Way, Madison

Surrounding Towns

Cottage Grove, Fitchburg, McFarland, Middleton, Monona, Mt. Horeb, Oregon, Stoughton, Sun Prairie, Verona, Windsor



Where should I live?

Every year we welcome dozens of residents who are relocating to Madison for the first time, and every year residents want to know where to focus their housing search. We can't claim to know the "best" area for you, but we can show you where residents have lived in recent past years and offer up some suggestions!

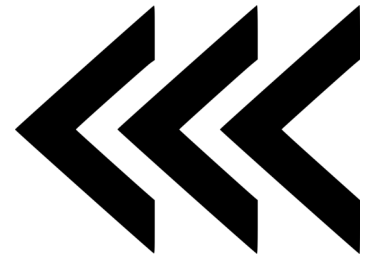
The City of Madison is generally referred to as having a "West" and "East" side. West encompasses the areas west of the Isthmus (downtown area between Lakes Mendota and Monona; zip code 53703) and north of Fitchburg and Verona. East encompasses the area east of the Isthmus.

The "Beltline" highway (US 14/12) wraps around the city, making your drive anywhere in Madison less than 20-30 minutes (most of the time). For bus routes, visit www.cityofmadison.com/metro/.

Are you looking for a house, condo, or apartment and like the idea of buying/renting from another UW community member? Are you searching for a reputable realtor, veterinarian, auto mechanic, or mortgage loan officer that other House Staff members recommend?

Check out UWHA's [Classifieds and Referrals page](#) on our website! Visit UWHA at www.uwha.org!

Options for Renting!



2250 University

Resident notes: very close to UW hospital, many residents in the building, townhome style options, free cardio room, pets allowed



University Row

Resident notes: next to Target, poor management, heat problems



Bedford Crossing

Resident notes: close to Meriter, lake views, cats allowed, free storage unit, no gym, management is very responsive



The Lodge

Resident notes: Close to UW, easy bike commute, nice complex



Paragon Place at Bishops Bay

Resident notes: new complex, super family and pet friendly. Coffee room, workout room, pool, park, community room. Middleton, not close to UW



Quarry Apts

New construction, great location, 15 min walk to UW, responsive mgmt, in-unit laundry, nice gym

UWHA Partners & Special Offers

UWHA hosts several seminars on topics ranging from financial planning to finding work/life balance. We have collected the contact information for valuable services such as realtors, insurance, and financial planning from our seminar speakers to help serve as a reference as you prepare for your move to Madison. Remember to mention that you are an incoming trainee at the University of Wisconsin Hospitals and Clinics to receive their special offers!

Realtor

FIRST WEBER, INC.

Jessica Osiecki is a Madison native currently residing in the Regent Neighborhood-- blocks from the UW-Madison hospital complex and campus. Jessica is an expert in the Madison area real estate market.

To talk more about the home buying process, receive a complete Resident Relocation Guide, or go on a tour of local neighborhoods or the city of Madison contact Jessica at:

Jessica Osiecki, Realtor, JD

(262) 366-3798

OsieckiJ@FirstWeber.com

Mortgage

BMO HARRIS PHYSICIAN'S LOAN

Open to residents, fellows, and existing or newly licensed medical doctors, the BMO Harris Physician's Mortgage Program is designed to help eliminate many of the road-blocks to mortgage financing faced by physicians. Among the many advantages are: no private mortgage insurance requirement, no special fees or premiums for program participants, the ability to borrow up to 100% of a home's value, flexible debt-to-income underwriting guidelines, closings prior to start date, and no income history requirement.

Michael Farber

(608) 445-1893

Michael.Farber@bmo.com

UWHA Partners & Special Offers

Insurance/Financial

NORTHSTAR RESOURCE GROUP

Brian Hensen, CFP and Jon Ylinen are independent and comprehensive financial advisors that specialize in working with physicians around the country. They offer complementary consultations for UW physicians while in training and can help advise residents on topics such as student loan management, prioritizing many competing financial goals, disability insurance design, physician specific mortgage comparisons and investment management.

Brian Hensen | (608) 271-9100

LARSON FINANCIAL GROUP

Noah Kuhlman is a Financial Advisor and CERTIFIED FINANCIAL PLANNER™ professional with Larson Financial Group; an independent, fiduciary, and physician-focused financial advisory firm. Using a personalized, comprehensive planning approach, Noah's primary goal is to help physicians and their families successfully navigate all financial issues, opportunities, and decisions as they arise throughout all stages of life. Contact:

Noah.Kuhlman@larsonfinancial.com

www.LarsonFinancial.com

(507) 722-1612

JOHNSON FINANCIAL GROUP

As Assistant Vice President, LPL Financial Advisor, Kyle George equips clients with tools to make sound financial decisions about retirement, saving and estate planning. Through a detailed approach to financial planning, Kyle's goal is to help clients shoulder the burden of managing their financial life. With a strong passion for learning, Kyle is always excited to share his knowledge with clients.

