

Mercer County *Lawyer*

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From the President's Desk.....

In my June 2019 column, I expressed my desire that everyone would be able to take a little time away, literally and figuratively, to clear their minds and rest their bodies. Whether at the shore (that's how we say it in Jersey!), the mountains or some little patch of paradise in your back yard or on your balcony, it is my sincere hope that you are doing so as I write my August column to you. Rest assured that the dog days of August, with their heat and humidity, will curtail my sesquipedalian ways in this column.

While sitting in a boat on Lake Nockamixon with my son fishing (notice I did not say catching), my thoughts turned to how this activity was beneficial to me physically and mentally. During an extended period of "not catching" (also known as fishing) that day, I researched the ABA's Well-Being Pledge on its website. I found a treasure trove of information, guidelines, pledges and tools to assist lawyers and legal employers with improving attorney well-being. Below, I provide some of the most useful information that I found. If you are looking for some late summer reading, I highly recommend the following link to point you in the direction of wellness to finish the year: https://www.americanbar.org/groups/lawyer_assistance/working-group_to_advance_well-being_in_legal_profession/

Let's start with the top 3 reasons to improve attorney well-being that I found: (1) Good for business; (2) Good for clients; (3) The right thing to do. While I would reverse the order, these are all laudable reasons.

Next, let's consider the report of the National Task Force on Lawyer Well-Being, which identified six (6) dimensions that make up full well-being for lawyers:

1. Occupational—Cultivating



Brian J. Duff, Esq.

personal satisfaction, growth, and enrichment in work; financial stability.

2. Emotional—Recognizing the importance of emotions. Developing the ability to identify and manage our own emotions to support mental health, achieve goals, and inform decision-making. Seeking help for mental health when needed.

3. Physical—Striving for regular physical activity, proper diet and nutrition, sufficient sleep, and recovery; minimizing the use of addictive substances. Seeking help for physical health when needed.

4. Intellectual—Engaging in continuous learning and the pursuit of creative or intellectually challenging activities that foster ongoing development; monitoring cognitive wellness.

5. Spiritual—Developing a sense of meaningfulness and purpose in all aspects of life.

6. Social—Developing a sense of connection, belonging, and a well-developed support network while also contributing to our groups and communities.

[The Well-Being Tool Kit for Lawyers and Legal Employers, ABA, August 2018].

Mercer County

Lawyer

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I also found that the ABA Presidential Working Group To Advance Well-Being in the Legal Profession compiled a two-page document called, “80 Tips For Lawyer Thriving.” It’s too hot to recite all 80 in this column, so here’s the link:

https://www.americanbar.org/content/dam/aba/administrative/lawyer_assistance/ls_colap_Well-Being_Toolkit_Flier_Nutshell.pdf

I will close this column by reciting some of the tips:

13 Healthy Workplace Factors: 1. Culture of Trust; 2. Mental Health Support; 3. Effective Leadership; 4. Civility & Respect; 5. Good Person-Job Fit; 6. Growth & Development; 7. Recognition & Reward; 8. Involvement & Influence; 9. Workload Management; 10. Employee Engagement; 11. Work-Life Balance Support; 12. Psychological Safety; 13. Physical Safety.

8-Step Action Plan For Legal Employers to Launch A Well-Being Program: 1. Enlist Leaders; 2. Start a Well-Being Committee; 3. Define Well-Being; 4. Do a Needs Assessment; 5. Identify Priorities; 6. Make & Execute an Action Plan; 7. Create a Well-Being Policy; 8. Measure, Evaluate, & Improve.

The Well-Being Tool Kit for Lawyers and Legal Employers contains 17 Well-Being Activity Worksheets To Try. They are summarized on the “80 Tips For Lawyer Thriving.” I list them here. Go to the Tool Kit for an in-depth look at each.

