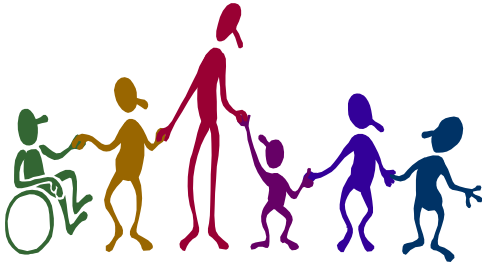


# The BurnNet

February 2015, Volume 34, No. 2



## OUR GROUP MEETING

Thursday, **February 5**, 7:30-9:00pm

Directors Conference Room

First Floor, Main Hospital

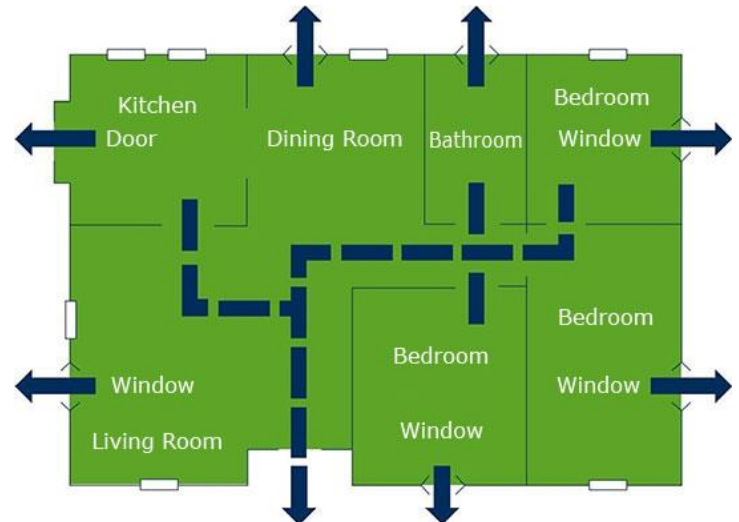
All survivors of burns or necrotizing fasciitis and their family and friends are welcome. For more information call (916) 734-3636.

## THE TWO-MINUTE RULE

Imagine being sound asleep in the middle of the night when suddenly your smoke alarms start blaring. Your house is filling with smoke. Do you know what to do? According to the American Red Cross (ARC), fire experts agree that people have about two minutes to escape a burning home.

With this in mind, ARC created the Home Fire Preparedness Campaign to reduce the number of fire related deaths and injuries by up to 25 percent over the next five years. You can be a part of this movement by having a fire escape plan that includes the following:

- Make sure all members of the household know how to get out of every room in the house;
- Pick a place outside where everyone can meet and be sure everyone knows where it is;
- Practice waking up to smoke alarms, low crawling and meeting outside;
- Practice your home fire drill until everyone in the house can do it in less than two minutes; and
- Make sure everyone knows how to call '911'.



The U.S. Fire Administration (USFA) says people are at greater risk for home fires during the winter months. Now that the season is here, use ARC's printable worksheet [http://www.redcross.org/images/MEDIA\\_CustomProductCatalog/m38640160\\_Home\\_Fire\\_Escape\\_Plan.pdf](http://www.redcross.org/images/MEDIA_CustomProductCatalog/m38640160_Home_Fire_Escape_Plan.pdf) and begin planning; then check out this video [https://www.youtube.com/watch?v=C9KSFRq4rXA&feature=player\\_embedded](https://www.youtube.com/watch?v=C9KSFRq4rXA&feature=player_embedded) from the USFA to learn how to conduct a fire drill with your family today!

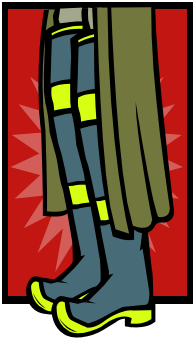
~Federal Emergency Management Agency FEMA.gov

## ARE YOU RECEIVING THE BURNNET VIA E-MAIL?

Would you like to be on the mailing list to receive The BurnNet every month?  
Email Deb Jones RN at: [debra.jones@ucdmc.ucdavis.edu](mailto:debra.jones@ucdmc.ucdavis.edu)



## UPCOMING EVENTS



### February 12-15 Firefighters "Fill the Boot for Burns" Boot Drive – Sunrise Mall

One of the Firefighters Burn Institute major fundraisers of the year. Come throw some money in a firefighter's boot! Interested in volunteering to help that weekend? Contact Mimi Winters at 916-739-8525 or [mimi@ffburn.org](mailto:mimi@ffburn.org). Other Boot Drives are held at various locations throughout Northern California

### February 14 FFBI Boot Drive Safety Fair – Sunrise Mall

Want to volunteer to help at the FFBI Regional Burn Center at UCDCM booth? Contact Deb Jones RN at 916-734-5596 or [debra.jones@ucdmc.ucdavis.edu](mailto:debra.jones@ucdmc.ucdavis.edu). Otherwise, just attend- it's FREE to the entire community!



### February 15 Firefighter Appreciation Night – Stockton Thunder Arena

Doors open at 3 pm. Puck drops at 4:00 pm ONLY \$15 per person! Includes: Stockton Thunder vs. Colorado Eagles Ticket and Sacramento Fire vs. Oakland Fire following the Thunder game, and pre-game Auto Show Admission, \$5 donated directly to the Firefighters Burn Institute. To purchase tickets or for more information, contact Jeff Switkowski of SFHC or visit [www.stocktonthunder.com/fire](http://www.stocktonthunder.com/fire)



### **Firefighters Burn Institute Crab Feed 2015**

**Saturday, March 7, 2015 St. John Vianney Parish**

**10497 Coloma Road, Rancho Cordova CA 96670**

**6 p.m. No Host Cocktails, 6:30 p.m. – 11 p.m. Dinner**

Our annual Crab Feed is a great time! Tickets are ONLY \$50/each and includes:

- All-you-can-eat bread, salad, Cajun boil (includes: sausage, potatoes, corn, etc., seasoned with Cajun spices)
  - And, of course... fresh, cracked crab!
- No Host Cocktails, including the fine brews of American River Brewing Company
  - Raffle, Silent Auction & Delightful Dessert Silent Auction
  - Music & Dancing
- Mardi Gras Costume Contest! Winners will be crowned King and Queen of Mardi Gras!

