

The BurnNet

August 2017, Volume 36, No. 8



OUR GROUP MEETING

Thursday, **August 3**, 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.
Tower DCR North 1204 – First floor, near West Entrance

LOVING WHAT I HAVE

I used to not see the point in exercise because my body was covered in scars. I'd think, "what's the point in having a great body if I will never wear a bikini?" If I was ever invited to the beach or a pool party, I'd try to decline. On the odd occasion I couldn't avoid it, I'd stay inside, helping with the food or the cleaning. I would only wear my board shorts and long-sleeve SPF shirt. I wished so hard that I could one day wear a bikini.

Then one day I overheard my husband explaining to a bunch of friends why he thought scars were beautiful. They were a sign of strength. They were a result of surviving a force stronger than the human body, but not stronger than my human soul and will to live. I had beat unbeatable odds. I resonated this strength in every step. On and on he explained and the more he talked, the more I got it. I finally got it.

I had hated myself for the very reasons he loved me. My body wasn't ruined or disgusting, it had transformed from a frail, dependent body into a passionate and resilient woman's body- and the scars were a symbol of that transition. I looked at my scars and I felt pride. I felt love. The love of my husband who did not look past the scars when he first met me, but embraced them as they are a part of me. As he puts it, "I wanted the whole package."

I felt pride. I felt love. I felt love for myself.

The craziest thing was that when I started to love myself for what I had now, the body I had now, I began to treat myself better. I WANTED to eat healthy. I WANTED to exercise, I WANTED to do the things I loved. Just by changing the way I looked at myself with love and pride instead of hate, I had found the effortless motivation to care for my body. Because of this tiny little shift in mindset, magic happened... I got the body I had always wanted. The bikini body that I thought was not ever going to be possible for me with all my scars has become a reality. I don't look exactly like those magazine models, but I feel like one.



It started though, with me loving myself first. Being grateful for what I had and not wishing for something better.

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

You can also find The BurnNet Newsletter at our website:

www.ucdmc.ucdavis.edu/burncenter/newsletter/index.html

UPCOMING EVENTS



JULY 21 SECOND ANNUAL FIRST RESPONDERS HELLES LAGER RELEASE PARTY

5:00PM-10:00PM Sactown Union Brewery, 1210 66th Street, Unit B, Sacramento

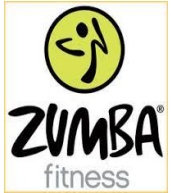
Hear personal accounts of the experience of being a Firefighter from our panel made up of local firefighting heroes, enjoy delicious food and brews, listen to live music, and more!



AUGUST 5 ANNUAL SOFTBALL TOURNAMENT

8:00AM tournament begins. Bartholomew Sports Park, 10150 Franklin High Road, Elk Grove, CA

The UC Davis Medical Center Burn ICU officially has its first softball team! Don't miss our inaugural game! All proceeds support the Firefighters Burn Institute.



AUGUST 27 BEAT THE HEAT ZUMBATHON

10:00-12:00PM Orangevale Community Center, 6826 Hazel Ave, Orangevale, CA

Join us as we "Beat the Heat" while exercising with some of Sacramento's best Zumba® Instructors and Sacramento's heroic Firefighters! Take pictures too!

Tickets: Pre-sale: \$20.00 Group Ticket (3 people): \$50.00 At the Door: \$25.00 Register Online Through Eventbrite: www.ffbi-zumbathon.eventbrite.com



SEPTEMBER 1 BOGLE VINEYARDS FRIDAY ALFRESCO

5:00PM-7:30PM Bogle Vineyards, 37783 County Road 144, Clarksburg, CA

Music by Whiskey and Stitches. Food Vendors are It's Nacho Truck & Tuscan Sun Pizza Co.

NO RESERVATIONS NECESSARY. NO PETS. NO BYOB. Thank you!

Net proceeds to benefit the Firefighters Burn Institute

\$15 per person/\$5 per kid



SEPTEMBER 24 BURN COMMUNITY PICNIC

11:00AM – 2:00PM North Natomas Regional Park, 4989 Natomas Blvd., Sacramento

Please join us for free food, fun and fellowship. Make new friends and reunite with old ones. This picnic is open to all burn survivors and family members, firefighters, nurses and volunteers for Firefighters Burn Institute and staff. Please RSVP by September 19th for all attending guests to: Peri Henderson – peri@ffburn.org or call the office – (916) 739-8525 Hope to see you there!

PHOENIX WORLD BURN CONGRESS®

The 29th Annual Phoenix World Burn Congress is coming to Dallas, Texas October 4-7, 2017!

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.



Online Registration is now open! Early registration is strongly recommended. You will save \$100 if you submit your payment and form to the Phoenix Society by September 6, 2017.

