

RENEWNEWS

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



Where Does Your Money Go? by Linda Hawes Clever, MD

When you give to a community clinic, you know your dollars will help support good health for vulnerable people. When you give to a food bank, you know you are nourishing hungry families. When you give to RENEW, what does the money do? Your gift supports the people who take care of the ones who need care.

How does that work?

RENEW, now over ten years old, pumps oxygen, spirit and new, practical skills into the devoted people who do the heavy lifting. RENEWing opens individuals' and organizations' reservoirs of vitally and ideas and puts them to good use.

Why is there a problem?

We all know that it is easy to get exhausted, doing good. Even ardent, capable people fatigue as their energy buckets empty. Their creativity can evaporate, eroding their ability to address the challenges they feel most strongly about.

Whom does RENEW serve?

We are a rare not-for-profit. We aim to sustain the stalwarts who *give* direct services. We work with the doctors, nurses, social service and support staff who care for those most in need including:

- patients at community clinics
- hungry people who use food banks
- disabled people, including veterans, who want to get and keep work
- elders in residences and care centers

What does RENEW do?

We give seminars, workshops, retreats, keynotes and Conversation Groups© for leaders and staff. These are the heroes who must have strength and resilience to keep on keeping on. We have tangible outcomes: improved systems, attitudes, teamwork and frankly, a little healthy discomfort with the "usual." We charge fees yet often work pro bono so we can take our programs to organizations with great need and limited budgets.

We need your help now! Ralph Waldo Emerson said, "Nothing great was ever achieved without enthusiasm." We appreciate *your* enthusiasm and need your gifts to fuel *our* enthusiasm. With your support, we revive the people who care for you, and your world.



So how about this for an incentive?: We will send you a signed copy of my book *The Fatigue Prescription: Four Steps to Renewing Your Energy, Health and Life* if you send RENEW \$300 or more. For \$500+, we will mail the signed book plus John W. Gardner's classic, *Self-Renewal*; \$1,000 or more will land both of those books *and* Gardner's *On Leadership*. We have enclosed a yellow donor card for your convenience.

Thank you!

RENEW Collaborates with Marin Community Clinics

Marin Community Clinics (MCC) have recently expanded to three clinics and now serve 18,000 people—nearly 40% of the estimated 47,000 low-income and uninsured Marin residents. The clinics provide more than 78,000 patient visits each year. Medical Director Georgianna Farren, MD said, "The internists are really burned out. Their patients are complicated and some have so many problems it is difficult to prioritize treatment. It would be a wonderful help if RENEW could work with them in one-to-one coaching sessions."



Thanks to gifts from the Drexler Estate Fund and Birkenstock founder Margot Fraser, RENEW will work with MCC physicians for a full year.

Medals for Dr. Clever

"I've gone a lifetime without getting any medals. Now, two in one month!" In the spring, the American Medical Women's Association gave Linda its Elizabeth Blackwell Medal for her outstanding contributions to the cause of women in the field of medicine. Three weeks later, she received the Stanford Medal, which honors volunteer leaders who have given extraordinary service. Said Linda, "As everyone knows, the awards recognize the work of many, not only the recipient. I am everlastingly grateful."



Quiz

What is the sum of 16, 7 and 37? A media blitz! And there is more to come! Since February 2010, with a gift from a friend of RENEW that funded a publicist, along with the media-savvy efforts of *The Fatigue Prescription's* editor, Brenda Knight, and publisher, Viva Editions, Linda has appeared on 16 radio & TV shows, had 7 interviews published in print

or on–line and has appeared at 37 bookstores and other author talks. You, too, could arrange one of these effective and entertaining events that introduce the book and RENEW's work. Contact RENEW Program Coordinator Keven Chriss at keven.chriss@gmail.com or 415-459-7398.

The book's rousing launch was at Corte Madera's pre-eminent Book Passage. Linda attests that owner Elaine Petrocelli's reputation for encouraging new authors is well earned! See links to some articles and interviews at www.thefatigueprescription.com or www.renewnow.org. If you want to laugh along with Linda, ask her to tell you some tales of book tours.

Fan Mail

About RENEW:

"It has been years since I've been to your RENEW sessions and I wanted to let you know that I still use the tools I learned there. They provide valuable stress relief and maybe even more important, camaraderie with my colleagues."



"Half way through the book I figured out how to make one of my most onerous work tasks palatable and, even fun. This book doesn't give you the answers, but it facilitates your finding them within yourself. Great book. Easy to read. I've given it as a gift to three of my friends and put it in the break room at work for others to peruse."



"This book is really a work book, meant to be scribbled in, reread, and thought about. It is funny, clever, and very practical. There are two tables of self-help books in my local bookstore. This is one of the best I've read."

Coming Attraction!

Linda will be at Book Passage in the San Francisco Ferry Building on **Sept. 21 at 6:00** — bring friends!