Kyle George | (608) 250-7203

kgeorge@johnsonfinancialgroup.com

UWHA Partners & Special Offers

Insurance/Financial Continued

NORTHWESTERN MUTUAL

We administer the Group Long Term Disability Benefits offer to you by the UW hospital and we are available for any questions you have on the program. We also offer individual consultation on Financial Planning topics such as Retirement, Education planning along with individual Life & Disability Insurance. Additionally, we offer group discounts for Individual Disability insurance policies purchased by UW Residents or Fellows along with a Guaranteed Issue option to all for physicians within 6 months of graduating.

Andy Shulla or Peter Shulla

(608) 836-2094 | andy.shulla@nm.com

TOM HANSER, STUDENT LOAN CONSULTANT

Hanser Consulting- offering federal student loan management counseling including the PSLF program. Comprehensive review and management of federal student loan debt including repayment, forbearance, fellowship deferment, income-based repayment (IBR) and Public Service Loan Forgiveness (PSLF). I have over 30 years of experience working with the federal student loan programs.

hansertom@gmail.com

(608) 244-4240

PHYSICIAN WEALTH STRATEGIES, LLC

Physician Wealth Strategies has worked with over 180 physicians regarding their financial planning goals. We waive all initial financial planning fees to all residents and fellows to help establish their financial foundation. Our company can help you design a plan of action to meet your financial objectives by introducing you to a wide range of financial services that we can offer, including disability insurance, variety of investments, life insurance and more. In addition to investment planning Physician Wealth Strategies also coordinates with CPAs and estate planning attorneys to help create tax strategies and estate plans that are efficient and protect clients' assets.

Physician Wealth Strategies

ehaiting@physicianwealthstrategies.com

(608) 827-2110



Join UWHA Today!



We'll kick off the 2020-2021 year with a *summer potluck* for the whole family!

Until then, you know where to find us...

Join: <https://goo.gl/forms/lpVtN1KUfOpCr4oq2>

Website: www.uwsos.org

Email: uwiscsos@gmail.com

Private Facebook Group: <https://www.facebook.com/groups/uwsos/>

Instagram: <https://www.instagram.com/uwsos/>

Analog: two tin cans and a piece of string

Events We Host

Drinking Club – Come grab a beer with us and strike up a conversation. Bring a friend or spouse if you'd like!

Game Night – Games galore! Board games, card games, party games, you name it. No specific level of experience or nerdiness necessary.

Get Creative – We make anything from Jack-O'-Lanterns to truffles to birthday cards for kids in the hospital.

Local Events & Venues – We've hit up trivia nights, apple picking, New Glarus Brewery, and the Madison Cookie Walk.

Book Club – Read a book and come by to see some friendly faces.

Sign Up to Host an Event – Is there something you want to do or a place you want to go? Tell us, we'll do it.

Check out the - University of Wisconsin Significant Other Society too!
Find them here: www.uwsos.org or uwiscsos@gmail.com

Being the significant other of a resident/fellow can be hard! We all know it's not exactly a situation everyone can relate to. But that's what SOS is here for! Whether you're new to Madison or have been here for a while, we hope you'll stop by one (or more!) of our events to meet some friendly people who are in the same boat.

We hold regular events to hang out and have a good time. And while our events are catered to significant others, many of our events are open to your kids (if you've got 'em!) and even that resident/fellow of yours.

We're pretty informal – just sign up for our mailing list via our website (www.uwsos.org) and you'll start receiving emails about the groups you're interested in. If you get tired of us or move out of town, you can unsubscribe any time (but we're so fun you probably won't want to...).

Thank you!

Dear Residents and Fellows:

Thank you for taking time to look through our brochure. We hope you find it useful as you transition to Madison! If you have any questions or if we may be of further assistance, please email us at mail@uwha.org or visit our website at www.uwha.org.

If you are interested in taking an active role within the UWHA, we'd love to hear from you!

We look forward to meeting you at orientation and our first social event of the 2020-2021 program year at The Terrace at Memorial Union in June. Congratulations on your appointment to the UW Residency and Fellowship Programs!

Sincerely,

Quan "Coki" Ta, MD
President of the UW House Staff Association
PGY-4, UW Department of Psychiatry

Tina Pap
UWHA Social Coordinator

Viki De La Cruz
UWHA Admin Coordinator



Visit our [Website](#) | Like us on [Facebook](#)!

University of Wisconsin House Staff Association

