

From: [Jeanne Ulrich](#)
To: [Tanya Hanson](#)
Cc: [DeAnna Shields](#)
Subject: RE: B-cast E-mail - 2025 Lawyer Well-being Month - DRAFT.docx
Date: Friday, April 25, 2025 4:33:17 PM
Attachments: [31- Day Calendar - May.pdf](#)

Here you go!

I'm so sorry. We've been trying for a while...

Jeanne Ulrich
PROGRAM ASSISTANT / OFFICE MANAGER
OREGON ATTORNEY ASSISTANCE PROGRAM
520 SW Yamhill Street, Suite 1050
Portland, OR 97204
p: 503.226.1057 ext. 10 | f: 503.226.7158
jeanneu@oaap.org | www.oaap.org
Pronouns: She/Her

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 Please consider the environment before printing this e-mail 

From: Tanya Hanson <TanyaH@osbplf.org>
Sent: Friday, April 25, 2025 4:30 PM
To: Jeanne Ulrich <JeanneU@oaap.org>
Cc: DeAnna Shields <DeAnnaS@osbplf.org>
Subject: RE: B-cast E-mail - 2025 Lawyer Well-being Month - DRAFT.docx

Send it over, and we'll see what we can do.

Tanya

From: Jeanne Ulrich <JeanneU@oaap.org>
Sent: Friday, April 25, 2025 4:26 PM
To: Tanya Hanson <TanyaH@osbplf.org>
Cc: DeAnna Shields <DeAnnaS@osbplf.org>

Subject: RE: B-cast E-mail - 2025 Lawyer Well-being Month - DRAFT.docx

We don't know how to post it. Can we send it to you?

Jeanne

Jeanne Ulrich
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From: Tanya Hanson <TanyaH@osbplf.org>

Sent: Friday, April 25, 2025 4:05 PM

To: Jeanne Ulrich <JeanneU@oaap.org>

Cc: DeAnna Shields <DeAnnaS@osbplf.org>

Subject: RE: B-cast E-mail - 2025 Lawyer Well-being Month - DRAFT.docx

Please let us know when the calendar is up! DeAnna has to send this before 4:30.

Tanya

From: Jeanne Ulrich <JeanneU@oaap.org>

Sent: Friday, April 25, 2025 4:04 PM

To: Tanya Hanson <TanyaH@osbplf.org>

Cc: DeAnna Shields <DeAnnaS@osbplf.org>

Subject: RE: B-cast E-mail - 2025 Lawyer Well-being Month - DRAFT.docx

You are awesome!

Bryan is posting the 31 day calendar on the blog right now.

I think we are good to go!

Jeanne

Jeanne Ulrich
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OREGON ATTORNEY ASSISTANCE PROGRAM

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 Please consider the environment before printing this e-mail 

From: Tanya Hanson <TanyaH@osbplf.org>

Sent: Friday, April 25, 2025 3:59 PM

To: Jeanne Ulrich <JeanneU@oaap.org>

Cc: DeAnna Shields <DeAnnaS@osbplf.org>

Subject: RE: B-cast E-mail - 2025 Lawyer Well-being Month - DRAFT.docx

Here are my changes and the edited version.

Tanya

From: Jeanne Ulrich <JeanneU@oaap.org>

Sent: Friday, April 25, 2025 1:39 PM

To: Tanya Hanson <TanyaH@osbplf.org>

Cc: DeAnna Shields <DeAnnaS@osbplf.org>

Subject: B-cast E-mail - 2025 Lawyer Well-being Month - DRAFT.docx

Here you go!

The calendar is in edit mode with Bryan who has been stuck on a crisis call for sometime.

I've have put the thriving today blog link in for the 31 day calendar as that is where it will go once Bryan is done.

Can you please take a look and send today if you can?

I'm copying DeAnna even though I know the emails come from you, Tanya.

Jeanne