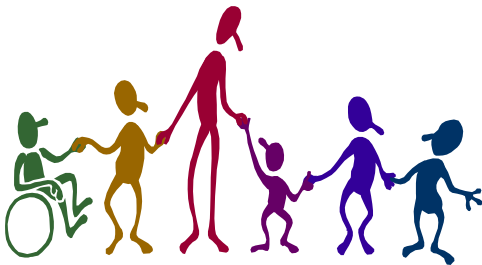


# The BurnNet

May 2015, Volume 34, No. 5



## OUR GROUP MEETING

Thursday, **May 7**, 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.

## 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!



## MAY 2 IS NATIONAL WILDFIRE COMMUNITY PREPAREDNESS DAY 2015



Commit a couple of hours, or the entire day, and join others throughout the nation by developing a project to make our communities a safer place to live on Saturday, May 2. Challenge friends and family members to accomplish something great together! Efforts will raise wildfire awareness and help protect homes, neighborhoods and entire communities, while increasing safety for wildland firefighters; or lessen current post-fire impacts.

## 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](mailto:debjones@ucdavis.edu)



## ADVICE FROM A TREE

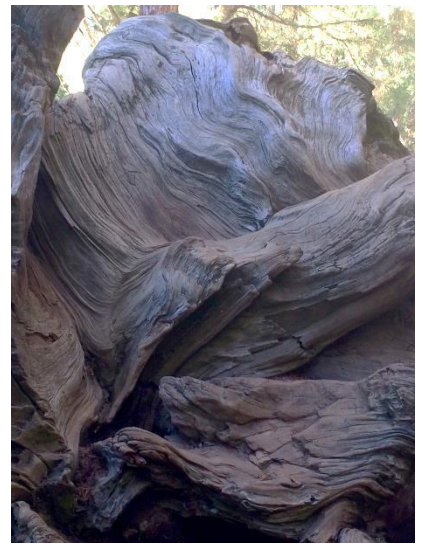
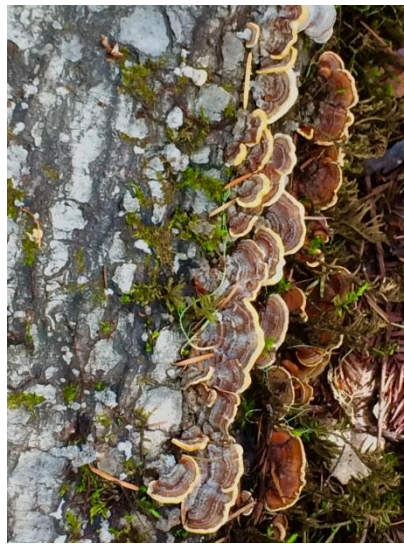
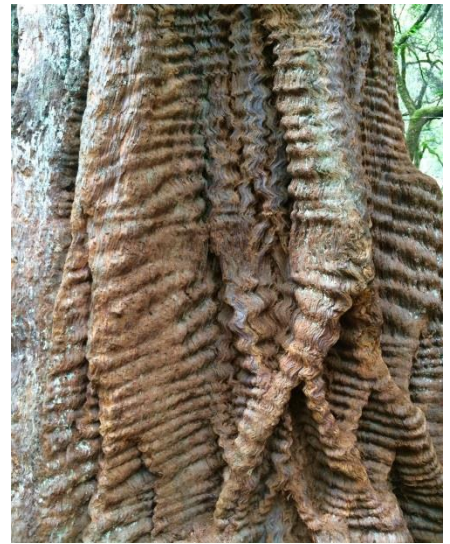
- *Stand tall and proud*
- *Go out on a limb*
- *Remember your roots*
- *Drink plenty of water*
- *Be content with your natural beauty*
- *Enjoy the view*

For the average American, more than 90 percent of our time on Earth is spent indoors. But research has shown that going outdoors can be a way of relaxing and enhancing your well-being. Nature can help facilitate self-awareness and promote healing. For many the outdoors is a source of inspiration and regeneration; for others, it is simply "their therapy".

