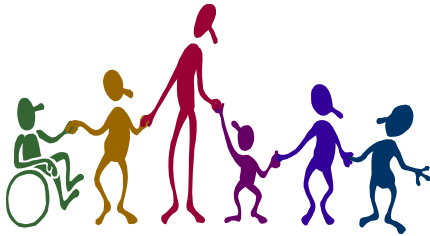


# The BurnNet

September 2016, Volume 35, No. 9

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## OUR GROUP MEETING

Thursday, **September 1, 2016**, 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.

## SHOW SUPPORT FOR H.R. 5900

In no small part of the efforts of burn survivor Nicolette Lewis and her mother Margrett Priest Lewis, Congressman Mike Thompson and his staff introduced House Resolution (H.R.) 5900 on July 14, 2016 to the 114th Congress (2015-2016).

Margrett Priest Lewis wrote, "We need to stop these senseless explosions and burn injuries. This bill will require a simple Flame Arrestor on the open neck of fuel containers so they do not explode or "Jet Fuel" onto innocent bystanders, which is what happened to our family. Let's work together for Consumer Safety."



*An example of a Flame Arrestor*

To learn more check out the Facebook Group:

**Survivors For Change, Healing With Action**

And website:

[www.NotYourTurnToBurn.com](http://www.NotYourTurnToBurn.com)

Congressman Mike Thompson's office offers this advice on how you can help:

Contact your representatives!

First Step Email- Find My Congressman:

<http://www.house.gov/htbin/findrep>

Write to your representative regarding this bipartisan, community safety initiative.



## 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)

## SOME DAY

I wonder at the journeys, the heartbreaks and smiles-through-tears that have been shared over a steaming mug of coffee. The sips nursed carefully amidst a jumbled mix of grief and questioning. As if all of life's mystery could be assembled in some cohesive circular pattern from which we derive satisfying answers...

I watch the mother's eyes seeking something from me underneath the chatter. To be heard. Understood. To relinquish a piece of the burden. And all the while we jump from history to the future and back to the here and now of a daughter's suffering. As if the caretakers don't need any focus, only sacrifice...

I witness hands wrapped around ceramic, clinging tightly and then letting go, the cup clanking and teetering back into place. Settling. Warmed by a small seed of hope. By a smile that says hang in there. It won't ever be the same. But it can be good again.

Some day...

Mona Krueger is a burn survivor, blogger ([www.monakrueger.com](http://www.monakrueger.com)) and the Aftercare Support Coordinator at the Legacy Emanuel Oregon Burn Center in Portland.



## UPCOMING EVENTS



### SEPTEMBER 25 BURN COMMUNITY PICNIC

11:00 AM – 4:00 PM, Elk Grove Regional Park, 9950 Elk Grove-Florin Road, Elk Grove. Free food, fun and games! Bring your picnic chairs and blankets. Fun and relaxing outdoor event with burn survivors of all ages, firefighters, burn unit staff and their families. Attendees MUST RSVP to Ka Vue at [ka@ffburn.org](mailto:ka@ffburn.org) or 916-739-8525 by September 20!



### 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)

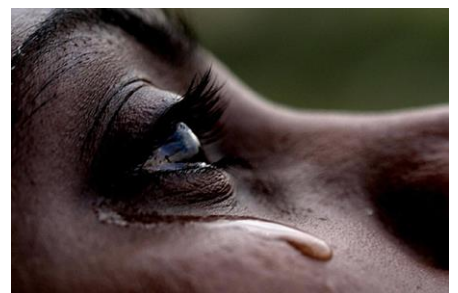


### APRIL 24—29, 2017 BURN COMMUNITY CRUISE TO CABO

5 Night Cruise to Cabo San Lucas on Princess Cruises  
For burn survivors, firefighters, burn care professionals & friends of the Firefighters Burn Institute!  
Prices start at \$549 per person. \$50 deposit/pp due 1/16/17, final payment due 2/16/17.  
For more information or to reserve your cabin please contact Rachel Crowell with FFBI at (916) 739-8525 or Joshua Rubinstein with Cordially Yours Travel at (916) 838-3960 (CST#: 1013939-40)  
\*Scholarships are available to burn survivors & awarded on an individual basis.

