



# RENEWNEWS



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

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## On Civility

by Linda Hawes Clever, MD

Just before I left on a recent trip, a friend asked, “Will you be taking along the Constitutions?” “Yep.”

The back story: upon transferring my League of Women Voters membership from Marin to Southern San Mateo County, I entered a welcoming beehive of non-partisan activity. One item in my orientation packet was a copy of the United States Constitution. After reading it, I ordered a box of 100 from Freedom Factor.org (800-388-4512) and started to hand them out. My seventh box is nearly empty. Taxi drivers, flight attendants, friends at dinner and colleagues on committees have welcomed the gift; some have asked for copies for their children. One person turned it down with, “I already have one.” Several said, “I’m honored.” Or, “relieved.”

What does this have to do with RENEW and renewing?

You may have noticed our vision statement on our emails, “RENEW’s vision is to reignite the human spirit to thrive and to make a positive difference.” You might have seen the tag line on our stationery, “RENEW helps people who juggle work, family and community commitments sustain (or regain) their enthusiasm, effectiveness and purpose.”

RENEW intends to lift peoples’ spirits, put their values in gear, and take the positive road. As we engage in our communities and move forward with vitality and tenacity, we can help address America’s current unsettling social and political situation.

Thomas Jefferson can be a catalyst for this urgent campaign: “... All tyranny needs to gain a foothold is for people of good conscience to remain silent.”

To put 18<sup>th</sup> Century declarations into 21<sup>st</sup> Century action requires more than assertions, however. It requires goals and civility.

As for goals, the League of Women Voters aims to safeguard our nation’s hard-won democracy by:

- \*Fighting voter suppression
- \*Engaging new voters
- \*Empowering voters with information

As for civility, a RENEW Conversation Group outlined several elements of common courtesy: \*Listen \*Be open \* Recognize that silence can calm \*Pay attention to even subtle cues \*Know that a mean or inaccurate word cannot be disremembered. Abraham Lincoln, in desperate 1862, captured these ideas: “In times like the present, men should utter nothing for which they would not willingly be responsible through time and eternity.”

Want a Constitution? Let me know! In any event, it’s time to RENEW.

## There is a Season for Everything...

The bittersweet time of farewell also brings joy and gratitude for great service and memories. Founding Board members are passing the baton. **Kathryn Johnson**, former CEO of Health Forum and award-winning activist in world affairs (UN, women's leadership, MedShare, CARE FOR PEACE) will continue her global volunteerism. **Amanda Spivey**, attorney, key supporter of the National Museum of Women in the Arts and former US Postal Rate Commissioner, will continue to inspire and support health and art-related work around the world. **Deloras Jones**, a remarkable strategic thinker and connector came to the Board later and strengthened our awareness of and links to the nursing profession. Deloras went from being top leader at Kaiser nursing to founding the California Institute for Nursing and Health Care and now connects with several generations of family in the West. RENEW's health has depended on these superb, generous leaders; we are beyond grateful.

At the **same time**, we welcome two new Board members.



**Toby Adelman**, RN, PhD, Associate Professor and Director of the Institute of Nursing Research and Practice, at The Valley Foundation School of Nursing at San Jose State University, teaches our next generation of nurses. Dr. Adelman obtained her bachelors, masters and PhD (the latter with a focus on health policy and gerontology) at UCSF. Dr. Adelman has cared for neurosurgery patients; was a leader at SF's Institute on Aging; and served on the Board of the SF Family Foundation for the past 12 years. A Maine native, she spends summers there, sailing her catamaran and being with family. She tells everyone that her work with RENEW has allowed her to thrive as a parent and a professional.

**Anne Pera**, R.N. Coordinator for the Sutter Bay Area Regional Transfer Center and Holistic Nurse Educator with the Sutter Integrative Healing Arts certificate program, and has been a Care Manager since 1985. She has taught and practiced Integrative Healing Arts since 1983 with the intention of improving the environment of care for patients and for those who care for them. A member of RENEW's "Conversing About Nursing" Conversation Group© for the past 15 years, she credits her career growth and survival in health care in large part to the support and encouragement of the amazing professionals in this group. She studied nursing at Marquette University in Milwaukee, started her career in Oncology and Hospice nursing in San Francisco and is board certified in Holistic Nursing. She and her husband live in San Rafael where she enjoys, hiking, and writing poetry. She has two grown children and two darling grandchildren. who bring great joy to her life.



## Celebrating 20 Years of RENEWing!

Put November 17, 2018 on your calendar. Silverado Resort in Napa. Conference from 9-5 or so, then music and more fun. Our purpose is to extend RENEW's reach and impact; to learn, share, rest, ally, activate; feast. All at once? Maybe! Come try it out. The official invitation with details such as costs and reservations will follow.



## Afghani Women's Robotics team RENEWs

Board member Eliza Chin, MD can form bonds across oceans, ages and professions. In behalf of the American Women's Medical Association of which she is Executive Director, she linked RENEW with the Afghani Women's Robotics Team. Not surprisingly, the six young women each received a copy of the US Constitution.

## Community Initiatives Has Moved

Our fiscal sponsor, Community Initiative, which provides "back office" record-keeping, personnel and financial services for its 10% fee, has relocated to the East Bay. All future gifts should be sent there (see new address sticker on the enclosed envelope): RENEW C/O CI 1000 Broadway, Suite 480, Oakland, CA 94607