



RENEWNEWS

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



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Remedies for Barnacles

by Linda Hawes Clever, MD

Innovator and statesman John W. Gardner likened many of us to a barnacle that, once it decides where it wants to live, “spends the rest of its life with its head cemented to a rock.” These days, when even bedrock moves, a cemented head is of no benefit.

So, it looks as if we potential barnacles might have to make some adjustments: Open eyes; look around; develop some choices; move forward. It’s tough, yet necessary. It can be done.

Changing isn’t fast nor tidy. It has stages. First, you have to smell the coffee. What is going well *and* what isn’t going well and how does that affect you and the people you care about? Then, what are the pros and cons of change (maybe the cons aren’t as real or as bad as they look) and how have you succeeded at change before? Decide what you are looking for. Often the quest is for fulfillment, even joy. Collect information about the cost – money, time and energy – required. *Be sure any change fits your values.*

Planning, acting and sustaining come next. You reel in people who will help; set a date; celebrate when change starts to happen – and figure out what to do if you derail. Most everyone derails sometimes. (Our daughter, Sarah, says, “Pobody’s Nerfect.”)

Be kind and gentle with yourself! Forgive yourself. Be careful about how you tell yourself, about yourself. “Good try! Let’s figure out a better way” can propel you forward; a negative, “I never do anything right” brings you to full stop (and simply can’t be true).

After some fits, starts and adjustments, you sense initiative flowing back as the cement around your barnacle-head (and brain and heart) dissolves. The key to swimming free and not getting stuck is repetition -- repeating those changes you made to free yourself. This means practice, like learning the piano or how to ride a bike or how to play mah jong. Fortunately, as Stanford Health Improvement Program’s Joyce Hanna points out, “Will power is like a muscle.” It can get stronger. Hold that thought as you navigate shoals and tides and currents that can carry you toward new vision, clarity, and meaning.

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RENEW Joy!

An exuberant gathering of RENEW donors and friends filled the drawing room at San Francisco's Town & Country Club for our Gratitude Fest on the evening of March 3. We celebrated nearly 20 years of RENEW with fabulous food and stimulating conversations. Speakers included Panel of Advisors member Dr. Bruce Spivey, former Chief Executive of California Pacific Medical Center, Executive Vice President and founding CEO of the American Academy of Ophthalmology; Jennifer Simmons, Executive Director of the Center for Excellence in Non-profits; and Anne Pera, RN, Conversing About Nursing group member who said, *"This conversation group has kept me in nursing. It feeds my soul."* As a party favor, guests received our 3 Bucket Card, to keep track of the "holes" that drain energy, the "corks" that serve as a quick fix, and the things that "refill" so you can stay energized and at the top of your game!



RENEW & Stanford

Stanford's Health Improvement Program's (HIP) new component — Wellness on Wheels (WOW) — has asked RENEW to do two programs later this summer: *"Pressed for Time"* at the Cancer Center South Bay in San Jose in September, and *"Resilience 101: Bouncing Back Despite Change & Challenges"* at the Main Hospital in August. Additionally, we will offer two *"Resilience 101"* programs for HIP itself in July. Come November, Linda will be the Etta Kalin Moskowitz Lecturer for Stanford's Department of Radiology.

RENEW Travels

Linda has been quite the road warrior this year. In addition to crisscrossing the Bay Area from Pleasant Hill to San Rafael to Palo Alto, she took RENEWing programs to Lubbock (Texas Tech Health Sciences University); Washington, DC (Leadership America I and the American College of Physicians) and Phoenix (Leadership America II). She even traveled via Skype to Central Europe (Czech Republic, Austria & Hungary) for a webinar with eleven members of Leaders of Tomorrow. When asked to list their top values, nearly all included "freedom" — something we often take for granted. Next up in late July is a trip to Minneapolis as guest speaker at the Minnesota Society of Clinical Oncology Fellows Career Orientation in conjunction with the Mayo Clinic.

Farewell and Thanks!



After 15 years as RENEW Program Coordinator, Keven Chriss is retiring and re-firing! With a few dozen more countries to add to her list of 44 already visited (Zimbabwe being the most recent), she is off to seek new adventures (can anything top rappelling down Cape Town's Table Mountain?), with time now to savor along the way. Organizational whiz that she is, we anticipate the transition this fall to her new replacement will be seamless! While it is easy to say THANK YOU, it is hard to say goodbye, as many of her colleagues have noted. Keven's wisdom and wit are part of RENEW's history and future.