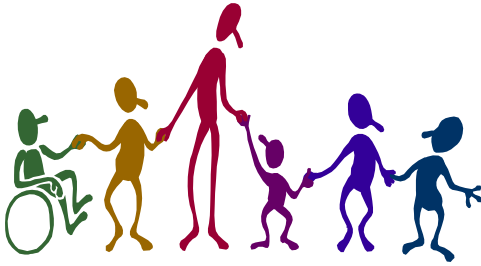


The BurnNet

April 2015, Volume 34, No. 4



OUR GROUP MEETING

Thursday, **April 2**, 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.

FIRST BATH

Just home from a fourteen-day stay in the burn ICU, I insist that washing what's left of my hair is an immediate necessity. It really isn't. A warm bathroom with a door I can close seems to be the perfect place for me to hide from the world and more importantly, the fears burning my heart. I have postponed the inevitable moment all the way through undressing and sinking into the warm soapy bath. But now I look downward to my scarred chest and belly. It is lumpy and bumpy... red and purple and still has several tiny sores covered with dried blood where staples used to be. When I saw it in the hospital under the glaring fluorescent lights I somehow detached my feelings, seeing my wound as I imagine the nurses and doctors saw it. "Looks great. It will hide under most clothes. Everything will be just fine." But now it is a horrific embarrassment, so brutally ugly.



I begin to formulate a mental plan to keep my husband, Joe, from ever again seeing me naked. Physical love has been an important part of our relationship. But now, all of that seems over. How can I seduce him with this hideous and damaged figure? I am only thirty-five years old, and I am humiliated and so deeply ashamed of my body. I lie back in the bath, waves of sadness washing over me.

The bathroom door swings open and Joe startles me from my thoughts of self-pity. Not saying a word, he leans over to slowly place his lips on the tip of my nose and then my lips. Still silent and without hesitation, he bends further down. I brace myself for the look of revulsion or pity. Instead, Joe looks directly at my scars and gently kisses the healed skin graft areas. Once. Then twice. He stands up and smiles lovingly at me and softly closes the door behind him. My tears roll down my cheeks and drop into the bathwater. The scars on my chest and belly are still there. But the one on my heart is gone. ~Anonymous



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: debjones@ucdavis.edu

APRIL IS NATIONAL DISTRACTED DRIVING AWARENESS MONTH

Each day in the United States, more than 9 people are killed and more than 1,153 people are injured in crashes that are reported to involve a distracted driver. Distracted driving is driving while doing another activity that takes your attention away from driving. There are three main types of distraction:

- Visual: taking your eyes off the road;
- Manual: taking your hands off the wheel; and
- Cognitive: taking your mind off of driving.



Distracted driving activities include things like using a cell phone, texting, and eating. Using in-vehicle technologies (such as navigation systems) can also be sources of distraction. While any of these distractions can endanger the driver and others, texting while driving is especially dangerous because it combines all three types of distraction. Unfortunately, many drivers assume they can handle texting while driving and remain safe, but the numbers don't lie.

- In 2012, 3,328 people were killed in crashes involving a distracted driver.
- 421,000 people (17%) were injured in motor vehicle crashes involving a distracted driver.
- 15% of burns are caused by vehicle crashes
- 10% of persons hospitalized for burns were in motor vehicle crashes
- 60% of vehicle fire deaths are caused by crashes

Texting While Driving Is:

1. About 6 times more likely to cause an accident than driving intoxicated
2. The same as driving after 4 beers – National Hwy Transportation Safety Admin.
3. The number one driving distraction reported by teen drivers

Texting While Driving:

1. Makes you 23X more likely to crash – National Hwy Transportation Safety Admin.
2. Is the same as driving blind for 5 seconds at a time – VA. Tech Transportation Institute
3. Takes place by 800,000 drivers at any given time across the country
4. Slows your brake reaction speed by 18% – HumanFactors & Ergonomics Society
5. Leads to a 400% increase with eyes off the road

http://www.cdc.gov/motorvehiclesafety/distracted_driving/
<http://www.textinganddrivingsafety.com/texting-and-driving-stats/>

PHOENIX SOAR GROWS WITH FIRE SERVICE SUPPORT

Phoenix Society brought together a steering committee with Phoenix SOAR Coordinators, representatives of Fire Chiefs and Fire Service Behavioral Health, burn-injured firefighters and their spouses in partnership with the International Association of Fire Fighters Burn Foundation and National Fallen Firefighters Foundation. The committee met in Chicago March 11-12 to discuss increasing access of peer support through Phoenix SOAR for burn-injured firefighters and families.

Funding provided through DHS/FEMA's Grant Program Directorate for Assistance to Firefighters Grant Program - Fire Prevention and Safety Grants.



QUOTE

Hardship often prepares an ordinary person for an extraordinary destiny.

~ C.S. Lewis



UPCOMING EVENTS



April 11 UCD Fire 11th Annual Pancake Breakfast Fundraiser

UCD Fire Station 34, 625 Kleiber Hall Drive, Davis. Prepared by the UC Davis Student Resident Fire Fighters of Station 34. All proceeds go directly to the Firefighters Burn Institute. \$5 Pre-sale, \$7 at the door. Email ucdfire@gmail.com or come by Station 34 for tickets.

SAVE THE DATES!



June 27 4rd Annual Firefighter's "A Tropical Affair" Fundraiser

Hosted by FFBI at "The Grassy Knoll" at Shriners Hospital for Children in Sacramento. For 21 & Over. More information to follow!



July 18 Dixon's Grillin & Chillin Car & Truck Show

Dixon, CA. More details to come!



July 25-30 Firefighters Kids Camp

Camp Arroyo, Livermore, CA. Now accepting camper and camp counselor applications for Firefighters Kids Camp. For more information contact Ka Vue at (916) 739-8525 or ka@ffburn.org



September 27 Burn Survivor Community Picnic

Camp Arroyo at 5555 Arroyo Rd, Livermore, CA. FREE to burn survivors of all ages, firefighters, burn unit and clinic staff and their families! For more info contact Ka Vue (916) 739-8525 or email ka@ffburn.org

OTHER SUPPORT OPTIONS

- Bothin Burn Center Burn Support Group, San Francisco
4th 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
1st 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!

