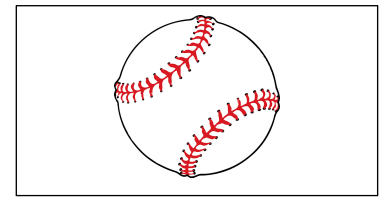


RENEWNEWS

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



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Inside Baseball, the RENEW Version **Linda Hawes Clever, MD, MACP**

The fray that is American health care is more ready than ever for RENEW. Our experience, honed over a quarter century brings focus and healing to practices, clinics, hospitals, and academic and research settings. As we prepare to assure for our future, celebrate RENEW's legacy, and launch into the digital world, time is perfect to introduce some RENEW insiders and the reasons for their commitment to RENEW. You will hear more in the coming months.

Here are some previews from three Board Members:

- **Eliza Chin, MD** is Executive Director of the American Medical Women's Association and editor of *This Side of Doctoring: Reflections from Women to Medicine*. She was drawn to RENEW because of "the values of RENEW and the call for each one of us to know – and prioritize – our own values... "RENEW is the promise of a better future, ... a way of thinking, of living, of thriving." "I come away from every board meeting of RENEW inspired, rejuvenated, and grateful. In no other area of my life have I experienced that level of fulfillment, except spiritually."
- **Brittany Imwalle** is a change leader who works at the intersection of human relationships and organizational strategy. She is the happiest when her work supports the success of others. Brittany attended a retreat that featured RENEW and followed up to learn more because she found "the simple – but not easy – approach to considering one's values, reflecting on what fills our buckets (and what drains them), and how this self-knowledge can... promote fulfillment and JOY to be incredibly powerful." She stays involved because, ... "Every person that I meet has had, ... a positive experience, and has felt seen. That doesn't happen often, ... and it matters." RENEW is different because "it is focused on how we can use our skills and talents to make the world a better place (versus RENEWing just for ourselves)."
- **Anne Pera RN, HN-BC, BSN, PHN** is Board Certified in Holistic Nursing and case manager and care coordinator. She has practiced nursing for over four decades and has participated in a RENEW Conversation Group, "Conversing about Nursing", for twenty years. Anne reports, "Through... compassionate conversation, ... I have experienced the infusion of something... the shift from stress to a deep sense of belonging, especially to my profession, Nursing." "When navigating through the traffic of my life, I can rely on my RENEW compass, and with support, change can happen with grace and good humor. *The Fatigue Prescription Four Steps to Renewing Your Energy, Health and Life*, [a] guide to thriving and living a purpose filled and meaningful life, is a resource I continue to go to for a quick tune-up."

Three Panel Advisors members commented:

- **Mary Wooley**, long-time CEO of Research America!, a high-powered alliance that works to make research for health a much higher national priority, is a member of the National Academy of Medicine, and fellow of the American Academy for the Advancement of Science. She points to RENEW's unique, early recognition of "stress and burnout in health professionals that quickly brought fresh solutions to bear." RENEW recognized

from its beginning that the valuable people of the health care workforce take care of our entire nation's health – and therefore need attention themselves. She looks forward to amplifying RENEW in order to “touch many more people...” This will benefit our entire country.

- **Bill Eichhorn**, is a retired United Church of Christ minister and a founding RENEW board member. He is impressed by “the way RENEW has stayed the course, ... gaining vast knowledge over the years from LISTENING to so many health care professionals tell their stories.” He is pleased that RENEW has the capacity to renew itself and commented that “wisdom about self-care guided me through 40 years of parish ministry.”
- **Kathleen Burke**, had 20+ year career in legal and financial services and nonprofit board service. Her volunteer work focuses on education and women’s issues. Years ago she noticed “Linda Clever’s calm and gracious demeanor when asking penetrating questions, breaking through resistance to sharing vulnerabilities and worries...” Kathi is excited about the “possibility to scale the reach of RENEW dramatically”, given its proven effectiveness to combat the exhaustion felt by people who dedicate their lives to others.” She says that RENEW “shines a light on all that is within our control” and it has “built my muscle to pace myself, know when to say ‘no’ ... and align my efforts with my values.”

So there you have it – comments and inspirations from some RENEW insiders. There is good and necessary work to do. We do it. Join us! Thanks!

RENEW News Winter 2023

- **Toby Adelman, RN, PhD**, thought leader, clinician, and former Professor of Nursing at San Jose State University, has returned to her native state, Maine, leaving stardust in her wake as she leaves the RENEW Board.
- **Dennis Patterson, MHA, D.Ed., FACHE, FACHT**, creative power in numerous start-ups that improve performance of hospitals and health systems worldwide, has rejoined the RENEW Board, bringing his valuable advice and effort.
- RENEW’s five presentations in five autumn weeks (including a 6-hour webinar for the Center for Excellence in Nonprofits) yielded some photo ops

Center for Excellence in Nonprofits
Linda Clever and Shana Peete, CEO of CEN



Intend Health Conference Atlanta
Toby Adelman, Eliza Chin and Linda Clever,
RENEW Board