



# CITY BAR REPORT

News from the Bar Association of Baltimore City

## Ethics Hotline Volunteer

George Mahaffey: 410-783-4000

Christopher D. Wright: 410-696-7861

## “This Saturday, Law Day for Seniors!”



Senior Legal Services is pleased to invite Baltimore area seniors (60+) to attend Law Day for Seniors! Law Day for Seniors is a free event that includes a full day of educational programs

including scam awareness, advance planning, guardianship, housing, estates and trusts, tax sale prevention, and the ever-popular Q&A session and vendor booths. This event includes breakfast and lunch, and workshops catered to the needs and demands of seniors taught by expert attorneys. Contact Senior Legal Services at 410-396-1322 or email [SLInfo@baltimorebar.org](mailto:SLInfo@baltimorebar.org) to inquire for more information.

Senior Legal Services (SLS) is a joint program of The Bar Association

of Baltimore City and the Baltimore Bar Foundation. Founded in 1992 as “Legal Services to the Elderly,” SLS provides vital pro bono legal services to low-income seniors, aged 60 and over, in Baltimore City. Its mission is to provide quality legal services to an underserved population at risk of losing resources to empower them to age in place and thrive in their community.

SLS conducts client intake and consultations via telephone and in its office located in Courthouse East

in downtown Baltimore. Over the last several years, it has introduced its community-based legal services program, through which it performs direct legal services and outreach at Baltimore senior centers and senior housing buildings. As part of this initiative, it gives frequent presentations throughout the year on legal topics relevant to seniors to community groups of varying sizes. It also meets with clients in their homes when disabilities prevent them from traveling to the office.

## This Just In: Attorneys are Stressed!



Rachel Samakow

As lawyers, we are no strangers to stress. Our profession often revolves around crisis in our clients’ lives, tight deadlines, significant amounts of preparation, last minute assignments, too much work

to manage in one day, billable requirements, the pressure to succeed — you name it, we’re likely stressed about it. We are one of the only professions — aside from pro athletes — where even on your best day, with the best prep, you still have the other side actively fighting against you.

So, we know we have it. The question is, how do we deal with it? As April is Stress Awareness Month, it is a good time to take stock in how stress is impacting you directly, whether that’s physically, emotionally, or in how you approach your practice.

For when you are feeling stress physically, here is a quick exercise to try. First, identify where you are feeling

tension. Are your shoulders tight? Do you have a headache? Are you clenching your jaw? Focus on where you are physically feeling tense, take a deep breath, inhaling for four seconds, holding for four seconds, and releasing the breath for eight seconds. Try that breath cycle a couple times through - you will not only release the tension from your body, but you will get a chance to clear your mind as well.

Another fast anxiety reliever is to drink something hot. Coffee, tea, or even hot water with lemon will have an instant effect promoting blood circulation, allowing your system to reset. An added bonus is taking a “time out” from your desk to make a cup of coffee or walk to your favorite café which will allow you to take a physical break from your work.

This brings us to our next stress reliever - moving your body. Doing something physical, like your favorite exercise, a walk with a friend, or yoga can have a major impact on how you handle stress not only within your body, but mentally as well.

Handling anxiety emotionally can be more challenging and looks different for everyone. Talking about our stress can be tricky when considering attorney-client privilege and we sometimes are not able to fully explain the whole issue. Talking to a coworker or colleague about how to handle a specific situation can be helpful as you likely don’t have to provide background information in what’s causing you to feel stressed out.

Speaking with our loved ones and friends can also be extremely beneficial. Even if you have to keep some situational details to a minimum, you do not have to hold back on how you are feeling emotionally. Talking to a doctor or therapist is also a great way to have a very tailored approach on how best to handle your stress.

Another helpful course of action is to try to stop stress before it starts. This can be challenging, but there are many ways you can implement little things in your legal practice to help you handle professional pressure. For example, organizing your workspace will allow

you to focus more clearly on your work rather than stressing over where your supplies are when you need them. Scheduling breaks and fun activities into your week can help keep stress down knowing you have a breather on the horizon. Creating check lists of your daily to-dos can also be helpful, but make sure to only put a handful of things on a list at a time so it does not feel overwhelming. Bonus points for starting the list with something you have already handled, like making your bed or organizing your desk!

Finally, in a success driven profession it is easy to feel anxiety that we are always falling behind. Allowing our definition of ‘success’ to be fluid and change daily lets us acknowledge our accomplishments more clearly. For example, maybe success is filing a motion two days before the deadline, or settling a difficult case with opposing counsel, or leaving work at reasonable hour (especially now with spring in the air).

I hope these tips help you have a less stressful week!

## Ethics Hotline

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## POST ALL YOUR EVENTS FREE ON OUR CALENDAR

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The generous support of Sustaining Members of the Bar Association of Baltimore City greatly assists this bar association in fulfilling its mission and achieving further growth and success. The unwavering dedication of these members ensures the BABC will continue its long and distinguished tradition of service to our legal community and the public. If you are interested in becoming a Sustaining Member, please contact Karen Fast at [kfast@baltimorebar.org](mailto:kfast@baltimorebar.org).