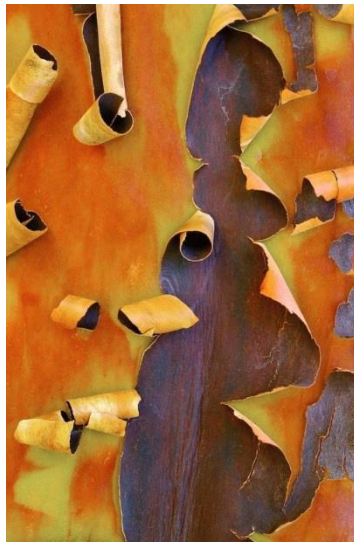
According to Howard Clinebell, who wrote a 1996 book on the topic, "ecotherapy" refers to healing and growth nurtured by healthy interaction with the earth. He also called it "green therapy" and "earth-centered therapy." This doesn't mean you must move "off the grid"; rather, take a weekend camping trip or simply a walk in the park with a close up view of

a tree or two. Pulitzer-winning author Alice Walker points out, "In nature, nothing is perfect and everything is perfect. Trees can be contorted, bent in weird ways, and they're still beautiful."

I think this can be said about us (humans) as well. On last year's camping trips of northern California, I began collecting photos of some of the imperfect/perfect trees I met. Many are burn survivors. Check them out. Take note of how they make you feel. Are they beautiful, or not—and describe why? Enjoy!







## WILDFIRE AND YOU

Wildfire Awareness Week is May 3-9, 2015. Although most of us have no intention of setting in motion the forces which could burn hundreds of homes, millions of acres of forest and affecting thousands of lives, each year we learn of devastating wildfires caused by careless behavior.

### Facts on Fires:

- In 2011, there were 10,249 wildfires caused by lightning, but 63,877 wildfires caused by human error (as reported to the National Interagency Fire Center).
- In 2011, more than 8.7 million acres burned due to wildfires in the U.S. More than 5.4 million acres burned due to human-caused wildfires.

### Common ways YOU could unintentionally start a wildfire

- unattended debris burning
- equipment fires such as from lawnmowers, ATVs, power equipment
- smoking
- unattended campfires
- fireworks
- carelessly discarding fireplace or BBQ ashes

### Show your commitment to wildfire prevention. I pledge to:

- BE SMART WHENEVER I GO OUTDOORS
- To use caution and common sense before lighting any fire.
- To understand that any fire I or my friends create could become a wildfire.
- To understand and practice proper guidelines whenever I or my friends create a fire outdoors.
- To never, ever leave any fire unattended.
- To make sure any fire that I or my friends create is properly and completely extinguished before moving on.
- To properly extinguish and discard of smoking materials.
- To be aware of my surroundings and be careful when operating equipment during periods of dry or hot weather.
- To speak up and step in when I see someone in danger of starting a wildfire.

You can find so much more information and fun activities at [www.smokeybear.com](http://www.smokeybear.com)



## PHYSICAL MEDICINE AND REHABILITATION (PM&R) SHOE AND CLOTHING DRIVE IS APRIL 6-24



PM&R maintains a small shoe and clothing closet to assist with patient rehabilitation needs and hospital discharge. We are currently in need of donations of **new tennis shoes** for Rehab and Acute inpatients. We can use all sizes for children, women, and men. The most commonly needed shoe sizes are men's size 10 or greater. We can also use sweat pants, sweat shirts and T-shirts of all sizes (but especially larger sizes).

We are able to offer receipts for tax purposes. We want to thank anyone who is able to participate in this program.

For donations or questions, please contact:

Kurt Steen, PT (916) 734-3415  
Mark Yamada, OT (916) 734-7040  
Deb Jones RN (916) 734-5596



## UPCOMING EVENTS



### May 2 Cosumnes Firefighters Association Pancake Breakfast

Cosumnes Fire Station 71 at 8:00 am  
8760 Elk Grove Blvd, Elk Grove, California 95624.  
\$5 donation to the Cosumnes Firefighters Association Injury and Illness Fund



### June 20 "Firefighters Burn Institute Night!" at Raley Field

River Cats vs. Reno Aces First Pitch: 7:05 pm. Family & friends sit together, scoreboard recognition, FREE parking, Post- game fireworks! Tickets: \$25 Senate Section/ \$20 Assembly Section. Purchase tickets online [www.ticketmaster.com/event/1C004E557EBE1E11](http://www.ticketmaster.com/event/1C004E557EBE1E11) with code: fire15



### 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! Includes: Strolling Dinner, Wine & Beer Tasting and No Host Bar, Hula Dancers, Photo Booth, Wine Raffle, Live Music & Dancing. Tickets: \$50/ Two for \$90/ \$75 At the Door.



