

QUALITY OF LIFE COMMITTEE

March 15, 2019 Meeting Minutes

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

Present

Michelle Ryan (Chair)
Cathy Petrecca (OSB liaison)*
James Meiers
Linda Larkin
Kyra Hazilla
Tim Johnson (by phone)
Liza Burney*
Kelsey Herman (NLD liaison)*
James Meiers (by phone)
Jade Moaz (from Young Lawyers)*

Not Present

Emily Farrell
Meredith Good
James Meiers
Ellen Pitcher
Avalon Taylor
Phil Spicerkuhn
Bik-Na Han (BOG contact/liaison)*
Tanya Hanson (PLF liaison)*

*non-members (not counted towards quorum)

I. Welcome and start of meeting at 12:15 p.m. (traffic issues)

- a quorum was not present and Michelle expressed her hope that the BOG would appoint some new members in the near future.
- Aaron Johnson, our secretary, resigned before this meeting via email to Michelle.
- It was agreed to proceed with a discussion

II. Discussion regarding the Bar CLE on Wellness Initiative Summit

James summarized the discussion of the Oregon Minority Attorney group participants; the members present expressed a need to obtain a list of the various minority and affinity bar groups to include in discussions about Quality of Life. Michelle indicated she would obtain the list (from Jon Fuentes (sp?) at the Bar office).

III. The committee was reminded of the OLIO retreat August 8th & 9th and discussed presenting at that retreat on wellness issues. An RFP for a panel presentation was suggested.

IV. General discussion regarding avenues of presenting Quality of Life issues, and possible topics were brainstormed:

Avenues: Learning the Ropes lunch table discussions, reach out to individual law firms via panels and speakers, establishing or spreading information regarding upcoming events focused on wellness, sidebars in the Bar Bulletin, publicizing existing wellness activities (such as Dragon Boat teams, yoga, peer support groups), experiential workshops, meet up board on web-side.

Issues for Presentation: Addressing substance abuse, mental health discussion, vicarious trauma awareness, accessing therapies, acknowledging and supporting caregivers, value of exercise, meditation, spiritual practice, Financial/Retirement Planning.

V. Michelle closed the meeting reporting that:

a. We need a new Secretary for the Committee as former secretary, Aaron Johnson resigned from the Committee. Tim Johnson indicated he would think about taking on the Secretary position.

b. Michelle is unable to attend the March 15, 2019 meeting; James Meiers volunteered to run the meeting in her absence.

c. Cathy Petrecca indicated she would report back on progress the BOG makes on appointing new members.

VI. Adjourn at 1:10 p.m.