

# The BurnNet

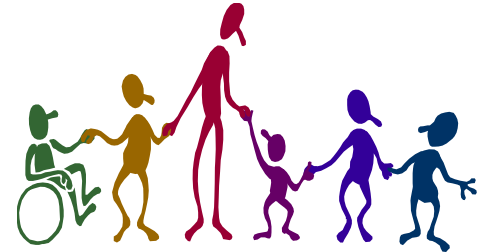
December 2015, Volume 34, No. 12



## OUR GROUP MEETING

Thursday, **December 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.



## QUOTE

If you celebrate your differentness, the world will, too. It believes exactly what you tell it—through the words you use to describe yourself, the actions you take to care for yourself, and the choices you make to express yourself. Tell the world you are one-of-a-kind creation who came here to experience wonder and spread joy. Expect to be accommodated.

— Victoria Moran, *Lit From Within: Tending Your Soul for Lifelong Beauty*

## 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 at [www.phoenix-society.org](http://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



## 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)

## QUESTION:

So the stores have had Christmas stuff displayed since Labor Day, reminding me I will be stressed to the max until January 2<sup>nd</sup>. Is there any way to plan for anything but stress?

## ANSWER: PLAN A STRESS-FREE HOLIDAY



Yes, it is the holiday season again. Depending on who you are and where you are physically and emotionally in your healing journey from your burn injury, that either means it's the most wonderful time of the year - or the most dreaded.

But, as a burn survivor and an adult, it's no longer just making pilgrim hats out of construction paper and vacation from school. The stress of trying to fit your recovery and new normal life with social obligations, parties, and the financial strain of it all can really stress you out of any holiday spirit.

What to do? Plan!

1. Get a calendar. Start by filling in all your self-care must-dos: Bathing. Wound care. Moisturizing. Daily physical therapy/exercise. These activities all take time. Remember, if you (hopefully) get 7-8 hours of sleep each night; that leaves you with only 16-17 hours to schedule your other activities.
2. So, have you returned to work? That's 8-12 hours plus commute time.
3. Next, appointments: Doctor. Counselor. Parent-teacher. Dentist. Haircut.
4. Now add the mundane, but necessary: Laundry. Vacuum. Grocery market shopping. Meal prep. Eat meal. Dishes. Whew! But really, this approach helps you see how much time you truly have available for holiday activities.
5. Review your personal holiday expectations before you review the invitations. Be realistic. Know and accept your current limitations. If you do not have the energy- physically, emotionally or financially, enjoy what you do have.
6. Remember, it is okay to say NO! Family and friends should understand. If they do not, that has nothing to do with you. Create and protect your boundaries.
7. When planning and filling out your calendar, always add a buffer to your time as well, realizing that some things will not always happen as scheduled. Just be open to adjust where necessary and take the good with the bad.
8. Truly participate in and enjoy the festivities you have chosen to host or attend.
9. If everything does happen on schedule, use that extra time to put your feet up and relax. Look at all that you have accomplished rather than what was not.

This idea works for folks that are not burn survivors as well. By scheduling your days during the holidays, you can plan a stress-free season.

~Deb Jones RN

## 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.



## UPCOMING EVENTS



### December 25 UC Davis Medical Center Holiday Project

Join firefighters and burn survivors as we carol through the FFBI Regional Burn Center at UC Davis Medical Center on Christmas morning. Want more information? Contact Deb Jones RN at 916-734-5596 or [debjones@ucdavis.edu](mailto:debjones@ucdavis.edu)



### January 9 Guns & Hoses Crab & Shrimp Feed

Presented by Pig Bowl, held at the Scottish Rite Center, 6151 H Street, Sacramento  
[www.pigbowl.com](http://www.pigbowl.com)



