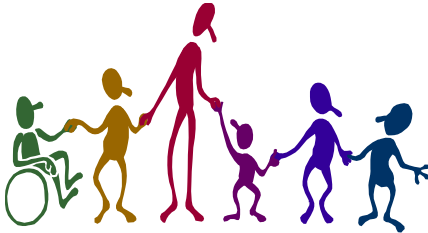


The BurnNet

March 2016, Volume 35, No. 3



OUR GROUP MEETING

Thursday, **March 3**, 7:30-9:00pm

Directors Conference Room

First Floor, Main Hospital

The Burn Recovery Support Group is a monthly meeting where burn survivors, families and significant others, discuss issues and raise questions related to their injury. For more info, call (916) 734-5596.



TOP 11 ADVANTAGES OF BEING A BURN SURVIVOR

Being a burn survivor is often shadowed with a huge negative cloud. Being a burn survivor is a tough and tackling journey. The journey to recovery can get rocky, some more than others. In the first few years of sustaining a burn injury, trying to see some 'advantages' of being a burn survivor may seem impossible. As time goes on and as your burn scars start to heal, many survivors see many positive traits of having burn scars.

Here are the top eleven advantages of being a burn survivor:

1. People recognise us first.

This may be uncomfortable for some, but being recognised first can work to our advantage. Everyone wants to talk to the burn survivor and listen to their story of bravery. It's other people's curiosity that allows us to meet more people and have more opportunities than most.

2. People remember us.

Have you ever been told that you need to stand out from the crowd? Being a burn survivor is our calling card. It makes us unique and people are more likely to remember that survivor with the amputated leg, finger or ear. Being plain ordinary is boring, right?

3. Finding our own adaptations easier.

Many burn survivors, especially with amputations, find some daily activities easier than what they used to. It's interesting how some of our bizarre adaptations come naturally to us. My best adaptations would be that applying my concealer with my finger stub. It's the perfect sponge...

4. Receiving 'special treatment.'

When you get noticed amongst the crowd, who knows what could happen? This is when people make conversation with you and offer some sort of deal, whether that's a date, a job opportunity or a free burger from McDonalds. People see that us, as burn survivors, have a hard time and they genuinely want to make our day that little bit brighter.

5. The heart-sinking feeling when we meet another survivor.

There's no better feeling than meeting another burn survivor. It's a bond like no other. It truly does feel like we're part of a family. We're not related by blood, but by the skin.

6. We have a story to tell.

No one wants to be that person who has nothing to say when someone asks, "So, tell me more about yourself." Everyone loves listening to someone's survivor story. Even as a burn survivor, we enjoy listening to other stories. Burn survivors know that a burn story is so long and interesting to tell. We're like... superhumans.

7. We radiate inspiration.

Us survivors have the ability to inspire others. Every survivor has been told how 'brave they are,' and we've all had that one person to say 'woah,' with their mouth wide open. People store our stories and use them as sources of inspiration – "if they can do it, then so can I."

8. Taking up every opportunity.

Burn survivors live for the moment. We seize every opportunity. Knowing how quickly one's life could change makes us want to grasp each opportunity with the hands or fingers or toes that we have. We nearly had our lives taken away once, so we like to make the most of our time. Want to go skydiving? Sure!

9. Proving people wrong.

One of the most frustrating things about having burns is that people downgrade our potential. For some reason, they automatically presume that we're incapable of doing the many things that they do. Although often tiring, proving people wrong is also a great feeling. Seeing people impressed by you and what you can achieve breaks down stereotypes. Just because someone has a physical disability, it doesn't necessarily mean that they are mentally or physically unable.

10. Having the ability to turn something negative into a positive.

For some, it seems impossible to turn something so tragic into something so positive. Having no choice but to live with our scars forces us to find a way around it. We are solution makers. It allows us to have a strong mindset and it enables us to educate others. Without us, people would be unaware of the damages hot substances cause.

11. Appreciating our bodies.

Our bodies have taken a lot of stick when you've had a burn injury. Some of us have had transfusions, amputations, blood poisoning, resuscitation and countless operations. Through it all, our bodies have made it through. It never lets us down. Our body is our temple.

~@LucyLWilson, Student Journalist at Sheffield Hallam University, www.scarglobal.org

QUOTE

You fall, you rise, you make mistakes, you live, you learn. You're human, not perfect. You've been hurt, but you're alive. Think of what a precious privilege it is to be alive – to breathe, to think, to enjoy, and to be with people you love. Sometimes there is sadness in our journey, but there is also lots of beauty. We must keep putting one foot in front of the other even when we hurt, for we will never know what is waiting for us just around the bend...

~Marc Chernoff



UPCOMING EVENTS



March 5 FFBI and SFRA 2016 Mardi Gras Crab Feed

St. John Vianney Parish, 10497 Coloma Road, Rancho Cordova

6 p.m. No Host Cocktails. 6:30 – 11 p.m. Dinner

Tickets are ONLY \$50/each and includes: All-you-can-eat tossed green salad, Cajun Boil, bread, and of course... fresh, cracked Dungeness crab! No Host Cocktails, including the fine brews of American River Brewing Company. Raffle and Silent Auction. Music & Dancing. Call FFBI at 916-739-8525 for tickets!



JUNE 11 Family Health & Safety Expo

Safetyville USA Safety Center, 3909 Bradshaw Road, Sacramento
10:00 AM – 3:00 PM Free event! Families attending will enjoy: Over 80 booths of community resources, Live Entertainment, Safety Demonstrations, Raffles, Free Giveaways & much more. Call (916) 438-3357 for more information.

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**
2nd Monday of each month 6:00-7:30PM PST



PHOENIX SOCIETY ONLINE LEARNING



For the first time, burn survivors and their families are able to 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:

www.phoenix-society.org/community/stayconnected/online-learning-community/

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

