

## **CBA Health and Well-Being Committee Minutes, 10-4-17**

**Call to Order** – Chair Tabitha Hochsheid called the meeting to order shortly after noon at the Cincinnati Bar Center. Rebecca Davis, Jan Hatcher, Ken Manges, Dimity Orlet, Gary Powell, Chuck Strain, and Sara Tankersley were present. Jodie Drees Ganote participated by phone for a brief period covered at C. 2. below.

**A. Minutes** – Minutes of the September 6 meeting have been recorded by Susan Jackson, and will be distributed by the next meeting.

### **B. Subcommittee Matters**

#### **1. Balanced Living Lecture Series**

a) Sean Mangan will present “Finding Your Career Fit” on November 6 at the CBA and U.C Law School.

b) Walter Smitson will present on “Managing Stress to Optimize Performance” in January. Dimity will work out a date.

c) Life Coach Jeff Raker may present in 2018 on one of many possible topics.

d) We're looking for a nutritionist to present.

#### **2. Balanced Living Column Series**

a) There will be no article in October.

b) Tabitha will write on another aspect of stress for the November *CBA Report*.

c) Jim Bogan and Dave Dickey plan a December article on healthy holiday choices.

d) Ken will write on dealing with stress, helplessness, and grief in the wake of mass disasters during our “Year of Sorrows.”

e) Jan suggested a togetherness theme, focused on breaking bread with friends and family.

**3. CLE Presentations** – Bob's Buechner's September 28 program on financial fitness was very well received.

### **C. Miscellaneous**

**1. Fund-Raising** – Jan reported that Randi Bloch is interested in a cooking contest. Jan hasn't contacted Dan Berger yet.

**2. Committee Cooperation** – Jodie Drees Ganote (on the phone) advocated an event in May, collaborating with Julie Jones of the Northern Kentucky Bar Association. Jodie suggested holding it at the Drees Pavilion in Devou Park, perhaps with Ben Dusing speaking on drug addiction, along with a panel of others. Dimity noted that we could routinely promote our lecture series to Northern Kentucky lawyers.

**3. Long-Range Planning** – Nothing significant discussed.

**4. Speakers at Monthly Committee Meetings** – Susan has arranged for two speakers, so far: a) Roz Florez on domestic relations on February 7 (possibly joined by Judge Searcy); and b) Liz Stegeman on balancing life and law on May 2. Dimity offered that these meeting programs may be generally advertized.

**D. Future Meeting Dates:** November 1, December 6, and January 3.

**Adjournment** – The meeting adjourned at 1:09 pm.

Respectfully submitted,

Chuck Strain

Chuck Strain, Secretary