

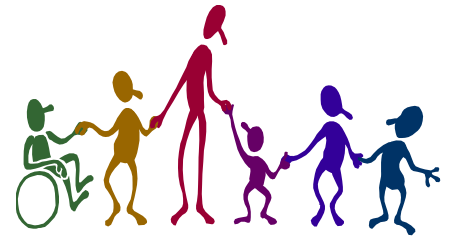
The BurnNet

October 2016, Volume 35, No. 10

OUR GROUP MEETING

Thursday, **October 6, 2016**, 7:30-9:00pm
Directors Conference Room
First Floor, Main Hospital

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



This year's Fire Prevention Week campaign, "**Don't Wait – Check the Date! Replace Smoke Alarms Every 10 Years,**" represents the final year of our three-year effort to educate the public about basic but essential elements of smoke alarm safety.

Why focus on smoke alarms three years in a row? Because NFFA's survey data shows that the public has many misconceptions about smoke alarms, which may put them at increased risk in the event of a home fire. For example, only a small percentage of people know how old their smoke alarms are, or how often they need to be replaced.

As a result of those and related findings, we are addressing smoke alarm replacement this year with a focus on these key messages:

- Smoke alarms should be replaced every 10 years.
- Make sure you know how old all the smoke alarms are in your home.
- To find out how old a smoke alarm is, look at the date of manufacture on the back of the alarm; the alarm should be replaced 10 years from that date.

For more information, check out www.nfpa.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

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 or 916-739-8525 by September 20!**



OCTOBER 7 3rd ALARM CHILI COOK-OFF

California Auto Museum, 2200 Front Street, Sacramento, 6:30 PM – 10:30 PM
Chili tasting, beer tasting, raffle, silent auction, live music and much more!
\$30 adults, \$15 children >12, \$40 at the door. For contestant information and ticket purchases: lisa@ffburn.org or (916) 739-8525



OCTOBER 10-14 FIRE PREVENTION WEEK

The UCDMC Fire Prevention Office (FPO) and the FFBI Regional Burn Center (BU) will be offering fire prevention education to our staff and clients at various sites on the UCDMC campus the Monday – Friday of Fire Prevention Week! Event dates/times/sites:

- Mon, October 10th, 10:30am-1:30pm, Outside the East Entrance of the ACC
- Tue, October 11th, 10:30am-1:30pm, Outside FSSB main entrance
- Wed, October 12th, 10:30am-1:30pm, Education Building, outside rotunda
- Thu, October 13th, 10:30am-1:30pm, Inside ACC (dining area)
- Fri, October 14th, 10:30am-1:30pm, Outside Broadway Building Main Entrance



DECEMBER 25 FFBI REGIONAL BURN CENTER UCDMC HOLIDAY PROJECT

Join firefighters and burn survivors as we carol through the FFBI Regional Burn Center at UCD Medical Center on Christmas morning 9:00-11:00 am. Meet in the "Cliff and Tillie Haskell Family Waiting Room" of the FFBI Regional Burn Center. We are currently looking for a volunteer that can play acoustic guitar Christmas carols. Want more information? Contact Deb Jones RN (916) 734-5596 or debjones@ucdavis.edu or FFBI (916) 739-8525



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.**



Phoenix Society for Burn Survivors

Burn Survivors Needed!

Phoenix Society is working Johns Hopkins Medicine to evaluate a new online program to help burn survivors manage their pain. The program is available to people who

- Are 18-70 years old
- Are more than 6 months post-hospitalization for burn injury
- Have burn-related pain
- Have access to a desktop or laptop computer with internet access

Visit www.takechargeofburnpain.org to learn more.



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 and contacting our SOAR Coordinator at UC Davis at (916) 734-5596.

Phoenix SOAR

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

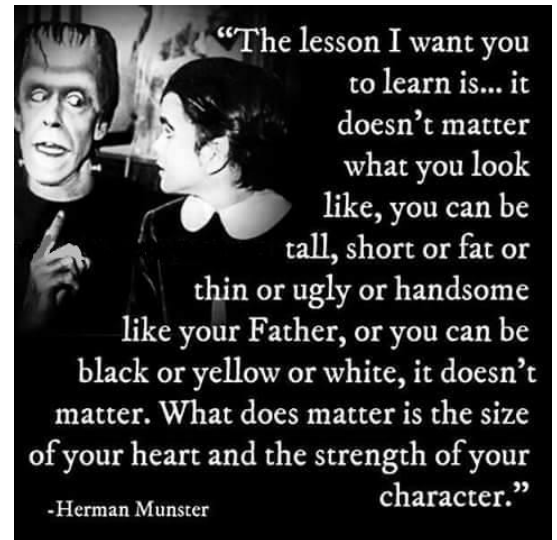
Phoenix Society – Live Online Support at www.phoenix-society.org

