



RENEWNEWS

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



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Finding a Port in the Storm

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Whew! Never mind being on a rollercoaster – how about being in a Force 5 hurricane? We feel caught between high waves, rip tides, and an undertow. We see the flotsam and jetsam and wonder which is merely bad and which is toxic.

These troubled waters call for perspective; the tempests call for calm and for exercising our sense of humor.

During these wild and blustery times, we yearn for stability; we seek a port in the storm.

Finding the North Star helps guide a ship to its destination. Re-finding our values helps set our own course. When we live our values, we can move ahead by loosening our fears, refreshing our purpose, and boosting our creativity, responsiveness and enthusiasm.

RENEW has talked with thousands of people across the country about values, which we've defined as the bases of the meaning *in* our lives, not the meaning *of* our lives. They are ideals and beliefs we won't give up no matter what (income shrinkage, career disappointments, relationship strains). They are the bases of our judgments about good and bad, right and wrong. Importantly, shared values are part of the glue that holds families, neighborhoods and society together. These fundamentals are our anchors.

When we ask people to name their values, they list honesty and integrity most often. I have a hunch that this is because, as much as people want to *act* with honesty and integrity, they also want to be *treated* with honesty and integrity. Staff members at a cancer clinic recently mentioned other principles: respect (of self, others, the environment), humor, faith, kindness, loyalty (to myself, my goals, family and friends), and "I want to be a 'finisher.'"



Take a moment during this still-sparkling season of thanks, light and hope and think about your values. Talk with your dear ones about theirs. Check to see if you are living up to your standards and if all of you are in sync. If not, you have good, noble, do-able work ahead. With reflection and conversation, you can regain your mission and vision. You can find some of the comfort, peace, purpose and joy that we all seek. You will re-discover your home port; set your anchor; and enjoy the calm.

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THE NEXT 20 YEARS

A colleague said recently, “I have maybe 20 more years to live. Do I just let them *happen*?” Many of us have the same question throughout our entire lifetime — and certainly as our days fly faster and sad things happen. Time can just fritter and drain away. This is where RENEW’s workshops, seminars and Conversation Groups© come in. We help people address questions such as, “What is success?” “How do I get through a tough day?” “Why do people change — or not change — and how can I make some changes?” “I want to be better than busy. How do I set priorities?” and “How can I really make a difference when I have so much on my plate?”

Regardless of age, most of us want to have *purpose* in our lives. We would like some quiet rest and fulfillment along the way, too. On November 3 & 10 Dr. Clever led an informal workshop “Finding Meaning & Joy: A Universal Challenge” at Dominican University’s Osher Lifelong Learning Center. Participants explored values, the challenges of change and competing demands, guidelines for making sound decisions, ways to refresh in 15 seconds, and data-based information on full, robust health. Comments included, “I know how important it is to stop and reflect”; “Don’t underestimate your ability to change”; “I need to determine and review my values”; and “Age really is a state of mind!”



RENEW ~ REFRESH ~ RE-POT



You may recall in our last newsletter, we listed a few ideas to help you renew (connect with old friends), refresh (do things that buoy you) and re-pot (change careers). Now these 3 little words take on a whole new meaning. In these troubling times, RENEW would like to offer you a way to REFRESH yourself with a re-POT of tea. With help from and thanks to Equator Estate Coffees & Teas, we encourage you to sit back and enjoy the enclosed packet. Take a moment to reflect on how just a few minutes can restore your spirit because IT ISN’T SELFISH TO TAKE CARE OF YOURSELF, IT’S SELF-PRESERVATION.



BON MOTS

During the last year, RENEW programs have reached over 1,000 people. Here are a few of their good words:

“RENEW is an important endeavor. We’ll have to keep working to make the larger world support it!” — Hastings School of Law, Women’s Leadership Academy

“What I especially appreciate about RENEW is that it can succeed with a wide variety of people in a wide variety of settings, and that it addresses a crucial issue in our society. Burnout, or ‘ennui’ or whatever you choose to call it, is sapping the creative strength of our society’s best and brightest. RENEW is doing something concrete to change the direction our country is headed and I thank you. Keep up the good work!” — Senior Vice President, Health Services

If you would like more information about RENEW workshops, seminars, keynotes or consultations please contact Program Coordinator, Keven Chriss at keven.chriss@gmail.com or 415-459-7398.

RENEW Board of Directors—Goodbye and Hello



Michael Roosevelt, one of RENEW’s founding board members, has resigned after 10 years of brilliant service. He is rejoining the Sutter Health Board at a particularly crucial time for that health care system. We are delighted that Mike will stay central to RENEW by joining our Panel of Advisors.

As we bid farewell to Mike, we are pleased to welcome Jan Boller, RN, PhD. Jan is Associate Professor of Graduate Nursing at Western University of Health Services in Pomona, and Adjunct Assistant Professor at Samuel Merritt College School of Nursing in Oakland. Jan is also project director for Nursing Education Redesign at the California Institute for Nursing and Health Care, and, with Alan Briskin, PhD, is author of *Daily Miracles*, a book that shares inspiration & beauty.