



Vermont Bar Association

How Are You Doing??

Seriously, are you doing OK? How are your colleagues doing?

The past several months have tested our resilience, disrupted our routines and required that we isolate ourselves from friends and family. We are now contemplating a return to socialization and work environments with the pandemic still with us. These events have unsettled many of us. As members of the VBA Ad-Hoc COVID-19 Committee, one of our tasks is to address wellness and well-being among lawyers in Vermont. So we are asking – if you or another lawyer you know has been particularly challenged by recent events, or dreads the return to "normal" and could benefit by talking with someone, we are here to talk. Our names and numbers appear below, and we encourage everyone to call.

If talking with one of us isn't comfortable, the Vermont Lawyers Assistance Program is available. They can help connect you (or your colleague) with folks trained to help with difficult times. Information shared with the LAP is confidential (Professional Conduct Rule 8.3). The LAP can be reached at www.lapvt.org and by calling 802-355-4352.

Mike Kennedy's weekly blog also includes a ton of "resources for coping with COVID-19 related stress and anxiety" linked [HERE](#).

If we can help, please get in touch! Also, please share this email with colleagues who are not VBA members.

Thanks,

Your COVID-19 Committee

Co-Chairs: Bob Fletcher (802-660-2555 x.214) and Andrew Manitsky (802-860-1500 x.115)

- YLD Rep - Amy Davis (802-424-1688)

- Women's Division Rep - Judith Dillon (802-864-5756)

- Govt Non-Profit Division Rep - Jim Porter (802-828-4003)

- Lawyers' Well-Being Commission Rep - Mike Kennedy (802-859-3004)

- County Bar Presidents – 3 Reps - Leslie Black (802-888-7800); Jim Dingley (802-366-1010); Erin Miller Heins (802-864-0217)

- Section Chairs – 3 Reps - Steve Ellis (802-860-4152); Greg Weimer (802-651-0960);

Bridget Asay (802-858-4285)

- Former Board Member - Francesca Bove (802-786-1000)

- Access to Justice Coalition Rep - Jill Rudge (802-863-5620)

- Ex Officio Members - Beth Novotny (802-658-9176) and Teri Corsones (802-345-1101)

- VBA Support - Jennifer Emens-Butler (802-223-2020 x203)