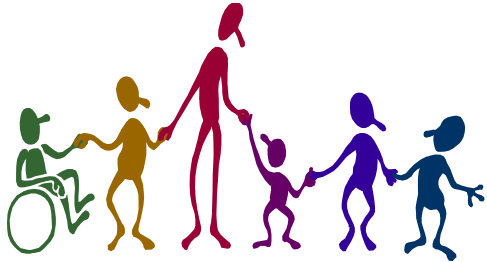


The BurnNet

August 2015, Volume 34, No. 8



OUR GROUP MEETING

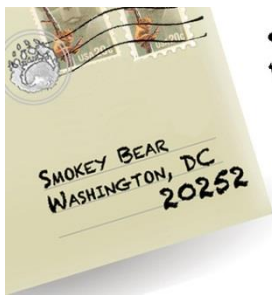
Thursday, **August 6**, 7:30-9:00pm

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) 734-5596.

HAPPY BIRTHDAY, SMOKEY BEAR



**JUST
ZIP
IT!**

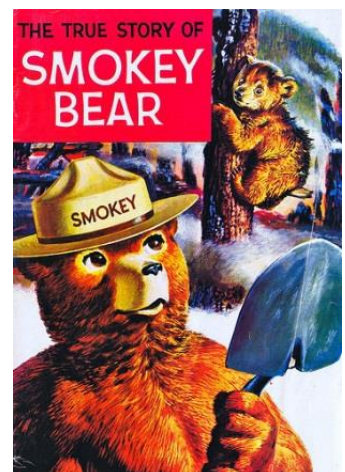
Aside from the U.S. president, who is assigned a ZIP code for his or her personal use while in the White House; there is only one other who gets his own ZIP code. The other lucky ZIP code belongs to Smokey Bear!

Smokey Bear was born on **August 9, 1944**, when the U.S. Forest Service and the Ad Council agreed that a fictional bear named Smokey would be the symbol for their joint effort to promote forest fire prevention. That fictional character became real six years later

after a bear cub was found in the aftermath of a wildfire on the Capitan Mountains of New Mexico. By 1964, Smokey Bear began receiving so many letters from children and adults alike that the U.S. Postal Service awarded 20252 as Smokey's official ZIP code.

"The letters never stopped coming," said Bob Schneider, the Forest Service volunteer who helps Smokey Bear and Woodsy Owl open mail and answer letters. "I spent my entire life living near and camping in national forests, and you can't underestimate the importance of the lessons taught by Smokey Bear. Generations of children have learned to be more careful and not to play with matches. I was one of those children. And today, I could not be more proud than to be helping Smokey Bear continue to teach that 'Only you can prevent wildfires.'"

You don't have to wait until Smokey Bear's birthday to send a card or letter; and you don't have to be a kid. Those who write to Smokey Bear receive tokens in return, including a copy of "The True Story of Smokey Bear." You can find so much more information and fun activities at www.smokeybear.com



UPCOMING EVENTS



August 7 9th Annual Guns & Hoses Wine, Beer, Food Festival

Sacramento Marriot - Rancho Cordova 6:30pm - 10:00pm
Live music, Over 50 wineries, breweries and food vendors, Souvenir wine glass, Silent auction. Must be 21+ to attend this event! Advanced purchase \$35/\$45 at the door. For ticket information call (916) 715-3132 or go to www.pigbowl.com



August 17-30 ReUseIt Clothing Drive

Household Donation Station Locations: 7770 Auburn Blvd, Citrus Heights, CA & 3328 Fair Oaks Blvd, Carmichael, CA. Sacramento site TBD. Call (916) 739-8525 for details. A Portion of the Proceeds Benefit FFBI!



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! Proceeds Benefit FFBI



August 30 Day in the Park Fundraiser

The Taylor Family Foundation, Camp Arroyo, Livermore, CA. 11:30 a.m. to 6:00 p.m. Proceeds help give the gift of camp to more children each year. Foods, drinks, live auction as well as performances by Judy Collins and Lacy J Dalton. Go to www.tff.org to buy tickets



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



November 13-15, 2015 Little Heroes Preschool Burn Camp

Camp Arroyo, Livermore, CA This camp is a model burn recovery program focusing on burn survivors ages 3 to 6 years old and their families. Family Application Deadline: Sept. 14. Counselor Application Deadline: August For more information, please contact Ka Vue at (916) 739-8525 or ka@ffburn.org

QUOTE

If ever there is tomorrow when we're not together... there is something you must always remember. You are braver than you believe, stronger than you seem, and smarter than you think.

~Christopher Robin to Pooh/A.A. Milne



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



TEDDY BEAR TIME

Teddy bears are part of the emotional support system every child needs in their early years. Dragging it everywhere, nibbling on its ears or curling up with it when the going gets tough. When tired, it will help him get to sleep. When separated from family, it will reassure him. When frightened or upset, it will comfort him. When in a strange place, it will help him feel at home.

Teddy bears, or other special comforts, are called transitional objects because they help make the emotional transition from dependence to independence. They work, in part, because they feel good. They're soft, cuddly, and nice to touch. They're also effective because of their familiarity. It reminds one of the comfort and security of home. They can handle a tight squeeze or a waterfall of tears. They listen attentively without interruption to your words. They make one feel that everything is going to be okay.