Peer Support

Every Wednesday 6:00 – 7:30PM PST

Facilitated Parent Support

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



OVERCOMING 'NOT GOOD ENOUGH'

“True beauty is in the eye of the beholder, which means that how beautiful you are to other people is always going to be subjective to who is looking at you at that time, and since you will always be looking at yourself first, you should find your own beauty and feel good about who you are.” - BeNeca Ward

Have you ever known someone who was absolutely stunning on the outside, but the minute they opened their mouth they became the most unattractive person ever? There's a reason for that. And while I am not a psychologist, I'd be willing to bet you dollars to donuts, that regardless of their outward appearance, jealousy and insecurities, the need for constant validation, etc. were most likely running rampant internally. Sadly, those qualities and characteristics often lead to not-so beautiful outward behavior, i.e. cattiness, gossip, “It's all about me” tendencies, negativity, as well as neediness...hence the diminishing attractiveness. My friends, here's the straight skinny... True beauty radiates from the inside outward. It is not defined by having flawless skin, wearing size 2 jeans, sporting cellulite free legs or a toned butt.

True Beauty....

...is the person who shares a smile with a perfect stranger, lends a helping hand to someone in need, listens open-heartedly to a friend in pain, gives love unconditionally, or finds the joy in the small things. And it is my hope that you begin to recognize your true beauty which comes from your heart. While I have given some examples of what true beauty is, I think it's also very important to mention, that beauty is subjective. It's not about comparisons, but rather recognizing and creating our own true definition of beauty.

So, how do we define beauty within ourselves?

The first step is taking responsibility for ourselves. What does that mean? Well, that means knowing that what you think about you, how you feel about you, what you say about you (and even about others), and how you show up each day is down to you. You are in the driver's seat. You have choices and options, but in order to see those choices and options you have to create some awareness. Awareness is critical to creating change and to not only radiating beauty from the inside out, but attracting good things to you. There is beauty in taking responsibility for ourselves.

Next, it's being committed to being our most authentic selves. It is all too easy to try and conform, conform to societal expectations or other people's opinions. This only serves to diminish and overshadow our true beauty and it sends a message not only to the world, but to ourselves that who we are just isn't beautiful enough and NOTHING could be farther from the truth. When we can be who we are and know that it is enough, that's when we begin to share our inner beauty.

It's also about realizing that there is no such thing as perfect so it's time to release the pressure and stop striving for perfection. I once had a student share a quote with me that really hit home; "Perfection is just a form of self-abuse." Hearing that completely rocked my world, especially since I will admit that I am a recovered perfectionista of the highest order. Striving for perfection really equates to (yet again) telling yourself that you aren't good enough as you are. That's not only degrading, but it's deprecating, and it truly stifles your own inner beauty.

And lastly, it's being willing to be vulnerable. What does it mean to be vulnerable? First and foremost, it means accepting that you are amazing, imperfections and all. It means knowing that you are more than enough now and that you always have been. It means being open to sharing with your whole heart regardless of what others say, do, think or feel. While it may be scary and while vulnerability gets a bad rap, it's actually a beautiful place to come from. As difficult as it may be, when we are vulnerable we are able to reach out to others for support and assistance without feeling guilty, and most importantly, we come from our hearts rather than our heads where ego lives. Please know something, being vulnerable does not mean becoming a doormat or being perceived as weak. As a matter of fact, to be vulnerable requires strength and the internal fortitude to stand strong in your own beliefs and in who you are.

EXERCISE

- Set an intention for yourself, i.e. what you wish to create for yourself by the end of this course. It's time to name it and claim it!
- How do you define beauty?
- Based on your definition, list all the ways in which you are beautiful.
- Lastly, jot down all the things that stand in your way of fully sharing your beauty with the world.

Once you have created awareness, notice the options and the choices that become available to you. Remember, you are responsible and that's a beautiful thing!

By Pam Thomas M.S., PCC, RMT is the owner of What's Within U, LLC (www.whatswithinu.com)

QUOTE

I am beautiful, no matter what they say
Words can't bring me down
I am beautiful, in every single way
Yes, words can't bring me down...Oh no
So don't you bring me down today!
~Christina Aguilera

