

The BurnNet News

December 2017, Volume 36, No. 12



BURNNET SURVIVORS MEETING

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

The BurnNet Survivors meet monthly to discuss issues and raise questions related to burns. Burn survivors, family members and significant others are invited. For more information, call (916) 734-5596.

Tower DCR North 1204 – First floor, near West Entrance



8 TIPS FOR HOLIDAY HOME FIRE SAFETY

Every year, holiday fires account for one-third of fire deaths and cause over \$930 million in damages. So whether you are planning a large holiday celebration or a simple one, you can increase your chances for a safe and happy holiday by following these holiday fire safety tips:

1. Install new 10-year battery tamper-resistant smoke alarms throughout your home if your current smoke alarms are over 10 years old. Install carbon monoxide alarms as well.
2. If you use your fireplace, first have it inspected and cleaned by a certified and insured chimney professional. A list of Chimney Safety Institute of America (CSIA) Certified Chimney Sweeps is available at www.csia.org
3. Don't leave fireplaces unattended; put the fire out before you go to bed. Always use a screen to prevent flying sparks from burning your home.
4. Cooking is the most common cause of home fires- most importantly food that is left unattended. It is easy to get distracted; have a lid at the ready for every pot or pan cooking; and take a potholder with you when you leave the kitchen as a reminder that you have something on the stove.
5. When using the traditional menorah and kinara candles to celebrate Hanukkah and Kwanzaa in a fire smart way (or any holiday candles), keep flammable items, including curtains and holiday decorations, at least 3 feet away from your candles. Place your candles in sturdy stands and on a non-flammable surface to catch the melting candle wax. Never leave lit candles unattended.
6. If you have a real Christmas tree, put it in a stable stand, and keep it fresh by checking the water level daily. A dried tree is more susceptible to fire. Keep the tree away from heat sources that could dry it out.
7. Check holiday lights for cracked or broken bulbs, frayed wires and loose plugs before decorating your home or tree. Don't plug more than 3 strings into each other (opt for a surge protector power strip instead). Use only safe holiday lights that have been approved by testing labs like Underwriters Laboratory (UL) or Intertek (ETL). And use lights only in their designated areas; never use "indoor only" lights outdoors.
8. Tragically, the number of deaths caused by children playing with fire doubles during the holidays- usually due to easier access. Keep matches and lighters out of kids' reach.

Following these holiday fire safety tips will help to ensure that you enjoy your holiday season.

UPCOMING EVENTS



FFBI REGIONAL BURN CENTER HOLIDAY PROJECT

For the 29th year in a row, firefighters, burn survivors and volunteers of the Firefighters Burn Institute along with Santa Claus will sing Christmas carols and deliver gifts to all the patients in the Burn Unit on Christmas morning. Would you like to join us Christmas morning? Meet us in the Burn ICU Waiting Room (Surgical Pavilion, 2nd Floor) by 9:00 am. Call if you have questions: 916-739-8525 or 916-734-5596



JANUARY 13 GUNS & HOSES ANNUAL CRAB & SHRIMP FEED

Presented by Pig Bowl, held at the Scottish Rite Center, 6151 H Street, Sacramento 5 PM no-host bar. 6 PM dinner. Raffle. Auction. Dancing. \$60 per person (PRESALE ONLY) www.pigbowl.com



JANUARY 27 44th 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



MARCH 22-26, 2018 BURN COMMUNITY CRUISE! DEADLINE APPROACHING!

4 Night Cruise to Santa Barbara and Ensenada from Long Beach. Interior \$344*/Oceanview \$414* per person/double occupancy.

*Above pricing does not include taxes or port fees which are estimated at \$75/person. Prices also do not include gratuities or alcoholic beverages. \$50 deposit/pp due at time of booking, final payment due 1/15/2018.

Call Rachel at FFBI (916) 739-8525 or book your cruise directly with Joshua at Cordially Your Travel (916) 838-3960.

EXPLAINING STRESS MANAGEMENT

A lecturer when explaining stress management to an audience, raised a glass of water and asked; "How heavy is this glass of water?" Answers called out ranged from 20g to 500g. The lecturer replied, "The absolute weight doesn't matter. It depends on how long you try to hold it. If I hold it for a minute, that's not a problem. If I hold it for an hour, I'll have an ache in my right arm. If I hold it for a day, you'll have to call an ambulance. In each case, it's the same weight, but the longer I hold it, the heavier it becomes."

He continued, "And that's the way it is with stress management. If we carry our burdens all the time, sooner or later, as the burden becomes increasingly heavy, we won't be able to carry on. As with the glass of water, you have to put it down for a while and rest before holding it again. When we're refreshed, we can carry on with the burden."

So, my friend, put down anything that may be a burden to you right now. Don't pick it up again until after you've rested a while.



HAPPY ANNIVERSARY, FIREFIGHTERS BURN INSTITUTE!