[PHOENIX WBC 2017 REGISTRATION FORM](#)

[PHOENIX WBC 2017 REGISTRATION BROCHURE](#)

QUESTION:

Why, oh WHY is physical therapy so darn important? Do you realize how painful it is? I'm an old man-sorta!

ANSWER:

Physical and occupational therapy (PT/OT) helps burn survivors no matter the extent of their burns or their age. It is so important that a customized PT/OT program was initiated within 24 hours of your admission to the burn center. The goal is to return you to your pre-burn level of functioning- or as close as possible. Our therapists want to encourage activities that can help prevent further contracture and pain, and improve overall health and well-being.



Despite how you are feeling right now, therapeutic exercises and therapy techniques such as joint and scar mobilization, or treatments such as ultrasound, can help relieve pain and restore muscle and joint function. And if you keep them up, such therapies can also prevent pain from returning.

If you are having trouble standing, walking, or moving your hands or shoulders—no matter your age—physical therapy can benefit you. Stretching and strengthening exercises help restore your ability to move and perform all those normal activities of daily living, like brushing your teeth, feeding yourself or driving a car. Therapists can even custom-fit individuals with assistive devices, if needed, or assess for other orthotic or compression garment needs. By customizing an individual care plan, whatever activity that is important to your life can be practiced and adapted to ensure maximal performance and safety.

It will also help you avoid more surgery. That's right. If your customized therapy program is not done by you EVERY day, several times per day, the scars will continue to contract- increasing the pain and the likelihood surgical releases must be done- essentially to start all over again! And, even if surgery is required, you may benefit from pre-surgery therapy so going into a surgical release, you are stronger and in better shape, and you will recover faster afterwards.

~Deb Jones, RN

OTHER SUPPORT OPTIONS

Live Online Support

www.phoenix-society.org/chat

Peer Support

EVERY Wednesday 6:00 – 7:30PM PST

Facilitated Parent Support

EVERY Monday 6:00-7:30PM PST



For any questions please do not hesitate to contact nicole@phoenix-society.org

**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/

CAMP SMOKEY AT THE CALIFORNIA STATE FAIR

July 14 – 30, 2017, here in Sacramento, you can find the annual California State Fair at Cal Expo with wonderful exhibits for visitors to enjoy, including the very popular Camp Smokey. This fun and interactive fire prevention program teaches fire safety at home and in the forest. You can visit Smokey's cabin and enjoy puppet shows, learn "stop, drop and roll" and the history of Smokey Bear to earn your Camp Smokey bandana! Kids of all ages can hike the forest trail and learn how to prevent fires when camping.

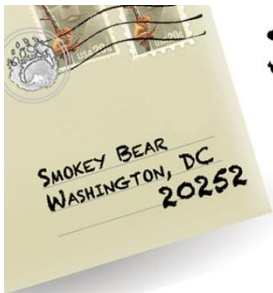


A favorite among fairgoers, Camp Smokey is an interagency partnership exhibit by the U.S. Forest Service, CalFire, Sacramento Fire, California State Fire Association, the Bureau of Indian Affairs and the Bureau of Land Management. Its purpose is to teach children and the public about fire prevention and safety indoors and outdoors. With help from Generation Green Crews, a youth internship program for high school students, this exhibit helps demonstrate these methods through performances and presentations for all visitors at Camp Smokey. (Picture By Leonardo N. Huerta, BLM Intern)

For the duration of the State Fair, it will be an event that is not only informative for the general public but interactive and entertaining for all ages. It is a chance as well for the students of Generation Green to showcase their talents and skills they have acquired throughout the summer. A clear destination for the summer for families and friends.

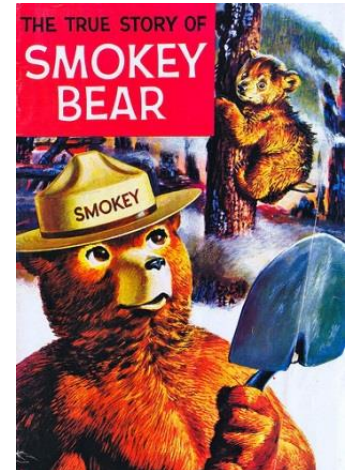
~www.blm.gov/california

HAPPY BIRTHDAY, SMOKEY BEAR



JUST
ZIP
IT!

Smokey Bear was born on **August 9, 1944**, when the U.S. Forest Service and the Ad Council agreed that a fictional bear named Smokey would be the symbol for their joint effort to promote forest fire prevention. That fictional character became real six years later after a bear cub was found in the aftermath of a wildfire on the Capitan Mountains of New Mexico.



Smokey Bear continue to teach that "Only you can prevent wildfires." Those who write to Smokey Bear receive tokens in return, including a copy of "The True Story of Smokey Bear." You can find so much more information and fun activities at www.smokeybear.com

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.



QUOTE

Peace of mind arrives the moment you come to peace with the contents of your mind. ~Rasheed Ogunlaru