## QUOTE

Watching someone you love suffer is sometimes worse than suffering yourself.  
~Unknown





## 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

## **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.



## **BEING PRESENT**

Sometimes it is difficult to see someone we love hurting or in pain. When this happens, we might feel like we need to DO something to help them or tell them "It will be all better soon" –which is rarely reassuring. However, it is important to be sensitive to what they really need. Allowing ourselves to NOT do or fix something and simply be in the present with that person may actually provide a greater amount of comfort and support than we could ever imagine.

Do you remember the last time you were upset and needed someone?

You were not looking for someone to fix your problem or pain. You needed to hear gentle words like "I'm here for you," or someone to hold your hand. A listening ear, a kind word, the offering of a hug or a shoulder to cry on was the most consoling. Their mere presence provided the most healing, assuring you that you were not alone.

Keeping this in mind may help us stop before giving advice and saying more than is really necessary.

Remembering what you wanted in your time of need may help give you pause before trying to repair the situation. And if we begin to feel the urge to offer advice (especially during a time of silence), we can take a few deep breaths, let the impulse pass, and bring our attention back to the present. We do not have to do anything more to be a good friend. Keeping things in the present allows us to give the part of ourselves that can offer the greatest amount of compassion—an understanding heart.

~Deb Jones RN

## SCALD PREVENTION SAFETY TIPS

A scald injury can happen at any age. Children, older adults and people with disabilities are especially at risk. Hot liquids from bath water, hot coffee and even microwaved soup can cause devastating injuries. Scald burns are the second leading cause of all burn injuries. Prepackaged microwavable soups are a frequent cause of scald burn injuries (especially noodle soups) because they can easily tip over, pouring hot liquid (and noodles) on the person.



### Scald Safety

- Teach children that hot things can burn. Install anti-scald devices on tub faucets and shower heads.
- Always supervise a child in or near a bathtub.
- Test the water at the faucet. It should be less than 100° Fahrenheit (38° Celsius).
- Before placing a child in the bath or getting in the bath yourself, test the water.
- Test the water by moving your hand, wrist and forearm through the water. The water should feel warm, not hot, to the touch.
- Place hot liquids and food in the center of a table or toward the back of a counter.
- Have a "kid-free zone" of at least 3 feet around the stove and areas where hot food or drink is prepared or carried.
- Open microwaved food slowly, away from the face.
- Never hold a child while you are cooking, drinking a hot liquid, or carrying hot foods or liquids.
- Never heat a baby bottle in a microwave oven. Heat baby bottles in warm water from the faucet.
- Allow microwaved food to cool before eating.
- Choose prepackaged soups whose containers have a wide base or, to avoid the possibility of a spill, pour the soup into a traditional bowl after heating.

~NFPA Public Education Division- [www.nfpa.org/education](http://www.nfpa.org/education)

## PHOENIX WORLD BURN CONGRESS



The 28th Annual Phoenix World Burn Congress is coming to Providence, Rhode Island! The Phoenix World Burn Congress offers a unique atmosphere of burn survivors, families, healthcare providers and firefighters who come together as one caring community of support. People come to learn, grow and share their amazing experiences. Many people have described the experience as a life-changing moment in their lives while some can be overwhelmed by the stories of injury and recovery.

### What to expect:

- Everyone is equally accepted.
- You will see people with severe burns and scarring. They may have amputations, severe disfigurement and need wheelchairs, crutches or other aids to help them get places.
- You will meet people whose scars you cannot even see.
- You will meet family members, burn care professionals and firefighters who are also deeply affected by their connection with burn injuries.
- If you are a member of the fire service or burn care staff, your presence here is valuable both to offer and receive support.
- It is O.K. to look but it is not O.K. to stare.
- If you do not know what to say, you can smile and say "hello".
- If you want to talk to somebody about their burns, you can say "May I ask you about your burn injury?"
- If you have scars or differences and do not want to talk about your story, you can say, "I don't feel like talking about it right now".

For additional information call 800-888-2876 or 616-458-2773; or access a PDF version of the registration form, [download the Phoenix WBC 2016 Registration Brochure \(PDF\)](#).

~From the Phoenix Society for Burn Survivors, [www.phoenix-society.org](http://www.phoenix-society.org)