

The BurnNet

January 2017, Volume 36, No. 1

OUR GROUP MEETING

Thursday, **January 5**, 7:30-9:30pm

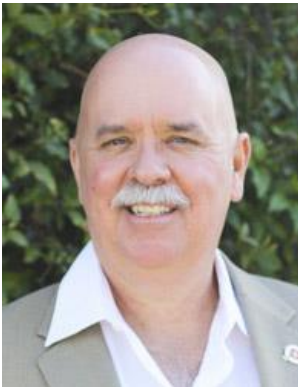
The Burn Recovery Support Group is a monthly meeting where survivors, families burn and significant others, discuss issues and raise questions related to their injury. For more info, call (916) 734-5596.

***WE HAVE A NEW MEETING ROOM!**

Tower DCR North 1204 – First floor, near West Entrance
(See the yellow smiley face on the attached map)



HAPPY RETIREMENT, JIM DOUCETTE!



In the summer of 2010, Jim Doucette retired from the Sacramento Fire Department (SFD) after 31 years of service and immediately started serving as the Executive Director of the Firefighters Burn Institute (FFBI). The FFBI is one of the largest and most well respected firefighter-run burn foundations in the nation. With Jim's penchant for teamwork and collaboration, the relationship with both Sacramento burn centers, Shriners Hospital for Children and UC Davis Medical Center, and the FFBI are closer than ever.

Over the past 6 years, Jim's vibrant and animated personality and networking talents have increased the number of dedicated volunteers and funds raised for prevention, education, research, and a variety of recovery programs offered to burn survivors. These include the FFBI Youth Firesetter Program, Liaison Response Team, Burn Community Cruise, Firefighters Kids Camp, Little Heroes Preschool Burn Camp, Burn Survivor Reunion Picnic, Holiday Project, Recovery Program Scholarships and Cliff Haskell Perpetual Education Scholarship.

Jim humbly attributes much of his success to following the example set forth by SFD Captain Cliff Haskell who dedicated his life to helping burn survivors by starting the FFBI in 1973 with the support of the Sacramento Area Fire Fighters Union Local 522.

Jim plans to move to Idaho to spend more time with his children and grandchildren, as well as planning some world travels. Jimmy, you will be sorely missed. Thank you for all you have done in your tenure.

Effective January 1, 2017, retired Sacramento Metro Fire Battalion Chief, Mike Daw, will become the new Executive Director of the Firefighters Burn Institute.

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



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 9-12TH 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!



MARCH 4TH ANNUAL FIREFIGHTERS MARDI GRAS CRABFEED

St. John Vianney Parish, 10497 Coloma Road, Rancho Cordova
6 p.m. No Host Cocktails. 6:30 – 11 p.m. Dinner
All-you-can-eat fresh green salad, Cajun Boil, bread, and of course... Dungeness crab! No Host Cocktails, including the fine brews of American River Brewing Company. Raffle and Silent Auctions. Music & Dancing. Call FFBI at 916-739-8525 for tickets!



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)

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, stress 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/



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

THIS YEAR

I will make a genuine and dedicated effort to



A NEW YEAR'S RESOLUTION

Wikipedia describes a New Year's resolution as a tradition from centuries ago, in which a person makes a promise to do an act of self-improvement beginning on New Year's Day. Babylonians made promises to return borrowed objects and pay their debts. Romans began each year by making promises to the god Janus (whom the month of January is named.) The concept has always been to reflect upon self-improvement annually. Is there something you have reflected on? Is there a plan for self-improvement in the making?

QUOTE

Our goal should be to live life in radical amazement, [to] get up in the morning and look at the world in a way that takes nothing for granted. Everything is phenomenal; everything is incredible; never treat life casually. To be spiritual is to be amazed.

