

# The BurnNet

July 2016, Volume 35, No. 7

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## OUR GROUP MEETING



Thursday, **July 7**, 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.

## U. C. DAVIS

U. C. Davis is the place to go  
If your body is on fire and your hair is aglow.  
The people at the hospital meet you with a smile  
While your hair is still smoking all the while.  
The doctors tell you that you are going to be OK  
But all your friends are trying to look the other way.  
The doctors fix you up and tell you good-bye  
You're so happy not to be smoking- small teardrop from your eye.  
The people from U. C. Davis are angels without wings  
If you find yourself aglow with no place to go  
Head to U. C. Davis and be fixed like new by one of their pros.  
Thank God for people like Debra, my angel!  
I can't thank you folks enough!!

~Leslie Phil Hicks, burn survivor, Kelseyville, CA



L>R burn nurses: Erin, Hannah, Deb, Sydney, Sarah, and Lauren



## 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)

## WORLD BURN CONGRESS COMING TO PROVIDENCE, RHODE ISLAND OCTOBER 19-22, 2016! 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 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 15, 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. We encourage you to take advantage of the scholarship opportunity offered by the Firefighters Burn Institute and embrace the experience of the WBC.

### QUOTE

Nothing is impossible; the word itself says 'I'm possible'!

~Audrey Hepburn



### FIREWORKS SAFETY



Exploding brilliant colored fireworks, backyard barbecues, and roasting marshmallows are the highlights of every July 4th holiday celebration. Burns are a common cause of injury during the summer months and especially in July. Fire and burns are the third leading cause of unintentional injury-related deaths among children ages fourteen and under.

Approximately 10,000 people suffer fireworks injuries every year, including over 4,000 children ages fourteen and under. Burns resulting from improper use of sparklers and illegal fireworks usually involve the hands, face, arms, and chest areas. Keep your July holiday activities enjoyable, fun and safe by following these fireworks safety guidelines:

- The best guideline is to leave all fireworks activity to the professionals.
- Check with your local police or fire department to determine what fireworks can be legally discharged in your area.
- Only adults should handle fireworks. Read and follow all instructions with fireworks. All fireworks must carry a warning label to discuss necessary safety precautions.
- Be sure spectators are out of range before lighting fireworks.
- Never place your face or any other part of your body over fireworks.
- Never try to re-ignite fireworks that have malfunctioned. Soak with water and throw them away.
- Keep a bucket of water or a fire extinguisher handy
- Only light fireworks on a smooth flat surface away from houses, dry leaves and any other flammable materials.
- Never throw, point or shoot fireworks towards people, buildings, vehicles or wooded areas, especially if the weather has been dry.
- Never hold or get close to any lit fireworks.
- Watch what you wear. Loose clothing can catch fire, and should not be worn while handling fireworks.

From the American Burn Association. For more information on summer burn safety, click on:

<http://ameriburn.org/Preven/SummerSafetyEducator'sGuide.pdf>

## GLENN CUNNINGHAM



Nothing could stop this man after suffering severe burns on his legs at the age of eight. Glenn Cunningham was given up by doctors who believed he would be a hopeless cripple destined to spend the rest of his life in a wheelchair. "He will never be able to walk again," they said, "No chance."

The doctors examined his legs, but they had no way of looking into Glenn's heart. He didn't listen to the doctors and set out to walk again. Lying in bed, his skinny, red legs covered with scar tissue, Glenn vowed, "Next week, I'm going to get out of bed. I'm going to walk." And he did just that.

His mother tells of how she used to push back the curtain and look out the windows to watch Glenn reach up and take hold of an old plow in the yard. With a hand on each handle, he began to make his gnarled and twisted legs function. And with every step of pain, he came closer to walking. Soon he began to trot; before long he was running. When he started to run, he became even more determined. "I always believed that I could walk, and I did. Now I'm going to run faster than anybody has ever run." And did he ever.

He became a great miler who, in 1934, set the world's record of 4'06". He was honored as the outstanding athlete of the century at Madison Square

Garden. From [www.goal-setting-for-success.com](http://www.goal-setting-for-success.com)

## UPCOMING EVENTS



### JUNE 24 11th ANNUAL AUBURN FIRE OPEN

The Ridge Golf Club, 2020 Golf Course Rd, Auburn, California

Opens at 12:00 PM. Following the golf, there will be a short social event including dinner and raffle prizes. Tickets available at [www.auburncityfire.com](http://www.auburncityfire.com)



### JUNE 25 5th ANNUAL FIREFIGHTER'S "A TROPICAL AFFAIR"

The best tropical event of the year is BACK! Come and enjoy an evening with Sacramento's finest restaurants, breweries and wineries! Includes live music entertainment, Hawaiian hula dancers, local celebrities as MCs, and a variety of foods and beverages provided by generous local business sponsors. Contact FFBI at (916) 739-8525 or [staff@ffburn.org](mailto:staff@ffburn.org)



### AUGUST 7 ZUMBATHON® BEAT THE HEAT

Orangevale Community Center, 6826 Hazel Ave., Orangevale. 12:00 PM-2:00 PM

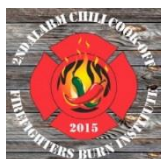
Join some of the best ZUMBA® instructors and Sacramento's firefighters in supporting the FFBI.

Event features: Photo shoot with firefighters, raffle prizes and more! Tickets: <http://ffbi-zumbathon.eventbrite.com> \$20 presale, 2 for \$30, or \$25 at the door.



### AUGUST 12 BOGLE FRIDAY NIGHT ALFRESCO

Bogle Winery, 37783 County Road 144, Clarksburg. 5:00 PM-7:30 PM A summer evening to relax to live music, with 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 the FFBI. \$15/guest. Tickets are available at the door. No outside alcoholic beverages allowed. No pets.



### OCTOBER 7 3rd ALARM CHILI COOK-OFF

Chili tasting, beer tasting, raffle, silent auction, live music and much more!

California Auto Museum, 2200 Front Street, Sacramento, 6:00 PM - 11:00 PM

SAVE THE DATE! Keep an eye out for more information in the BurnNet and [www.ffburn.org](http://www.ffburn.org)



## PHOENIX SOCIETY ONLINE LEARNING

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/](http://www.phoenix-society.org/community/stayconnected/online-learning-community/)

## 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**  
2<sup>nd</sup> Monday of each month 6:00-7:30PM PST



## Phoenix SOAR (Survivors Offering Assistance in Recovery)

Do you feel you are ready to help others?

Volunteering through Phoenix SOAR is a powerful way to share what you have learned and inspire others on their path of burn recovery. As a peer supporter, you will share knowledge, compassion, and a listening ear to new burn survivors and their loved ones. Training is provided.

Learn more about becoming a peer supporter by looking online at [www.phoenix-society.org](http://www.phoenix-society.org) and contacting our SOAR Coordinator at UC Davis at (916) 734-5596.

Phoenix SOAR

Happy July 4th