Sunday, September 24, 1972, a jet plane crashed into Farrell's Ice Cream Parlor. Sacramento City firefighter, Gene Lavine, and 9 members of his family were included in a list of 22 innocent victims killed and several others badly burned. The crash highlighted an important need to the Sacramento area -- a specialized burn unit. Of the more than 1,000 hospital beds in the Sacramento area at that time, a survey done in early 1973 proved none were set aside for the treatment of burns. Cliff Haskell, a fire captain with the Sacramento Fire Department, convinced the Sacramento Area Fire Fighters, Local 522, to allow him to raise funds for and establish the Firefighters Pacific Burn Institute. Its mission was "to provide continuing support for a burn

unit, continuing education of the burn team, research, burn survivor programs, public education, and fire and burn accident prevention". Haskell and Captain Wayne Harbolt, then-president of the Local 522, campaigned hard for the establishment of a local burn treatment center; and negotiations soon began with the interested surgeons and administration of the UC Davis Medical Center. On December 23, 1973, the Firefighters Pacific Burn Institute was officially established with Cliff Haskell as executive director and Wayne Harbolt as charter president. Less than a month later, January 4, 1974, the Regional Burn Center at University of California Davis Medical Center opened its doors.

~Deb Jones RN



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QUOTE

It's not selfish to love yourself, take care of yourself, and to make your happiness a priority. It's necessary.

– Mandy Hale

A few years ago I was searching for my Grandma DeMolen's Split Pea Soup recipe-- could not find it anywhere! I went to the internet and found a recipe pretty close to what I remembered...except the cayenne. (Grandma would never use cayenne.) This new addition to my recipe collection is high-protein, low-fat, dairy- and gluten-free. Perfect for those of you looking for a flavorful high-protein meal option to help promote skin healing. Enjoy!

EASY VEGAN PEA SOUP- OR NOT

Ingredients

- 2 cups split peas, organic
- 4 cups vegetable broth
- 1 additional cup liquid (water or broth)
- 1 cup carrots, diced
- 1 cup celery, diced
- 1 medium onion, diced (sweet)
- 1 bay leaf
- 1 tsp smoked paprika
- a few pinches of cayenne and black pepper
- 6 large cloves of garlic, lightly chopped
- 8 ounces diced lean ham (optional, if you do not want vegan)

**with the salted veggie broth, you will not need to add additional salt. If you use water in place of broth, you will want to add salt to taste.

Instructions

1. Add the peas, broth, carrots, celery, onion, bay leaf, paprika, cayenne, pepper and garlic to a large soup pot and bring to a boil over high heat. Cover with lid and lower heat to low. Simmer, covered for about 30 minutes.
2. After 30 minutes check on the soup, this is when you can add in the additional cup of liquid (water or broth) if you'd like. This makes a slightly thinner soup. Cover soup again and continuing simmering for another 20-30 minutes until the peas are very tender and creamy.
3. Add diced ham at this point, if you like.
4. I like to give my soup at least an hour simmering on low, slow-cooking, until serving. Even longer works too. If you find your soup to be a bit too thin, you can simmer it uncovered for 10 minutes or so to reduce some of the liquid.
5. Serve warm, delicious as leftovers too!

Makes 4 large bowls -- 6 cups total / 1 ½ cups per serving

**My Grandma's version was smoother. If a smoother texture appeals to you, consider:

- Simmering on low heat an additional 30 minutes
- Using an immersion blender to puree

OTHER SUPPORT OPTIONS

Peer Support Chat on Facebook

If you need technical support or can't connect, you can reach a live Phoenix Society staff member on Wednesday night from 6:00PM - 7:30PM (PST). Click [here](#) for a list of numbers by country.

How do I join?

Click [here](#) for the Peer Support Chat Group. Between 9:00 PM - 10:30 PM (EST), you will be able to request to join the group. The group is "closed," which means all members must be approved by Chat Moderators.

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



Phoenix Society
for burn survivors

Survivors Offering Assistance in Recovery

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/



KIDDE FIRE EXTINGUISHER RECALL



On November 2, 2017, the CPSC (Consumer Product Safety Commission) announced a widespread recall impacting **44 YEARS** of products--nearly 38 million items in the United States alone!

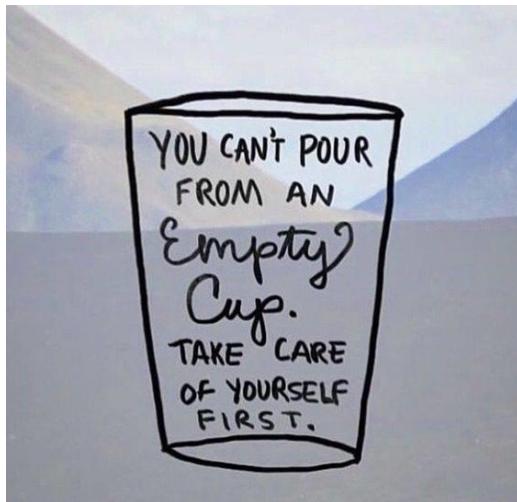
Due to the popularity of this brand, if you have a fire extinguisher in your home, it is highly likely to be one involved in the recall.

Take the time to find out and take action:

The recall involves 134 models of Kidde fire extinguishers manufactured between January 1, 1973 and August 15, 2017. For more details, visit:

<https://www.cpsc.gov/Recalls/2018/Kidde-Recalls-Fire-Extinguishers-with-Plastic%20Handles-Due-to-Failure-to-Discharge-and-Nozzle-Detachment-One-Death-Reported>

You can contact Kidde toll-free at 855-271-0773 from 5:30 a.m. to 2 p.m. PST Monday through Friday, 6 a.m. to 12 p.m. PST Saturday and Sunday, or online at www.kidde.com and click on "Product Safety Recall" for more information.



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Email Deb Jones RN at debjones@ucdavis.edu

You can also find The BurnNet News at our website:

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