

QUALITY OF LIFE COMMITTEE

August 16, 2019 Meeting Minutes

Meeting held at Bennett, Hartman, Morris & Kaplan LLP

Present

Michelle Ryan (Chair)
Carilyn Ellis (public member)
Kyra Hazilla
Tim Johnson
Linda Larkin
Amrit Mann
John Mann, Administrative Hearings
Officer*
James Meiers
Cathy Petrecca (OSB liaison) *
Avalyn Taylor

Not Present

Meredith Boyden Good
Phillip Spicerkuhn
C. Atha Mansoory
Kelsey Herman (NLD liaison)*
Tanya Hanson (PLF liaison)*
Bik-Na Han (BOG contact/liaison)*

*non-members (not counted towards quorum)

- I. Welcome and start of meeting at 12:05. A quorum was present. It was clarified that the Public Member (Carilyn Ellis) does count towards quorum.
- II. A. It was Moved and seconded and passed unanimously to approve the April, May and June 2019 minutes.
B. It was Moved and seconded to approve the July 2019 minutes with the amendment regarding Item III, strike ~~The Committee will not have a table~~, and add "that at The Learning the Ropes Lunch on October 31, 2019, QOL members who attend will be assigned to a luncheon table related to their area of practice with a goal of discussing maintaining Quality of Life in their area of practice.
- III. OLIO 8/9-11/19 Michelle Ryan reported on attending on behalf of the QOL Committee and presenting with Karen Neri (OAAP) and Nathan Morales (Perkins Coe) on a panel for well-being/self-care. One Mental Health CLE credit was offered for attendance at the panel discussion.

- IV. Bar Prowl/Lewis & Clark Law School, September 5, 2019 from 4:30 to 6 PM. Linda is scheduled with Lewis & Clark to attend and Amrit and Tim expressed interest in attending. Hopefully, some materials or brochures will be available for distribution.
- V. There will be a 2 ½ day CLE for new lawyers entitled Learning the Ropes including a luncheon on October 31st. Committee members are invited to attend the luncheon and speak informally at the lunch table with approximately 5-9 new lawyers who are interested in our area of practice. For members of this committee the goal is to weave a discussion of wellness and maintaining Quality of Life into the conversation. Linda, James, Ellen, Tim and Michelle volunteered to participate and Amrit said she could possibly attend. There will not be a separate QOL table as discussed at previous meetings.
- VI. James reported on his efforts to contact Bar Sections and Affinity groups regarding Wellness and/or Wellness presentations. Currently proposed or scheduled engagements include:
- Admin Law Section on 9/11 in Salem, possible presentation
 - Environmental & Natural Resources Section on Mental Health CLE for annual program on 10/3/2019 at Edgefield. Tim indicated that he may already be attending.
 - OCDLA Conference at the Benson in December 2019 at which Michelle and possibly Ellen will present.
 - Aviation Section: interested in presentation, whenever we are available. Tabled this for later/next year.
- VI. Anne, Ellen and Michelle are working with Cathy Petrecca at the Bar on the website and information for the website. If members have wellness information Cathy asked that they send it to her. The goal is to have information for distribution and on the website by 11/1/2019. The website is not intended for time-sensitive information.
- Michelle explained that the Committee Facebook page was the location to share information about current activities or presentations. James suggested that printed materials be made available at the swearing in ceremony on October 3rd.

VII. The Committee adjourned at 1:05 p.m. The next meeting will be at the Bennett Hartman offices on September 20th at noon.