

QUALITY OF LIFE COMMITTEE

January 18, 2019 Meeting Minutes

Meeting held at Bennett, Hartman, Morris & Kaplan LLP & by phone

Present

Michelle Ryan (Chair)
Dani Edwards (OSB Liaison)
Bik-Na Han (BOG)
Tanya Henson (PLF)
Kyra Hazilla
Linda Larkin
Ellen Pitcher
Phil Spicerkuhn
Avalon Taylor

Not Present

Greg Claessens
Emily Farrell
Meredith Good
Aaron Johnson (Secretary)
James Meiers
Shannon Wilson
Deena Anreise
Timothy Johnson

I. New Member Introductions followed by introductions of existing members. Each member gave a brief description of their practice. The Bar, BOG and PLF liaisons described their functions for the Committee.

- a quorum was not present
- Minutes not approved due to lack of quorum

II. Committee Charge.

Chair Michelle Ryan reviewed the Quality of Life Committee Charge and general discussion ensued.

III. Committee Focus for 2019

A. Re Sub-Committees: There was general consensus that the existing Subcommittee Structure was not useful and it was the consensus that the Committee should develop an agenda for 2019 and initiate sub-committees as might be helpful in achieving that agenda. The tendency of the Committee's work to overlap or duplicate the work of the OAAP was discussed. The Committee welcomed Kyra Hazilla's ability to communicate with OAAP to determine how the QOL Committee could complement rather than duplicate program efforts to improve work-life balance.

B. Future Activities: The possibility of either or both a CLE or an article which featured the variety of means by which work/life balance might be achieved (e.g. exercise, meditation, birding, spiritual practices, music, and more) by personal stories or examples was brainstormed. Michelle noted that the QOL Committee has no budget which will require us to coordinate with another group (OAAP, OWLS, other) to put on a CLE). Specific activities which were discussed included:

- i. Articles for the Oregon State Bar Bulletin (Parting Thoughts page)
- ii. Short (one-hour) events held around the state
- iii. Presentation on financial issues (OWLS apparently did this recently?)
- iv. Creating Quality of Life Tips for publication or posting

TASKS: Kyra offered to email to all the ABA report on work/life balance.

Linda, Ellen and Michelle agreed to see if some sort of Facetime option was available for those attending the meeting by telephone.

All members were urged to register for and attend the Wellness Summit to be held on January 25, 2019.

IV. Future Meetings: Third Friday of each month; next meeting 2/15/2018 at noon at Bennett, Hartman, Morris & Kaplan, LLP, 210 SW Morrison St. Suite 500, Portland. Please feel free to bring lunch. There will be hot and cold water, tea and coffee, provided.

IV. Meeting adjourned at 1:10 p.m.