

The BurnNet

September 2015, Volume 34, No. 9

OUR GROUP MEETING

Thursday, **September 3**, 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.



UPCOMING EVENTS



August 28 Bogle Vineyards "Friday Alfresco"

Bogle Vineyards & Winery is again hosting their "Friday Alfresco", an outdoor summer event at their tasting room at 37783 County Road 144, Clarksburg, CA from 5-7:30pm. Come relax and shake the week off with live music by Random Shuffle Band, wine and food available for purchase. Or bring a picnic and pair with one of our featured bottles of wine. Proceeds from the event go directly to FFBI. \$15/guest, \$10/bbw member. Tickets are available at the door. No outside alcoholic beverages allowed. No pets. Thank you. www.boglewinery.com



September 27 Burn Team Community Picnic ***NOTE LOCATION CHANGE!**

Elk Grove Regional Park (Area 7A), 9950 Elk Grove-Florin Road, Elk Grove, CA. **FREE** to burn survivors of all ages, firefighters, burn unit and clinic staff and their families! FF Local 522 and the Firefighters Burn Institute will host the BBQ. A bounce house for the little ones! Casual picnic atmosphere to relax with others. Bring chairs or blankets. Please RSVP to ensure enough food by September 4th! Call at Lisa (916) 739-8525 or email lisa@ffburn.org



Phoenix Society
for burn survivors

October 21-24 the Phoenix Society World Burn Congress

This year in Indianapolis, IN; an annual, international conference that brings together 900+ burn survivors, their families, caregivers, burn care professionals, and firefighters. Go to www.phoenix-society.org to register.



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

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



THINGS TO REMEMBER WHEN YOU THINK YOU'RE NOT AWESOME



There are times I am really terrible to myself. I look for proof I am not awesome, that I don't deserve to be loved or respected. I compare myself to others, most of whom I don't even know- people at the coffee shop, the mall, magazine covers and social media.

The pressure of our society makes me feel something is wrong if I don't make a certain amount of money, my BMI is over 20, or I don't have scar-free skin. With a 25% burn that required skin grafts and fingertip amputations, the list could go on forever. With all that pressure, I sometimes forget all the wonderful, unique things about myself. I allow my inner critic to tear apart my self-esteem until I hate myself too much to do anything except eat nachos, watch infomercials, and sleep.

The other day, while I was beating myself up over something I can't even remember at the moment, I read a comment on one of my social media sites telling me that one of my posts literally changed their life. It reopened my eyes to just how much I matter, regardless of my inner critic's rants. Lately I've been trying harder to catch myself when I feel an un-awesome thought coming on. While my self-love journey is on-going, here are a few things I try to remember when I'm tempted to be mean to myself:

- *Look at other people with compassion and understanding rather than judgment and jealousy.* (How I want to be looked at.) It's easier to see them for what they are—human beings. Beautiful, imperfect human beings going through some of the same challenges I go through.
- *My mind can be a very convincing liar.* I once read, "Don't believe everything you think. "That quote completely changed the way I react when a discouraging or mean thought goes through my mind. It's exhausting to give so much power to only the negative thoughts.
- *There are lots of things to like about myself.* Sometimes I zoom in on all my flaws, but then I remember there's more right with me than wrong.
- *I have to fully accept the "now" before I can be happy with the "future."* Making changes and reaching goals will be hard until I appreciate who and where I am NOW.
- *Focus on progress rather than perfection.* I look at how far I've come rather than how far I have left to go. Putting me out there is an accomplishment itself, no matter how many times I fail. Instead of criticizing myself for messing up, I give myself a pat on the back for trying and coming as far as I have.
- *I can't hate my way into loving myself.* Telling myself I'm ugly, worthless and unlovable won't make me feel any more beautiful, worthy or lovable. I know it sounds annoyingly simple, but the only way to achieve self-love is to love myself—no matter who I am and how I look.

I am awesome just the way I am—and so are you.

~Chris, burn survivor

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/>



“AWESOME” ends with ME...

Coincidence?

I think not!

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.

I AM AWESOME POEM—written by YOU

I AM...

A _____

W _____

E _____

S _____

O _____

M _____

E _____

Yes, I am!

In Acrostic poems, the first letters of each line are aligned vertically to form a word. The word is often the subject of the poem.



ARE YOU READY FOR SCHOOL?



September is Campus Fire Safety and National Back-To-School Month, and for most college students and other young adults, fire safety and burn prevention concerns take a backseat to things like studying, partying, and possibly working part-time. Planning for a potential emergency may not even occur to them, or at best just seem like an inconvenience. Many young adults simply believe that a fire or burn could never happen to them, so they downplay the value of any preventive measures or regulations.

Whether you are a parent, a high school senior getting ready to leave home, or a college student, this information is for you. Parents must be informed so they can help prepare their children to live safely away from home. High school and college students need to learn common fire risks and basic preventive measures so they can make their living environment safe. It is every individual's responsibility to prevent fires and burn injuries. The American Burn Association has some lifesaving tips that anyone living on their own for the first time should be aware of:

- Do not overload extension cords, power strips, or outlets.
- Do not leave cooking food unattended.
- Do not use gasoline to fuel a fire or a barbeque grill.
- Never disable a smoke alarm.
- Do not play with fire, causing an unintended disaster.
- Keep curtains, linens, and any other flammable material away from hot surfaces.
- If you smoke, make sure cigarette butts are fully extinguished before leaving a room.
- Never leave burning candles unattended. Make sure all candles are extinguished before leaving a room or going to bed.
- Curb alcohol consumption to avoid "passing out" while something is burning or to avoid being so intoxicated that you can't react quickly in an emergency.
- Never ignore a fire alarm.
- Have an escape plan that includes 2 ways out of every room.

For more information on college fire safety and burn prevention, fact sheets, and safety checklists, contact Deb Jones RN at (916) 734-5596 or debjones@ucdavis.edu or contact the American Burn Association at (312) 642-9260 or www.ameriburn.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 at www.phoenix-society.org
 - **Peer Support**
Every Wednesday 6:00 – 7:30PM PST
 - **Facilitated Parent Support**
Second Monday of each month 6:00-7:30PM PST

