



RENEWNEWS

RENEW helps people who juggle work, family and community commitments sustain (or regain) their enthusiasm, effectiveness and purpose



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About Thanks

by Linda Hawes Clever, MD

Frankly, most of our lives are marked by abundance. Charles Dickens extended that fact to advice: “Reflect upon your present blessings, of which [everyone] has plenty, not on your past misfortunes of which all...have some.”

Some of our thanks are in the category of giving us perspective, a reality check about our daily small (or large) troubles. For example, I am thankful I am not in Syria. I am grateful that we have basically clean water. Maybe we don't have enough of it, yet it's clean. And we can worship where we want. Also, I celebrate pleasant choices: milk or dark chocolate, caramel or butterscotch.

Closer to our feelings and soul, “thanks” has other meanings and many of them are profound. Think of it (“reflection” is one of the four steps to renewing). When you say “thanks,” it can mean that

- Someone has gone an extra mile and you've encouraged more of that by saying thanks.
- You can light up a life.
- Someone was kind; someone was alert and noticed you needed something; someone responded. Humans can be remarkably generous.
- Your thanks are a surrogate for the thousands and millions of others who couldn't or didn't say thanks.

In short, saying thanks signifies that you are not alone. You are connected. You take the time to pay attention and affirm something good.

One more thing may not have occurred to you.

Consider offering yourself “thanks!” for

- Getting the flu shot that will also protect your family and friends.
- Burying a hatchet.
- Rising with the occasion.
- Taking the time to finish that book you enjoy so much, simply because it refreshes you.
- Re-circulating the stuff in your closet to someone else who can use it more than you can.
- Looking back and looking forward at your life and realizing you can play the hand that's dealt you.

“Thanks” recognizes and even amplifies abundance. Thanks says a lot.

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A fiscally sponsored project of Community Initiatives

Loma Linda University Medical Center



It was a 48 hour whirlwind! Linda met with nearly 200 physicians, nurses, administrative staff and medical school leaders in a 2-day series that included the Riverside County Regional Medical Center and Veterans Administration Healthcare System. Programs focused on resilience, constant change, setting boundaries, and competing priorities. One participant said, “*Dr. Clever took our ‘Real Life’ experiences and led the group in brain-storming sessions to arrive at practical tools for dealing with the challenges presented by these experiences.*”

[Linda with Dr. Douglas Hegstad, LLUMC Chief of Staff]

RENEW goes to Boston & Chicago

The American College of Physicians Annual Internal Medicine meeting will be in Boston next April. Linda will present a session: “*Beating the Clock: How to Expand Your Time and Effectiveness.*” She has given 1 ½ hour workshops and other sessions for the ACP since before the turn of this century!

The American Society of Clinical Oncology 2015 Annual meeting will be in Chicago next May. Linda has been asked to present a pioneering workshop, “*Coping with Chaos & Other Challenges in Medicine & Life.*” A survey of oncologists documented the need for RENEWing especially because of oncologists' concerns about the effect of their work on their families.

Marin County Aging & Adult Services

Closer to home — and because of a loyal donor’s generosity — we will give a RENEW program “*This One’s for You: Refresh, Restore, Renew*” to the men and women who support Marin County’s growing elder population. In addition, staff from fourteen different agencies who work in conjunction with Aging and Adult Services such as WhistleStop, Council on Aging, and Legal Aid of Marin have been invited to this ½ day retreat in January at Homeward Bound. This will be a unique opportunity for county staff and leaders to connect with their many community partners.

Website

Our new website www.renewnow.org launched in July. We hope you’ll take a moment to check out our fresh look! You can test how well you’re juggling by clicking on our interactive RENEW-o-Meter. You could go to the NEWS page to listen to one of Linda’s radio interviews ranging from “Saying No” to *The Fatigue Prescription: Four Steps to Renewing Your Energy, Health and Life.* There’s a blank box on the CONTACT page for your comments; we’d love to hear from you. And the *gift box* icon on the HOME page makes donating to RENEW just a click away!

Holiday Reminder

As you go about your holiday shopping, please consider using *CharityBlast.com* before you make an on-line purchase. It’s free and easy to use and the vendor (such as Amazon or Target) gives a percentage of the total to RENEW. Before you order, go to www.charityblast.com and enter RENEW in the box. It’s a win-win!