1. How to Be Happier? Make it a Priority; 2. Six Sources of Well-Being; 3. Grow Your Gratitude; 4. Do Acts of Kindness; 5. Psychological Capital; 6. Reframe Stress & Adversity; 7. Mindfulness To Improve; Well-Being & Performance; 8. The Emotionally

Intelligent; Path to Well-Being; 9. Well-Being & Confidence; 10. Use Your Strengths; 11. Capitalizing on Introverted Strengths; 12. Overcoming Public Speaking Anxiety; 13. Mind Your Marriage; 14. Managers, Don’t Forget Your Own Well-Being; 15. Positive Leadership; 16. Physical Activity & Vibrancy; 17. Positive Golf Activities.

There’s also a Today’s **Well-Being To Do List:** (1) Review the Toolkit; (2) Do one thing to get started; (3) Pass the Toolkit on to others. These are fairly simple steps to get ourselves on the path to improved wellness. As we head into the final third of the year, with its packed professional and social schedules and breakneck pace, I hope some of this information will help everyone be able to manage their lives a little easier.

Gotta go, my well-being just improved with a large-mouth bass on the end of my line! See you in the Fall!

Respectfully,
Brian



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Mercer County Bar Association Professional Lawyer of the Year 2019
Jennifer D. Zoschak, Esq.

The Mercer County Bar Association has selected Jennifer D. Zoschak, Esq. as the 2019 Professional Lawyer of the Year. Jennifer is a partner at Oswald & Zoschak, P.C. in Lawrenceville, NJ, and she concentrates her practice in family law matters. Jennifer is active in local and state-wide community and bar organizations. Since 2014, Jennifer has served as the Mercer County representative of Judicial and Prosecutorial Appointments Committee (JPAC). She served two terms as Trustee of the Mercer County Bar Association and served as the Chair and Co-Chair of the Family Section of the Mercer County Bar Association. Jennifer was also the MCBA 2006 Young Lawyer of the Year. Jennifer is an active member of the New Jersey Bar Association.

She graduated with a B.A. in Communications from Rider University, and received her law degree from Rutgers Law School in Newark, NJ. Professionally, she is most proud of her work with JPAC. Personally, she is most proud of her daughters, Addison and Audrey, and is grateful for the love and constant support of her husband, Rob Beckelman, Esq.



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Mercer County Clerk's Update

By Paula Sollami Covello, Esq.

County Clerk Reminds Residents to Apply to Vote By Mail

With August now upon us, Mercer County Clerk Paula Sollami Covello would like to remind Mercer County residents that vote-by-mail applications for the upcoming November election, to be held on **November 5**, are being accepted.

Vote-by-mail applications can be downloaded from the New Jersey Division of Elections website at www.njelections.org/voting-information-vote-by-mail.html. Mercer-specific applications are available in English and Spanish. Applications must be mailed to:

Paula Sollami Covello
Mercer County Clerk
Election Division
209 South Broad St
PO Box 8068
Trenton, NJ 08650

Statewide applications in other languages are available, but they too must be mailed to the Mercer County Clerk.

Mailed applications **must be received at least seven days prior to the election, or October 29 at the latest. Faxed or emailed applications cannot be accepted.** Alternatively, you can walk into the County Clerk's office in Trenton and apply until 3 PM the day before the election (November 4). Additional hours will be posted on our website leading up to Election Day).

Additionally, applications can be obtained at the Mercer County Connection Office, located in the Hamilton Square Shopping Center at the corner of Route 33 and Paxson Ave.

For votes to be counted, all mail-in ballots must be postmarked by Election Day and received by the Board of Elections no later than 48 hours after Election Day.

New Jersey law says that residents who are registered to vote can apply to vote by mail for any reason. College students attending school outside the area are urged to apply as soon as possible if they do not plan on returning home to vote in the election. "Do not wait until October to get your ballot application processed if you are going away to college," said County Clerk Paula Sollami Covello. "Do it now in the event of any delays."

For more information, please call **609-989-6494**. You can also view a video tutorial of how to submit a vote-by-mail application by visiting our website here: <http://www.mercercounty.org/government/county-clerk-/elections/training-video>

If you need to register to vote, you can go to <https://www.state.nj.us/state/elections/voter-registration.shtml> to find registration forms. Forms can be found in English, Spanish, Arabic, Korean, Portuguese, Haitian Creole, Hindi, Gujarati, Punjabi, Korean, and Chinese (Simplified or Traditional).

