

CBA Health and Well-Being Committee Minutes, 11-1-17

Call to Order – Chair Tabitha Hochsheid called the meeting to order at 12:14 pm at the Cincinnati Bar Center. Bob Buechner, Susan Jackson, Dimity Orlet, and Chuck Strain were present.

A. Minutes – Minutes of the September 6 meeting recorded by Susan Jackson will be distributed by the next meeting. Chuck's motion, seconded by Susan, carried to approve minutes of the October 4 meeting.

B. Subcommittee Matters

1. Balanced Living Lecture Series

a) Sean Mangan will present “Finding Your Career Fit” on November 6 at U.C. Law School and November 20 at the CBA.

b) Dr. Walter Smitson of the Central Clinic Behavioral Health will present on “Managing Stress to Optimize Performance: Creating More Joy in Life and Work” on January 6.

c) Tabitha will soon touch base with life Coach Jeff Raker about presenting in 2018 on one of many possible topics.

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

2. Balanced Living Column Series

a) Tabitha has written on “Creating a Self-Care Plan for Dealing with Stress for the November *CBA Report*.”

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

c) Dr. Ken Manges will write a January article on dealing with stress, helplessness, and grief in the wake of mass disasters during our “Year of Sorrows.”

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

3. CLE Presentations – We need a replacement for Jan Hatcher to chair this subcommittee.

C. Miscellaneous

1. Fund-Raising – Jan Hatcher will work with Tabitha on this. Tabitha reminded us that Randi Bloch is interested in helping with a cooking contest, perhaps in October.

2. Committee Cooperation – Dimity would like to speak with Julie Jones of the Northern Kentucky Bar Association before we get too far in collaborating on an event, perhaps a panel discussing drug addiction or a mental health fair May. Dimity reminded us 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 is thinking about a speaker on voluntarism for our August 1 meeting.

5. Drug Education – Bob suggested that we consider recruiting lawyers to assist with his daughter Tara Lynn Robinson's project to launch Internet communication in individual high schools about drug abuse.

D. Future Meeting Dates: December 6 and January 3.

Adjournment – The meeting adjourned at 12:39 pm.

Respectfully submitted,
Chuck Strain
Chuck Strain, Secretary