

QUALITY OF LIFE COMMITTEE

February 15, 2019 Meeting Minutes

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

Present

Michelle Ryan (Chair)
Aaron Johnson (Secretary)
Cathy Petrecca (BOG)
James Meyers
Linda Larkin
Kyra Hazilla
Tim Johnson (by phone)
Phil Spicerkuhn (by phone)
Deena Anreise (by phone)
Liza Burney
Kelsey Herman

Not Present

Emily Farrell
Meredith Good
James Meiers
Ellen Pitcher
Avalon Taylor

I. Welcome and Approval of Minutes

- a quorum was present
- Minutes from September 2018, November 2018, and January 2019 were all approved
- Discussion regarding Website:
 - Meeting Time
 - Location
 - Phone-in number
 - Minutes
 - Post approved minutes only
 - What do other committees post?
 - Upcoming Agenda
 - ABA Lawyer Wellness Report
 - Link to Facebook Page
 - Agreed to keep it a roundtable discussion for upcoming meetings
 - Cathy will inquire as to permission/limitations of website posting

II. Chair's Introduction

III. Committee Charge.

- General: Encourage and support a culture within the legal community that recognizes, accepts, and promotes quality of life objectives as important to personal and professional development
- ABA's report, *National Task Force on Lawyer Well-Being: Creating a Movement to Improve Well-Being in the Legal Profession*
- Financial/Retirement Planning
- Ideas for changing the “never take vacation” culture throughout the bar
 - How the Bar treats lawyer QOL
 - Work with additional BOG groups
 - Looking out for each other as well as selves

IV. OSB Wellness Summit January 25th Report

- Recap of topics which were covered
- James will forward notes to committee when received
- Clarification of Wellness Summit in relation to QOL

V. Committee Goals & Ideas from last meeting:

- Wellness CLE/event in 2019 – Spring or Fall (experiential)
- OSB Bulletin article by QOL committee before CLE/event
- Outreach to other lawyers: articles, local bar organizations, emails (QOL tips)
- Money stability/skills/habits for lawyers

TASKS:

- Tim offered to spearhead an article for the Bar Bulletin
- James to provide notes from Wellness Summit
- Cathy to provide information about the website requirements/permissions/limitations

FUTURE MEETINGS:

Future Activities:

- Invite judges?
- Draft article regarding findings of the Wellness Summit
- Co-Sponsored Events
 - No budget, need to have a co-sponsor
 - ONLD, Solo/Small Firm, Professionalism, Judiciary, D&I
- Members who know judges to reach out and discuss QOL?
- Article to be circulated through local bars versus Bar Bulletin? Listserves?

VI. Adjourn at 1:10 p.m.