Despite myths to the contrary, transitional objects are not a sign of weakness or insecurity, and there's no reason not to use one, even as an adult- and especially during the recovery journey of a burn injury. It can be a normal, natural way to comfort yourself in the hospital or at home as you gradually transition to independence by finding other ways to cope with stress.

An adult burn survivor shared, "A firefighter gave me a teddy bear on Christmas morning while I was in the Burn Unit. Wrapping my arms around 'Smokey' gave me a feeling of safety and helped with my anxiety during the day."

Maybe more adults should consider Teddy Bear Time to help get to sleep, reassure us when separated from family, comfort us when frightened or upset or in a strange place.

~Deb Jones RN



PHOENIX SOCIETY FOR BURN SURVIVORS

Burn survivors and their families can participate in free online learning courses designed to empower, with the tools to handle questions, stares and social situations after a burn injury! In partnership with Target Solutions, Phoenix Society's Online Learning is a web-based program developed by burn survivors, family members, and burn care professionals. Enroll now at the following link:

<http://www.phoenix-society.org/community/stayconnected/online-learning-community/>

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.



THE BEAR AND TWO FRIENDS

Once, two friends were walking through the forest. They knew that anything dangerous could happen to them at any time in the forest. So they promised each other that they would remain united in any case of danger. Suddenly, they saw a large bear approaching them.

One of the friends at once climbed a nearby tree. But the other one did not know how to climb. So being led by common sense, the second friend lay down on the ground breathless, pretending to be a dead.

The bear came near the friend lying on the ground. The bear smelt in his ears, and slowly left the place (because bears do not touch dead creatures).

Now the friend up the tree came down and asked the friend on the ground, "Friend, what did the bear whisper into your ears?" The other friend replied, "The bear advised me not to trust a false friend." Moral: A True Friend is the one who always supports and stands by you in Any situation.

~Abdul Rafay Katapr

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 at www.phoenix-society.org
 - **Peer Support**
Every Wednesday 6:00 – 7:30PM PST
 - **NEW! Facilitated Parent Support**
Second Monday of each month 6:00-7:30PM PST
Parent Support – Facilitated Chat provides a supportive environment where parents and families can be expressive, collaborative and also connect with others regarding emerging issues surrounding youth and teen survivors and the effects of a burn injury on the entire family. Chat sessions will be guided by experts in the field of burn care, child development and family centered care.

To enter the Chat you need to create a profile on our website. This is where you will choose your Screen name and password.

1. Go to our website and click on Weekly Live Chat under the Get Support tab.
2. Click Login in the right-hand gray box.
3. Click Join Weekly Live Chat in the right-hand gray box.
4. 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).
5. 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.
6. Click on the Burn Survivor Peer Support Room (blue band at top of screen) to enter the Chat room.
7. You are now ready to chat!



TAKING CARE OF THOSE WHO PROTECT OTHERS

Phoenix SOAR Supports Burn Injured Firefighters and Their Families

The healing journey of a burn injured firefighter can have its unique challenges. We understand how the healing paths of the firefighter survivor and their family can be vastly different.

The firefighter survivor often hopes to return to the profession where the burn injury occurred, while family members may struggle with the fear of loss. The physical recovery is challenging, but psychological recovery can be overwhelming.

Watch testimonials from burn-injured firefighters and others who describe what peer support means to them:

<http://www.phoenix-society.org/our-programs/soar/firefighters>

How Phoenix SOAR Helps

Phoenix SOAR helps burn-injured firefighters and their families:

- Gain understanding of what life looks like after a burn injury
- Learn what to expect from the psychological impact of burn trauma and the process of emotional healing
- Speed and strengthen recovery - gaining hope from a peer supporter at a challenging time
- Ensure connection to a caring community and resources – so burn survivors and their families do not travel the road of recovery alone

The sooner burn survivors connect to resources and support from someone who's "been there", the sooner they can get back to living.

Get Support

Contact Deb Jones RN, local SOAR Coordinator at Firefighters Burn Institute Regional Burn Center at UC Davis Medical Center at 916-734-5596 or debjones@ucdavis.edu or The Phoenix Society at 800-888-2876 to gain access to individual peer support, or let us know what additional information or resources you may need.

Phoenix SOAR - Helped My Return

After my burn injuries, my future and the uncertainty of ever being a firefighter again weighed heavily on my mind. My desire to return to the thing that almost cost me my life was something that many people could not understand.

My family has been extremely thankful for the support that we received from the Phoenix SOAR program. Just being able to talk with other firefighters and their spouses was such an uplifting experience for us.

It provided me with a reinforced desire to return to full duty as a firefighter and gave my wife a support network of people who understood the emotions behind sending their spouse out the door to respond on calls again.

By joining Phoenix SOAR we are helping others with their goal to return to a "normal life" and become survivor and not a victim.

~Jason K., firefighter, burn survivor, Phoenix SOAR peer supporter

From The Phoenix Society www.phoenix-society.org