## The Bar Association of Baltimore City Welcomes New Members who have joined from March 1, 2024 through March 31, 2024.

**Garrett E. Byron**  
**Taylor Colvin**  
**Cherie Correlli**  
**Eva P. Cox**  
**Taylor Littlejohn**  
**Kelynn Poinsette**  
**Daniel M. Russo**  
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The Bar Association of Baltimore City Professional Ethics Committee Presents

# HOW BEST TO MEET THE PRESS

MODERATOR: IRWIN R. KRAMER 

In high-profile litigation, winning in a court of law may only be half the battle. To represent our clients effectively, we must also consider the need to win in the "Court of Public Opinion."

Along with WBAL Radio Host and former Investigative Reporter Jayne Miller, our panel of reporters-turned-lawyers will provide practical insights on responding to the news media and the most effective way to attract favorable media coverage without violating our ethical duties. During this luncheon we will:

- Explore Ethical Concerns Surrounding Press Coverage
- Learn Crisis Communication Strategies to Mitigate Damage to Our Client's Reputation
- Explore Ways to Stay on Message and Handle Tough Questions During Interviews
- Adopt Techniques to Ensure That Our Message Is Accurately Conveyed
- Learn How to Meet the Needs of the Press While Serving the Interests of Our Clients

**REGISTER:** [www.baltimorebar.org/calendar/](http://www.baltimorebar.org/calendar/)  
Members: Free, Non-members: \$40

**12:30 - 2:00 PM**  
**THURSDAY, APRIL 11, 2024**  
**ROOM 504**  
CLARENCE M. MITCHELL COURTHOUSE  
*LUNCH WILL BE SERVED*

### PANELISTS

  
**Jayne Miller**  
Former Investigative Reporter  
WBAL-TV

  
**Judge John J. Kuchno**  
General Counsel  
Columbia Association

  
**Robert D. Anbinder**  
Chief Solicitor  
Baltimore City Law Department

Senior Legal Services 

# LAW DAY FOR SENIORS

**REGISTRATION REQUIRED, FREE**

Senior Legal Services is pleased to invite Baltimore area seniors (60+) to attend Law Day for Seniors!

**Presentation Topics to Include:**

- Scams
- Advance Planning
- Landlord Tenant
- Guardianship
- Estates
- Deeds
- Tax Sale
- Foreclosure Prevention

**FREE**

- Admission
- Lunch
- On-site Parking
- Vendor Displays
- Legal Knowledge

**Saturday, April 13, 2024**  
**Doors Open: 8 am**  
**Program: 9 am - 3 pm**  
**Middle Branch Recreation Center**  
201 Reedbird Ave.,  
Baltimore, MD 21225

**To register, please call (410) 396-1322 or email [SLSinfo@baltimorebar.org](mailto:SLSinfo@baltimorebar.org)**

   

THE BAR ASSOCIATION OF BALTIMORE CITY PERSONAL INJURY COMMITTEE PRESENTS

# Mastering the Art of Persuasion: Harnessing the Power of Demonstrative Evidence in Trial Advocacy

Moderators: Christopher D. Wright, Laura A. Simmons

### Guest Speakers

  
**Christina N. Billiet, Esq.**  
Waranch & Brown, LLC

  
**Justin A. Wallace, Esq.**  
Law Office of Justin A. Wallace

  
**Judge Erik S. Atas**  
The Circuit Court of Baltimore City

**WHAT WE WILL COVER**

- Why demonstratives matter
- Preparation/costs
- Disclosure to the other side
- Foundation
- Admission into evidence
- Logistics of court/courtroom/judge

**Wednesday, April 24, 2024**  
**12:00 - 1:30 PM**  
**Clarence M. Mitchell, Jr. Courthouse**  
Room 504  
*LUNCH WILL BE SERVED*

**MEMBERS: FREE, NON-MEMBERS: \$40**

**Register here** [www.baltimorebar.org/calendar/](http://www.baltimorebar.org/calendar/)

THE BAR ASSOCIATION OF BALTIMORE CITY HEALTH AND WELLNESS, DIVERSITY, CRIMINAL LAW COMMITTEES PRESENT

# UNDERSTANDING NEURODIVERSITY IN THE COURTROOM

**Tuesday, April 23, 2024**  
**12:30 - 2:00 pm**

**Clarence M. Mitchell, Jr. Courthouse**  
Room 504

**Objective:**   
To bring awareness to the impact of neurodiversity on justice-involved citizens in courtrooms, including witnesses, defendants, and litigants, and to provide strategies for creating a more inclusive and fair judicial process.

**Workshop Overview:**   
This workshop will provide attendees with a deeper understanding of neurodiversity and its implications for individuals involved in the legal system. Through a combination of presentations, case studies, and interactive discussions, participants will gain insights into the challenges faced by neurodivergent individuals in courtrooms and explore practical strategies for promoting inclusivity and justice for all.

**GUEST SPEAKERS**

  
**Daniel Russell**  
Bridge the Gap

  
**Eleshia Goode**  
Lturnforward4Goode

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**ANNUAL GOLF OUTING  
 & AUCTION**

**MAY 20, 2024**

WOODHOLME COUNTRY CLUB  
 300 WOODHOLME AVENUE  
 PIKESVILLE, MD 21208

11:30 am Lunch

1:00 pm Shotgun Start

5:00 pm Dinner, Awards & Auction



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 Contact Karen Fast at [kfast@baltimorebar.org](mailto:kfast@baltimorebar.org)**

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