~Abraham Joshua Heschel

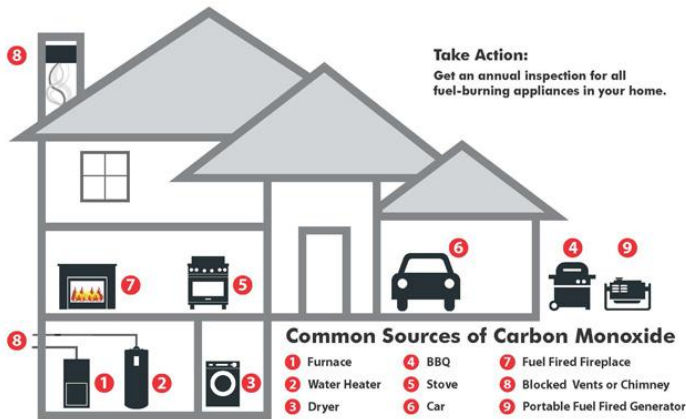


PRESSURE GARMENT ASSISTANCE AVAILABLE



Patients who have problems with the fit or delivery of their garments can get help by calling the representative who fitted you first. In most cases, as a patient treated at UC Davis Regional Burn Center, that would be Heather Weidle of Enhance by Linda Reib. Her office phone number is 916-638-2508. Burn survivors should always act quickly anytime pressure garment problems are perceived. Do not be shy about this. Your recovery is dependent on being your own patient advocate.

THE INVISIBLE KILLER



Carbon Monoxide (CO) is the "invisible" killer. Carbon monoxide is a colorless and odorless gas. Every year more than 100 people in the United States die from unintentional exposure to carbon monoxide associated with consumer products.

What is carbon monoxide?

Carbon monoxide is produced by burning fuel. Therefore, any fuel-burning appliance in your home is a potential CO source. When cooking or heating appliances are kept in good working order, they produce little CO. Improperly operating appliances can produce fatal CO concentrations in your home.

Running a car or generator in an attached garage can cause fatal CO poisoning in the home. So can running a generator or burning charcoal in the basement, crawlspace, or living area of the home.

Sources of and Clues to a Possible Carbon Monoxide (CO) Problem

Carbon monoxide clues you can see...

- Rusting or water streaking on vent/chimney
- Loose or missing furnace panel
- Sooting
- Debris or soot falling from chimney, fireplace, or appliances
- Loose or disconnected vent/chimney, fireplace or appliance
- Loose masonry on chimney
- Moisture inside of windows

Carbon monoxide clues you cannot see...

- Internal appliance damage or malfunctioning components
- Improper burner adjustments
- Hidden blockage or damage in chimneys

Only a trained service technician can detect hidden problems and correct these conditions!

Warnings...

- Never leave a car running in a garage even with the garage door open.
- Never run a generator in the home, garage, or crawlspace. Opening doors and windows or using fans will NOT prevent CO build-up in the home. When running a generator outdoors, keep it away from open windows and doors.
- Never burn charcoal in homes, tents, vehicles, or garages.
- Never install or service combustion appliances without proper knowledge, skills, and tools.
- Never use a gas range, oven, or dryer for heating.
- Never put foil on bottom of a gas oven because it interferes with combustion.
- Never operate an unvented gas-burning appliance in a closed room or in a room in which you are sleeping.

What should you do?

- Proper installation, operation, and maintenance of fuel-burning appliances in the home is the most important factor in reducing the risk of CO poisoning.
- Make sure appliances are installed according to the manufacturer's instructions and the local codes.
- Always follow the appliance manufacturer's directions for safe operation.
- Have the heating system (including chimneys and vents) inspected and serviced annually by a trained service technician.
- Examine vents and chimneys regularly for improper connections, visible cracks, rust or stains.
- Look for problems that could indicate improper appliance operations:
 - Decreased hot water supply
 - Furnace unable to heat house or runs continuously
 - Sooting, especially on appliances and vents
 - Unfamiliar, or burning odor
 - Increased moisture inside of windows
- Operate portable generators outdoors and away from open doors, windows, and vents that could allow CO to come indoors.
- In addition, install battery-operated CO alarms or plug-in CO alarms with battery back-up in your home. Every home should have a CO alarm in the hallway near the bedrooms in each separate sleeping area.
- The CO alarms should be certified to the requirements of the most recent UL, IAS, or CSA standard for CO alarms.
- Test your CO alarms frequently and replace dead batteries.
- A CO alarm can provide added protection, but is no substitute for proper installation, use and upkeep of appliances that are potential CO sources.

