

QUALITY OF LIFE COMMITTEE

March 28, 2018 Meeting Minutes

Meeting held at Stoll Berne (and by phone)

Present

Nadia Dahab (chair)
Michelle Ryan (sec)
Greg Classens
Ellen Pitcher
Emily Farrell
James Meiers
Kara Gorvo
Linda Larkin
Michelle Lane
Sally Claycomb
Tanya Hanson

Not Present

Bruce Nishioka
Deena Anreise
Guy Greco
Shannon Wilson
Aaron Johnson
Meredith Good

I. Committee Member Introductions

- Chair started the meeting with a quorum present (including those appearing by phone)

II. Subcommittee Status Reports

A. Social Media & Publications

- a. Chair: Greg
- b. Status:
 - i. Creating new twitter account
 - ii. Engagement via Facebook QOL page
 1. determining administrators
 2. need to regularly post
 - iii. Publish articles in OSB Bulletin, OAAP Insight.
 1. Article ideas: Mindfulness resources (work with the Mindfulness Workshop folks); breath work, QOL
 2. Greg will review ABA, OSB Bulletin, Insight for QOL topics
 3. Kara volunteered to assist with writing articles

B. Work-Life Balance

- a. Current Chair: Michelle, but Nadia and Kara agreed to be co-chairs for 2018
- b. Goals:
 - i. Mindfulness for Lawyers noon workshops in metro area
 - ii. Caregiving for lawyers brown bags downtown
- c. Project Status:

- i. Mindfulness workshops are scheduled for 6/11 (downtown Portland), 6/22 (Oregon City), and 7/3 (OSB building)
 1. Ellen volunteered to assist with these presentations in some manner.
- ii. Caregiving ones are in limbo. Need someone else to step up to be key point person for this.

C. Law School Presentations

- a. Chiar: still needed/TBD
- b. Project Status: committee will gather and report back next time.

III. Next Meeting: May 23rd at noon at Stoll Berne

V. Meeting adjourned.