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

Downtown Dixon, CA. Includes a Rib Cook-Off from 10am – 10pm. Classic Cars & Trucks, Live Music, Great Food, and Artisans. For more details, please visit: [www.dixonribcookoff.com](http://www.dixonribcookoff.com)



### July 25 9th Annual AFSA Softball Tournament

To be held at the Bartholomew Sports Park in Elk Grove. Game begins at 8:00 am. All proceeds to go to the Firefighters Burn Institute. For more information, contact Amy Donahoo at (209) 834-3460



### July 25-30 Firefighters Kids Camp

Camp Arroyo, Livermore, CA. Application deadline for camp counselors is May 4. For more information contact Ka Vue at (916) 739-8525 or [ka@ffburn.org](mailto:ka@ffburn.org)



### August 28 Bogle Vineyards "Friday Alfresco"

Bogle Vineyards & Winery is again hosting their "Friday Alfresco", an outdoor summer series at their tasting room in Clarksburg from 5-7pm. Tickets available soon and includes wine, food and live music! Proceeds Benefit FFBI



### 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](mailto:ka@ffburn.org)

## WORLD BURN CONGRESS COMING TO INDIANAPOLIS, IN OCTOBER 21-24! SCHOLARSHIPS AVAILABLE



World Burn Congress can be a life changing experience. Each year burn survivors from all over the world gather at World Burn Congress to share their stories, find resources for their recovery and build a network for support. Anyone may attend World Burn Congress.

The Firefighters Burn Institute (FFBI) provides a limited number of scholarships for local burn survivors along with one primary support person (i.e. spouse, legal parent/guardian, caregiver, etc.), provided the need is there, to attend the Phoenix Society's "World Burn Congress". The scholarship typically includes roundtrip airfare, hotel costs for approved conference nights and conference registration.

To be considered for a scholarship, you must submit a Letter of Request with ALL information outlined in the application form by **July 13, 2015**. Contact the FFBI for an application. [Ka@ffburn.org](mailto:Ka@ffburn.org) or 916-739-8525.

The final decision of scholarship recipients will be made by the Executive Director of the Firefighters Burn Institute. Careful consideration will be given to each applicant. Scholarship approval for applicant's primary support person will be on an individual basis.

We encourage you to take advantage of the scholarship opportunity offered by the Firefighters Burn Institute and embrace the experience of World Burn Congress.

### 9-VOLT BATTERY SAFETY

9-volt batteries power our smoke alarms, household items and toys. They are found in most homes. But these batteries can be a fire hazard if not stored safely or disposed of with care.

#### *The problem*

- 9-volt batteries can be dangerous. The positive and negative posts are close together. If a metal object touches the two posts of a 9-volt battery, it can cause a short circuit. This can make enough heat to start a fire.
- It is unsafe to store 9-volt batteries in a drawer near paper clips, coins, pens, or other batteries. Do not store common household items such as steel wool, aluminum foil, and keys near 9-volt batteries. If these items touch the two posts, there is a greater risk of a fire starting.
- Weak batteries may have enough charge to cause a fire. Some fires have started in trash when 9-volt batteries were thrown away with other metal items.



#### *Storing 9-volt batteries*

- Keep batteries in original packaging until you are ready to use them. If loose, keep the posts covered with masking, duct, or electrical tape. Prevent the posts from coming in contact with metal objects.
- Keep them someplace safe where they won't be tossed around.
- Store batteries standing up.
- 9-volt batteries should not be stored loose in a drawer. Do not store them in containers with other batteries.

#### *Disposal*

- 9-volt batteries should not be thrown away with trash. They can come in contact with other batteries or pieces of metal.
- 9-volt batteries can be taken to a collection site for household hazardous waste.
- To be safe, cover the positive and negative posts with masking, duct, or electrical tape before getting rid of batteries.
- Some states do not allow any type of battery to be disposed of with trash. Check with your city or town for the best way to get rid of batteries.

[www.nfpa.org/education](http://www.nfpa.org/education)

Your Source for SAFETY Information NFPA Public Education Division 1 Batterymarch Park, Quincy, MA 02169