

The BurnNet

September 2017, Volume 36, No. 9

OUR GROUP MEETING

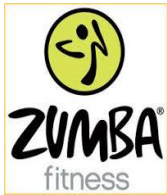
Thursday, **September 7**, 7:30-9:30pm

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



UPCOMING EVENTS



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!



NOVEMBER 18 3rd ALARM CHILI COOK-OFF

California Auto Museum, 2200 Front Street, Sacramento

Save the date! Chili tasting, beer tasting, raffle, silent auction, live music and much more!

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

FIRE EXTINGUISHERS IN THE HOME

Fire extinguishers douse fires and prevent its spread. They are small metal canisters that contain compressed gas (usually nitrogen) that, when activated, spray a flame-retardant chemical. Fire extinguishers only work if you understand where and why they are used.

Fire Type

Fire extinguishers are classified by the types of fires or fuel source they work on, and are labeled by a letter and symbol as follows:

“A” class – Fires from ordinary combustibles, such as wood and paper.

“B” class – Fires from combustible liquids, such as kerosene, gasoline, oil, and grease.

“C” class – Electrical fires. These result from the combustion of circuit breakers, wires, outlets, and other electrical devices and equipment.

“D” class – Fires from combustible metals, such as sodium, potassium, titanium, and magnesium. These fires occur mostly in chemical laboratories and are rare in most other environments.

“K” class – These types of fires consume only vegetable oils, animal fats, and generally happen in kitchens.

Placement and Inspection

You should:






- Make sure your fire extinguishers are located in obvious and readily available locations for immediate use- not tucked under the kitchen sink or in a closet or “somewhere in the garage”.
- Check the extinguisher at least once per year:
 - to make sure the pressure dial reads in the green or “charged” area
 - that the label is attached with model class, instructions for operation, and expiration date
 - the pull pin is securely fastened within the handle and held in place by the tamper seal.
 - there are no visible dents or cracks in the extinguisher body.

Do fire extinguishers expire?

Fire extinguishers expire and they do this for a few different reasons. One common way is that, over time, the seal on the neck will weaken and allow compressed gas to escape- so it will not work. Pressure within an extinguisher can be conveniently checked through the pressure gauge. “ABC” class extinguishers (ammonium phosphate) have a tendency to fail due to solidification of the chemical in the canister base. You can delay this process by periodically shaking the extinguisher. As home fires are so dangerous and fire extinguishers are relatively low cost, it is recommended to replace questionable extinguishers.

When should a fire extinguisher be used?

A household extinguisher can often completely douse a very small fire. Even if a fire cannot be completely doused, you can potentially control a blaze long enough to get family members out before firefighters arrive. Fire extinguishers should not be used if you are not sure you have the proper type of extinguisher, if you are not sure how to use it, or if you cannot avoid smoke, or are in imminent danger. In these cases, “Get Out and Stay Out”, call 9-1-1, go to your pre-planned meeting place and wait for fire crews to arrive.

CLASSES OF FIRES	TYPES OF FIRES	PICTURE SYMBOL
A	Wood, paper, cloth, trash & other ordinary materials.	
B	Gasoline, oil, paint and other flammable liquids.	
C	May be used on fires involving live electrical equipment without danger to the operator.	
D	Combustible metals and combustible metal alloys.	
K	Cooking media (Vegetable or Animal Oils and Fats)	



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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](#)

WHO TAUGHT YOU TO BE SMALL?



Who taught you to be small? Who taught you that these cracks were flaws? Taught you that your light couldn't shine through the fractures and the scars? Who told you to accept what you were given and did not want? Told you that any love was better than searching for the one only meant for you? The one that has always been inside yourself. Do not listen to them.

Their mouths filled with turpentine and cyanide. They will strip all that is gold from your feathered limbs and leave you unraveled- all pock marked, pink skinned and alabaster boned.

You are not made to be grounded. You need the crisp air, a belly full of laughter, a heart carrying so much love you feel the seams stretching.

Mostly, you need to realize that one by one the population has swelled to billions, but even still you were hand selected, all beauty and flaw, to never be replicated.

You are the finest art to ever be created.

~Tyler Kent White

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, 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/

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.



BE A PART OF HISTORY

...with a Personal Engraved Brick. Firefighters Burn Institute (FFBI) offers a unique way for you to honor a special person, event or achievement, or show your support for the FFBI and the work they do for burn survivors. The bricks will be used to pave a dedication memorial outside their headquarters (Old Fire Station 9) honoring the late founder, Sacramento Fire Captain Cliff Haskell. \$125/each. Contact them at (916) 739-8525 or email to staff@ffburn.org.



It would be amazing to be able to take a vacation to some remote island anytime you needed a break, but that kind of thing just doesn't happen.

So you have to create your own island of escape right where you are. Don't feel guilty stepping away to take a pause. Take the time you need even if that means telling someone "no." Take charge of your day...only make sure you always keep an island close by. A cool breeze, amazing view and some drinks with umbrellas wouldn't hurt either.

~ Penelope Conway

