

The BurnNet

November 2016, Volume 35, No. 11

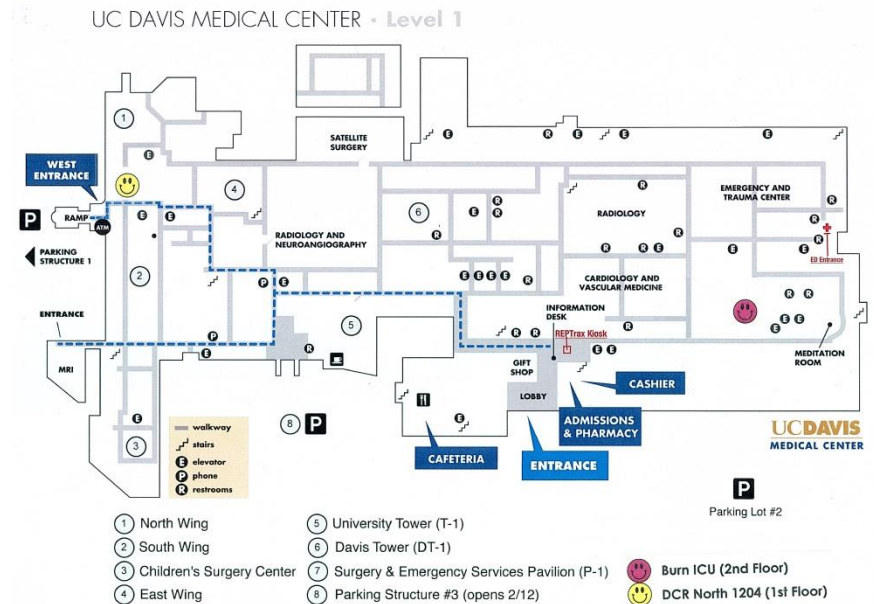
OUR GROUP MEETING

Thursday, **November 3**, 7:30-9:00pm
 7:30pm – 9:00pm

*WE HAVE A NEW MEETING ROOM!

Tower DCR North 1204 –
 First floor, near West Entrance

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.



TO BE A FIREMAN

I HAVE NO AMBITION IN THIS WORLD BUT ONE,
 AND THAT IS TO BE A FIREMAN.
 THE POSITION MAY, IN THE EYES OF SOME,
 APPEAR TO BE A LOWLY ONE;
 BUT THOSE WHO KNOW THE WORK
 WHICH A FIREMAN HAS TO DO
 BELIEVE HIS IS A NOBEL CALLING.
 OUR PROUDEST MOMENT IS TO SAVE LIVES.
 UNDER THE IMPULSE OF SUCH THOUGHTS
 THE NOBILITY OF THE OCCUPATION THRILLS US
 AND STIMULATES US TO DEEDS OF DARING,
 EVEN OF SUPREME SACRIFICE.

*Edward F. Crocker
 Chief of Department
 FDNY1899-1911*

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



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 available to burn survivors awarded on an individual basis due November 1, 2016.**

NO GOING BACK

There are times when you may feel like you are spinning your wheels in the mud in terms of your burn recovery journey. This can be especially true following a period of major growth when you felt you have gained a lot of ground either physically- increasing range-of-motion, or emotionally- accepting your new-looking skin. In fact, this is the way growth goes—periods of intense forward movement followed by periods of what seems like hitting the proverbial brick wall. In those moments when you feel discouraged, it is helpful to remember that you don't ever really go backward. You may feel you're at a standstill because there is a new obstacle in your path, or a new challenge you were not expecting, but the hard work you have done cannot be undone.

Every step on your journey is meaningful. Even one that seems to take you backward is a forward step in the sense that it is what you must do to move to the next level. Besides, an intense growth spurt requires a rest for a time to embrace the new strength you have earned by your hard work. When you feel you are not making progress, allow yourself to take a moment to rest. You can meditate more, feed yourself well, and get some extra sleep. Before you know it, you will be ready to work toward the next level of your recovery, and this rest will make sense as something you needed in order to continue.



Madisyn Taylor wrote, "Once the sun rises, it doesn't go backward but instead follows its path in one direction. It may appear to stand still for a moment in time, or to move more slowly at some point or another, but really it is steadily moving forward on its path."

You are the same way. And once you have moved through something you can never really go back. You may be resting or revisiting issues that seem old, and it's natural to feel stuck at those times, but in truth you are always taking the next important step forward on your journey of recovery.

~Deb Jones RN



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.

