

The BurnNet

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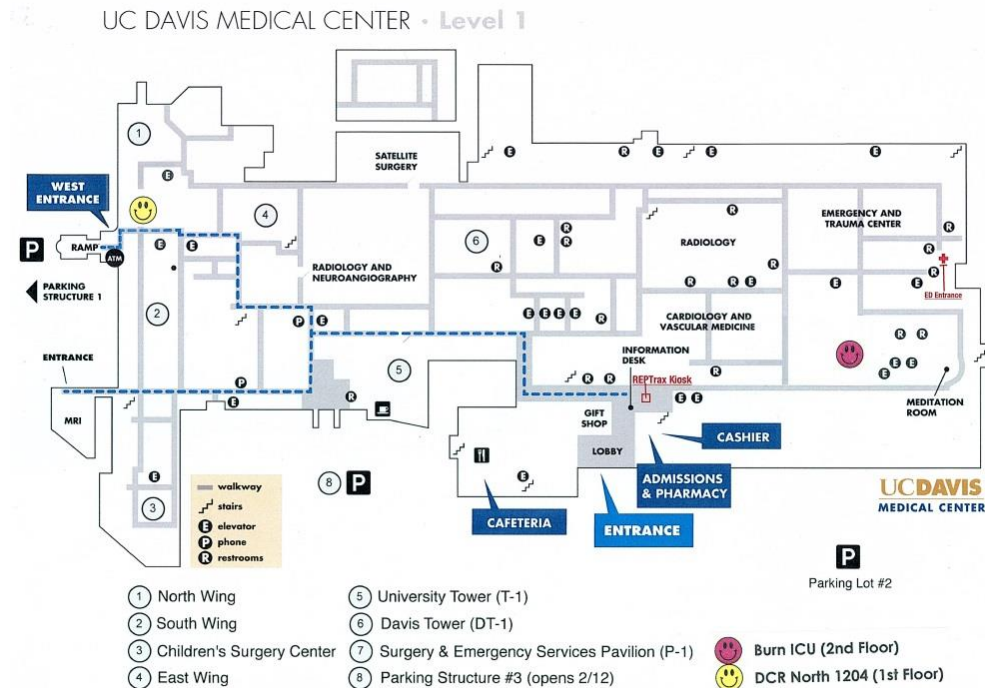
OUR GROUP MEETING

Thursday, **December 1**, 7:30-9:30pm

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.



***WE HAVE A NEW MEETING ROOM!**
 Tower DCR North 1204 –
 First floor, near West Entrance
 (See the yellow smiley face on the map)



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





THE SEASON OF GIVING (YOURSELF A BREAK)

Yep, it's that time of year already – again. Welcome to the season that packs so much into itself:

- The “silly season”
- The season of goodwill
- Of giving and receiving
- Of remembering or maybe even trying to forget...
- Of balancing extra pressure and expectations
- Of anniversaries and reflections; joy and pain.

It's a complicated time of year... So as you prepare yourself for whatever shades of the seasonal spectrum that you will face this time, maybe it's worth asking:

What will you give yourself this year?

(And you know I'm not talking about the material stuff here).

Or perhaps it's easier to think about what you might like to receive from yourself?

Maybe you'd like to give yourself a break – and just recognise and respect your human-ness and stop pushing yourself to the edge or expecting super-human feats all the time.

Maybe you could give yourself more time – just to relax or to daydream or to unfurl gently into. Sometimes the seemingly inconsequential moments between the “real” things on your schedule are the places you end up doing the most living in anyway...

Maybe you'd like a gift of support – permission to finally pursue that passion or whimsy that feels like it “doesn't make sense,” but that keeps whispering at you to take it seriously. *To take you seriously.*

What else might you consider on your internal wish-list? Which other metaphysical or metaphorical gifts might make all the difference? To the moment? To the season? To your life?

It's said that giving and receiving are actually the same thing, just wrapped up a little differently.

So if you were to give a little more to yourself – and actually allow yourself to receive that – would it impact how you might feel about giving to others?

If you grant yourself more of what sustains you, more of what enlivens you, would that make it easier to share yourself with others? To share the wealth that you and your uniqueness bring to this place... and to this season.

Permission to reprint from **Gabrielle Gawne-Kelnar**

Gawne-Kelnar, G. (2011). *The Season of Giving (Yourself A Break)*. Psych Central.