### January 23 Kiwanis Club of Citrus Heights 30th Annual Crab Feed

Citrus Heights Community Center, 6300 Fountain Square Drive. Doors open at 6:00pm. Dinner at 7:00pm. Door prizes. Raffle. Silent auction. Live auction. Music. \$50 per person or \$450 for Table of 10. Proceeds benefit Kiwanis Family House. For more information call Mark Casha at 530-368-6080 or [marcusdc@comcast.net](mailto:marcusdc@comcast.net)



### January 30 Guns & Hoses 42nd Annual Football Game

Presented by Pig Bowl, held at Cal State Sacramento, 6000 J Street, Sacramento  
Annual Charity Football Game: Sacramento Area Firefighters vs. Sacramento Law Enforcement. [www.pigbowl.com](http://www.pigbowl.com)



### February 11-14 22nd Annual Firefighters "Fill the Boot for Burns" Boot Drive

Sunrise Mall, corner of Greenback and Sunrise in Citrus Heights. Want to volunteer to help? Contact Lisa Watanabe at 916-739-8525 or Deb Jones RN at 916-734-5596.  
FREE Safety Fair for the community on Saturday!



### April 18-22, 2016 Firefighter & Burn Survivor Recovery Cruise

Back by Popular Demand! Fifty cabins have been reserved for burn survivors, firefighters, friends and family! Our group will be treated to a hospitality welcoming event, and optional group sessions addressing burn-related issues exclusively for our guests.

- Interior Cabins from \$346\* • Ocean view from \$386\*

**\*Prices are per person / double occupancy. Deposit of \$150/person due 12/11/15. Final payments due 2/5/16.** For questions or more information contact: Rachel Crowell, (916) 739-8525. To book your cruise: Joshua at Cordially Your Travel • (916) 838-3960 or [jmtravel@comcast.net](mailto:jmtravel@comcast.net)

**WE WISH YOU ALL THE VERY BEST THIS HOLIDAY SEASON,  
NO MATTER WHICH HOLIDAYS YOU CHOSE TO CELEBRATE!**

Advent  
Boxing Day  
Christmas

Feast of Our Lady of Guadalupe  
Feast of the Immaculate Conception  
Festivus

Hanukkah  
Kwanzaa  
New Year  
Saint Nicholas Day  
Santa Lucia Day  
Winter Solstice



## CHRISTMAS TREE SAFETY

As you deck the halls this holiday season, be fire smart. A small fire that spreads to a Christmas tree can grow large very quickly.

### FACTS

- One of every three home Christmas tree fires is caused by electrical failures.
- Christmas tree fires are not common, when they do occur, they are more likely to be serious.
- A heat source too close to the tree causes roughly one in every five of the fires.

### PICKING THE TREE

- Choose a tree with fresh, green needles that do not fall off when touched.

### PLACING THE TREE

- Before placing the tree in the stand, cut 2 inches from the base of the trunk.
- Make sure the tree is at least three feet away from any heat source, like fireplaces, radiators, candles, heat vents or lights.
- Make sure the tree is not blocking an exit.
- Add water to the tree stand. Be sure to add water daily.

### LIGHTING THE TREE

- Use lights that have the label of a recognized testing laboratory. Some lights are only for indoor or outdoor use.
- Replace any string of lights with worn or broken cords or loose bulb connections. Read manufacturer's instructions for number of light strands to connect.
- Never use lit candles to decorate the tree.
- Always turn off Christmas tree lights before leaving home or going to bed.

### AFTER CHRISTMAS

- Get rid of the tree after Christmas or when it is dry. Dried-out trees are a fire danger and should not be left in the home or garage, or placed outside against the home. Check with your local community to find a recycling program.
- Bring outdoor electrical lights inside after the holidays to prevent hazards and make them last longer.

NFPA Public Education Division • 1 Batterymarch Park, Quincy, MA 02169 [www.nfpa.org/education](http://www.nfpa.org/education)

To see the NFPA video demonstrating how quickly a Christmas tree can burn:

<http://ow.ly/VFWmp>