QUOTE

And then a hero comes along
With the strength to carry on
And you cast your fears aside
And you know you can survive
So when you feel like hope is gone
Look inside you and be strong
And you'll finally see the truth
That a hero lies in you.
~Mariah Carey



EXTENSION CORD SAFETY



Extension cords are a convenient way to power electrical devices, especially during the holiday season. However, without proper use, extension cords can become a fire hazard.

According to the [U.S. Fire Administration](#) (USFA), most home electrical fires involve the home's electrical wiring or lighting. Follow these [important USFA tips](#) to keep your family safe:

- Replace worn, old, or damaged extension cords right away;
- Use extension cords for temporary purposes only;
- Avoid putting cords where they can be damaged or pinched, like under a carpet or rug;
- Don't overload power strips; and
- Use power strips that have internal overload protection.

Appliances

- Always plug major appliances, like refrigerators, stoves, washers and dryers, directly into a wall outlet.
- Never use an extension cord with a major appliance — it can easily overheat and start a fire.
- Always plug small appliances directly into a wall outlet.
- Unplug small appliances when you are not using them.
- Keep lamps, light fixtures and light bulbs away from anything that can burn.
- Use light bulbs that match the recommended wattage on the lamp or fixture.
- Check electrical cords on appliances often. Replace cracked, damaged and loose electrical cords. Do not try to repair them.

Outlets

- Do not overload wall outlets.
- Insert plugs fully into sockets.
- Never force a three-prong cord into a two-slot outlet.
- Install tamper-resistant electrical outlets if you have young children.

Extension Cords, Power Strips and Surge Protectors

- Replace worn, old or damaged extension cords right away.
- Use extension cords for temporary purposes only.
- Avoid putting cords where they can be damaged or pinched, like under a carpet or rug.
- Do not overload power strips.
- Use power strips that have internal overload protection.
- Make sure all electrical work in your home is done by a qualified electrician!

For more information and free resources, visit www.usfa.fema.gov/prevention/outreach

OTHER SUPPORT OPTIONS

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

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

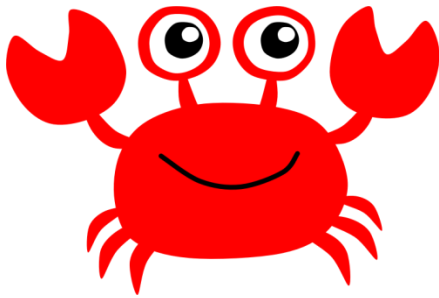
Santa Clara Burn Support Group, San Jose

1st Tuesday of each month, 7:30 pm – 9:00 pm

Call 408-885-6670 for details and directions



ANNUAL HIGH PROTEIN HOLIDAY RECIPE FROM DEB JONES RN



CRAB BOMBS

- 1 pound lump crabmeat
- 1 cup Ritz Crackers, crushed
- 1 teaspoon Old Bay Seasoning
- 1 egg, beaten
- 1 teaspoon yellow (or other favorite) mustard
- 2 tablespoons fresh lemon juice
- 2 tablespoons fresh parsley, chopped

Place crabmeat in a mixing bowl, picking any stray shell fragments out. Add crushed crackers and Old Bay Seasoning to the crab. In a separate bowl, combine egg, mustard, lemon juice and parsley. Whip with a whisk until smooth. Pour egg mixture over the crabmeat and crackers and gently mix careful not to break up large lumps of crabmeat. Mold into balls or use an ice cream scoop. Place on a lined cookie sheet (parchment paper or silicone). Bake @ 350 degrees for 30 minutes. Drizzle w/ melted butter. Serve with your favorite dipping sauce or try one of mine:

CREAMY CHIPOLTE DIPPING SAUCE

Ingredients:

1 scallion

1 tablespoon chipotle chile paste (depends how much heat you want)

1 cup mayonnaise

1/2 cup sour cream

1 teaspoon fresh lemon juice

Instructions:

Finely chop or mince scallions. In a bowl whisk together all ingredients with salt to taste.

MANGO DIPPING SAUCE

Ingredients

1 cup mango chunks (1 mango-peeled & pitted)

1 tablespoons honey

½ teaspoon lime juice

1 tablespoons coconut milk

¼ teaspoon salt

Optional: ½ teaspoon crushed red pepper flakes for a little heat

Instructions:

Throw everything into your blender or food processor, pulsing to desired smoothness. Taste test sauce and, if necessary, adjust ingredients as desired.