Mercer County Clerk's Update (cont.)

By Paula Sollami Covello, Esq.



Mercer County Clerk Paula Sollami Covello with former interns. College/ University students should make every effort to file a vote by mail application before they leave for school. This will help them avoid delays and allow them to vote while not in the area.





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Mercer County Bar Association Young Lawyer of the Year 2019 Jessica A. Wilson, Esq.

The Mercer County Bar Association has selected Jessica A. Wilson, Esq. as the Young Lawyer of the Year. She is an associate at KMH&L, LLC in Hamilton, NJ, and she concentrates her practice in the areas of personal injury, criminal defense, real estate and simple estate planning. Jessica is active in the Mercer County Bar Association, where she serves as a Trustee and chairs and co-chairs several committees, Young Lawyers Committee, Hey, I'm 18 Committee, the Public Education Committee and Mock Trial Committee. She is also a member of the New Jersey State Bar Association, Burlington County Bar Association, New Jersey Association for Justice and the Bordentown Rotary. Jessica enjoys kayaking, hiking and spending time with her family. She considers her biggest professional accomplishment to be her recent favorable New Jersey Supreme Court decisions. Her biggest personal accomplishment are her children, Carter and Austin.



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Mercer County Bar Foundation Community Projects Summer Event



Each summer, the Mercer County Bar Foundation Community Projects Committee organizes a social event with a local children's organization. On July 19, the MCBF partnered with the Mercer County Prosecutors Office and Trenton CYO to provided an afternoon of fun for the kids in the CYO summer program. The Foundation sponsored an ice cream truck, face painting with the Mercer County Prosecutors Office and a variety of games. Despite the seasonably warm day, a great afternoon was had by all. MCBA & MCBF Officers and Trustees were also on hand for the afternoon's festivities.



Pictured from left to right:
Mercer County Bar Association
President, Brian J. Duff, Esq., Mercer
County Bar Foundation President,
Tanya L. Phillips, Esq., and Mercer
County Bar Association President-
Elect, James L. Creegan, Esq.



**Mercer County Bar Foundation
Community Projects Summer Event
(continued)**



2019 Calendar of Events

September

- Wednesday, September 18th: Serve lunch at TASK @ 10:30 a.m.-1:00 p.m.
- Monday, September 23rd: Family Bench Bar, Judge Fitzpatrick's Courtroom @ 3:30 p.m.
- Thursday, September 26th: Judges and Law Clerks Reception, Mercer Oaks @ 5:30 p.m.-8:30 pm. (details to follow.)

October

- Collect new and used coats
- Thursday, October 17th: XTREME CLE, Mercer County Community College (details to follow)
- Thursday, October 24th, Municipal Bench Bar, Ewing Township Municipal Court @ 3:30 p.m.

November

- Collect new and used coats
- Saturday, November 2nd: Dinner Dance, Awards Ceremony and General Membership Meeting, Trenton Country Club @ 6:00 p.m.-10:00 p.m. (details to follow)
- Thursday, November 21st: Family Bench Bar, Judge Fitzpatrick's Courtroom @ 3:30 p.m..

December

- Thursday, December 5th: Serve lunch at TASK @ 10:30 a.m.-1:00 p.m.
- Tuesday, December 10th: MCBA Annual Holiday Party, Trenton Country Club @ 5:30 p.m.-8:30 p.m.



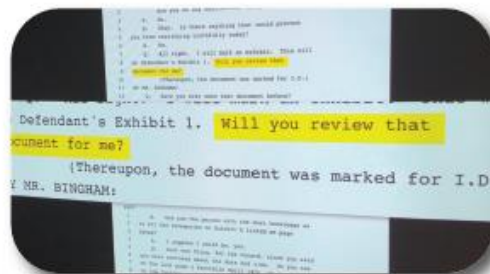
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