### **Helpful Tips For Enjoying The Crab Feed**

- If parking lot is full you will need to find street parking.
- If your tickets are at Will Call, the table is in the main entrance
- We sell drink tickets for water, soda, mixed drink, beer & wine.
- Bring ID if you're planning on drinking; you will need it for your wristband.
- We do not allow large bags, ice chests, etc. or outside alcohol/beverages
  - You may purchase raffle tickets and bid on silent auction items
    - We accept cash/Visa/Mastercard only!

### **Suggestions to Bring to Crab Feed:**

- Butter Warmer
  - Butter
  - Candles
- Lighter / matches
- Hand wipes / sanitizer

For more information, please contact [Mimi Winters](mailto:Mimi.Winters) at (916) 739-8525

## **AS I BEGAN TO LOVE MYSELF...**

As I began to love myself I found that anguish and emotional suffering are only warning signs that I was living against my own truth.  
Today, I know, this is "AUTHENTICITY".

As I began to love myself I understood how much it can offend somebody. As I try to force my desires on this person, even though I knew the time was not right and the person was not ready for it, and even though this person was me. Today I call it "RESPECT".

As I began to love myself I stopped craving for a different life, and I could see that everything that surrounded me was inviting me to grow.  
Today I call it "MATURITY".

As I began to love myself I understood that at any circumstance, I am in the right place at the right time, and everything happens at the exactly right moment. So I could be calm.  
Today I call it "SELF-CONFIDENCE".

As I began to love myself I quit steeling my own time, and I stopped designing huge projects for the future. Today, I only do what brings me joy and happiness, things I love to do and that make my heart cheer, and I do them in my own way and in my own rhythm.  
Today I call it "SIMPLICITY".

As I began to love myself I freed myself of anything that is no good for my health – food, people, things, situations, and everything that drew me down and away from myself. At first I called this attitude a healthy egoism.  
Today I know it is "LOVE OF ONESELF".

As I began to love myself I quit trying to always be right, and ever since I was wrong less of the time.  
Today I discovered that is "MODESTY".

As I began to love myself I refused to go on living in the past and worry about the future. Now, I only live for the moment, where EVERYTHING is happening.  
Today I live each day, day by day, and I call it "FULFILLMENT".

As I began to love myself I recognized that my mind can disturb me and it can make me sick. But As I connected it to my heart, my mind became a valuable ally.  
Today I call this connection "WISDOM OF THE HEART".

We no longer need to fear arguments, confrontations or any kind of problems with ourselves or others. Even stars collide, and out of their crashing new worlds are born.  
Today I know THAT IS "LIFE"!

~Charlie Chaplin

**HAPPY VALENTINE'S DAY!**

## OTHER SUPPORT OPTIONS

- Bothin Burn Center Burn Support Group, San Francisco  
4<sup>th</sup> Thursday of each month, 11:30 am – 1:00 pm  
Call 800-755-2876 for details and directions

- Santa Clara Burn Support Group, San Jose  
1<sup>st</sup> Tuesday of each month, 7:30 pm – 9:00 pm  
Call 408-885-6670 for details and directions

- Phoenix Society – Live Online Support

TO ENTER THE INTERNET CHAT (Every Wednesday night 6:00 – 7:30PM PST)

1. To enter the Chat you need to create a profile on our website. This is where you will choose your Screen name and password.
2. Go to our website and click on Weekly Live Chat under the Get Support tab.
3. Click Login in the right-hand gray box.
4. Click Join Weekly Live Chat in the right-hand gray box.
5. Login with your email address and password that you created when you set up your profile. (If you are a first-timer, you will be asked additional profile information to participate).
6. The 123 Flash Chat will come up and you will need to type in your username (the Screen name you created) and password again at the top of the screen and click on login.
7. Click on the Burn Survivor Peer Support Room (blue band at top of screen) to enter the Chat room.
8. You are now ready to chat!



## QUOTE

When you're different, sometimes you don't see the millions of people who accept you for what you are. All you notice is the person who doesn't.  
— Jodi Picoult, *Change of Heart*

## PRESSURE GARMENT ASSISTANCE AVAILABLE

Patients who have problems with the fit or delivery of their garments can get help by calling the representative who fitted you first. In most cases, as a patient treated at UC Davis Regional Burn Center, that would be Heather Weidle of Enhance by Linda Reib. Her office phone number is 916-638-2508. Burn survivors should always act quickly anytime pressure garment problems are perceived. Don't be shy about this. Your recovery is dependent on being your own patient advocate.



## HANDWASHING



Hand washing is the single most important activity that you can do to protect your health and the health of others around you. Proper techniques for hand washing may seem very simple, but careful attention to this may be the most important thing you can do to prevent infection. Hand washing should be done several times throughout the day and especially before and after using the toilet, handling foods, performing any treatments or procedures, or handling or touching pets.

1. Wet hands thoroughly under running water
2. Lather with soap - hands and wrists - rub hands together, paying attention to fingernails and in between fingers for 30 seconds, or about the time it takes to sing the "Happy Birthday" song twice.
3. Point hands down and rinse under running water
4. Dry hands with a clean towel or paper towel