

QUALITY OF LIFE COMMITTEE

May 23, 2018 Meeting Minutes

Meeting held at Stoll Berne (and by phone)

Present

Nadia Dahab (chair)
Michelle Ryan (sec)
Greg Classens
Emily Farrell
James Meiers
Kara Gorvo
Linda Larkin
Michelle Lane
Sally Claycomb
Tanya Hanson
Deena Anreise
Aaron Johnson
Karen (guest – OAAP staff)

Not Present

Bruce Nishioka
Guy Greco
Shannon Wilson
Meredith Good
Ellen Pitcher

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. Meetings will be 2 weeks before QOL meetings
- ii. Working on article for OSB “Making the practice of law healthier” or struggles with trying to practice mindfulness or 1-2 things you do to improve your QOL
 1. Personal stories from practicing lawyers, 1-2 paragraphs, such as:
 - a. Greg
 - b. Kara
 - c. Nadia
 - d. Aaron
 - e. Michelle
 2. Greg will write article and organize all of our contributions
 3. Nadia will assist with editing
 4. Karen Neri offered to provide resources for this
 5. Goal: article completed by 7/23

iii. Social Media:

1. Twitter: set up ...
2. Facebook: setup with a few of QOL members as admins
 - a. Members: try to share the QOL posts on your personal page
3. Instagram?
4. LinkedIn: subcommittee to discuss whether to add this
5. Create shared google spreadsheet or email to share twitter password

iv. Publish articles in OSB Bulletin, OAAP Insight.

B. Work-Life Balance

- a. Current Chairs: Nadia/Kara
- b. Did not meet.
- c. Mindfulness for Lawyers workshops status: scheduled for 6/11 (downtown Portland), 6/22 (Oregon City), and 7/3 (OSB building); FB event and email reminder via OSB (Michelle Lane)

C. Law School Presentations

- a. Chair: Aaron will be chair
- b. Did not meet since last QOL meeting.
- c. Project Status: committee will gather and report back next time about fall events

D. Other business: discussed having a fall 3-hour event/workshop

- a. Possible collaboration with FBA/OAAP
- b. Possible presenter: OAAP staff (Karen?), outside presenter, maybe QOL members
- c. CLE credits for this. OAAP can help with that part.

III. Next Meeting: July 25th at noon at Stoll Berne

V. Meeting adjourned.