Symptoms of CO poisoning

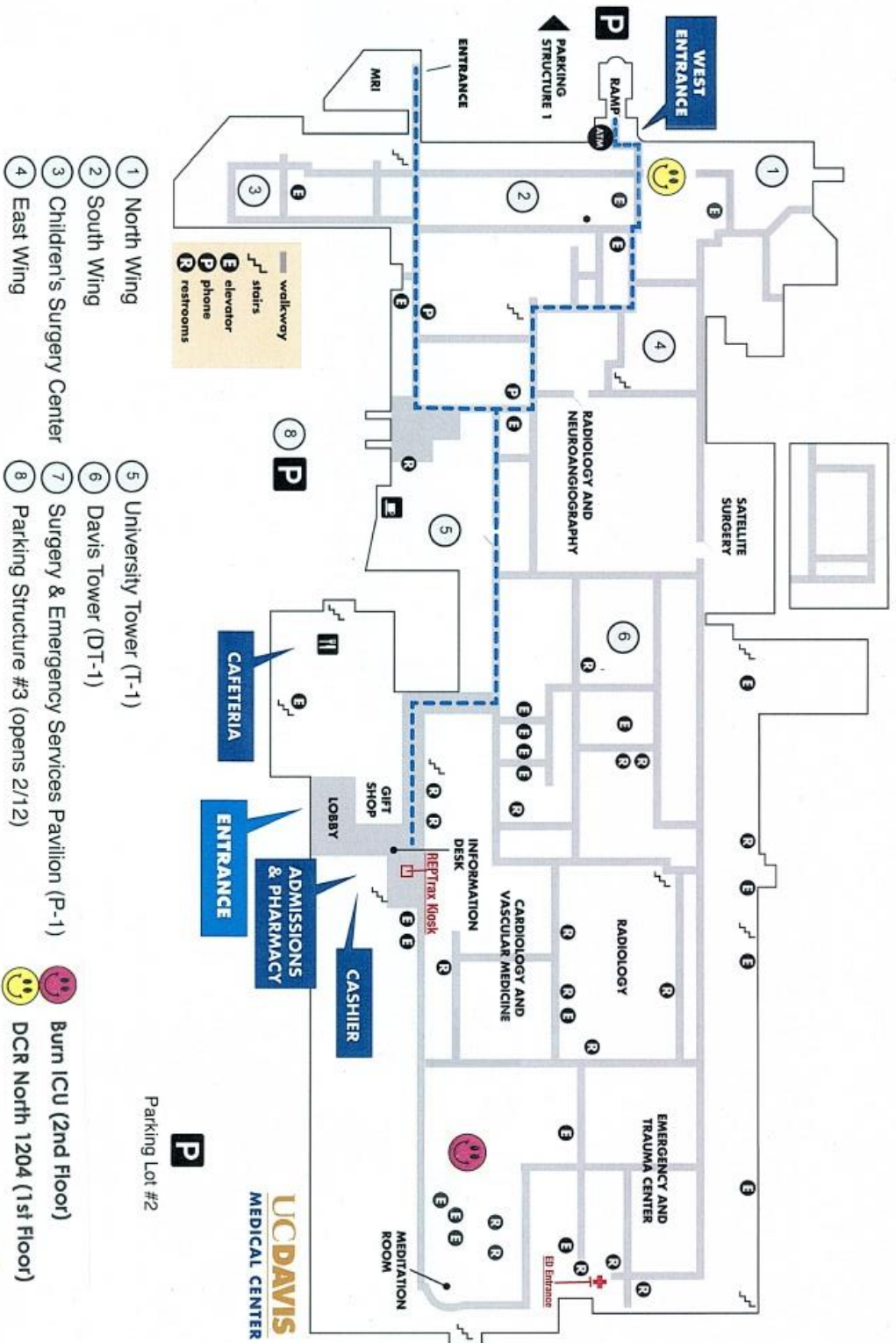
The initial symptoms of CO poisoning are similar to the flu (but without the fever). They include:

- Headache
- Fatigue
- Shortness of breath
- Nausea
- Dizziness

If you suspect that you are experiencing CO poisoning, get fresh air immediately. Leave the home and call for assistance from a neighbor's home. You could lose consciousness and die from CO poisoning if you stay in the home.

Get medical attention immediately and inform medical staff that CO poisoning is suspected. Call the Fire Department to determine when it is safe to reenter the home.

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