<http://blogs.psychcentral.com/therapist-within/2011/12/the-season-of-giving-yourself-a-break-christmas-self-help-therapy-holidays/>



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.

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



JANUARY 14 GUNS & HOSES ANNUAL CRAB FEED & KICK-OFF DINNER

Presented by Pig Bowl, held at the Scottish Rite Center, 6151 H Street, Sacramento
www.pigbowl.com



JANUARY 28 43RD ANNUAL GUINS & HOSES FOOTBALL GAME

Presented by Pig Bowl, held at Cal State Sacramento, 6000 J Street, Sacramento
Annual Charity Football Game: Sacramento Area Firefighters vs. Sacramento Law Enforcement.
www.pigbowl.com



February 16-19 ANNUAL FIREFIGHTERS "FILL THE BOOT FOR BURNS" BOOT DRIVE

Sunrise Mall, corner of Greenback and Sunrise in Citrus Heights. Want to volunteer to help? Contact Lisa Watanabe at 916-739-8525 or Deb Jones RN at 916-734-5596.
FREE Safety Fair for the community on Saturday!



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 contact Rachel Crowell with FFBI at (916) 739-8525 or Joshua Rubinstein with Cordially Yours Travel at (916) 838-3960 (CST#: 1013939-40)



QUOTE

Overcome the notion that you must be regular.
It robs you of the chance to be extraordinary.

~Uta Hagen



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
- Phoenix Society – Live Online Support
www.phoenix-society.org/chat
 - Peer Support
Every Wednesday 6:00 – 7:30PM PST
 - Facilitated Parent Support
2nd Monday of each month 6:00-7:30PM PST
- 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 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! 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/



GIFT LIST WITH FIRE AND BURN SAFETY IN MIND

It's that time of year when we start getting our holiday shopping lists started. Whether it is for Chanukah, Christmas, Boxing Day or Kwanzaa, gifts are presented or exchanged. Instead of buying things that end up returned or "re-gifted", consider items that keep the receiver safe from fire and burns. Consider the following suggestions:

- Smoke alarms are always a useful gift. You need one inside EVERY bedroom and one on each level of your home.
 - "Long-life tamper-resistant" smoke alarms are now all you will find at retail outlets. No need to change batteries ever again! Just replace the entire unit every 10 years.
 - Batteries for smoke and CO₂ alarms for the older models; as they should be replaced once a year.
- We don't always think about what we cannot see or smell. Carbon monoxide alarms are a must for any home that is not all-electric.
- Everyone should have at least one fire extinguisher at home. Fire protection experts recommend one for the kitchen, the garage and workshop.
- The way to eliminate scald burns from temperature shifts in the shower is to buy and install a pressure-balanced anti-scald valve or, better still, a thermostatic temperature-control valve in the shower wall where the shower controls are located. Great gift for elderly parents or those with diabetes.
- Slip a bath thermometer into the spa gift basket-- to check the water temperature prior to a soaking.
- Silicone oven mitts and potholders make a great gift for the new chef in the family.
- Flashlights with batteries or battery-free crank flashlights—one for every room and nightstand.
- Know someone with a 2-story home? A fire escape ladder is an excellent gift option.
- New parents will appreciate child safety equipment. Consider a gift basket with:
 - Safety catches or cabinet locks to prevent a child from reaching toxic liquids.
 - Outlet plugs keep little fingers from poking around where they shouldn't be
 - Doorknob and oven knob covers to protect the inquisitive
- A First Aid Kit to readily treat those small burns that may still happen.

This list is by no means inclusive, but it can be a great starting point for your holiday shopping!

~Deb Jones RN

**WE WISH YOU ALL THE VERY BEST THIS HOLIDAY SEASON,
NO MATTER WHICH HOLIDAYS YOU CHOSE TO CELEBRATE!**

**Advent
Bodhi Day
Boxing Day
Christmas
Dōngzhì Festival
Feast of Our Lady of Guadalupe
Feast of the Immaculate Conception
Feast of Winter Veil**

**Festivus
Hanukkah /Chanukah
Kwanzaa
New Year
Pancha Ganapati
Saint Nicholas Day
Santa Lucia Day
Yalda/Winter Solstice**